



Leeds Well School Partnership

Physical Activity • Physical Education • Sport

Sportshall
ATHLETICS



YEAR 5/6 SPORTSHALL ATHLETICS – 6 WEEK SESSION PLAN



ABOUT SPORTSHALL

Sportshall Athletics is a fun, inclusive form of competition that focuses on team participation, skill development and personal best.

The emphasis is on enjoyment, coaching and encouraging all children to take part.
(Sportshall Primary Competition Principles and Recommendations L6–L24)



KEY LEARNING OUTCOMES

- ✓ Improve running, jumping and throwing techniques
- ✓ Understand Sportshall rules
- ✓ Develop teamwork and communication
- ✓ Improve speed, agility, balance and coordination
- ✓ Apply skills in mini competitions



COMPETITION VALUES

- ★ Teamwork
- ★ Respect
- ★ Determination
- ★ Honesty
- ★ Personal Best

WEEK		FOCUS	KEY SKILLS	ACTIVITIES (60 MIN SESSION)	OUTCOMES
1		RUNNING TECHNIQUE & RELAYS	- Sprint technique - Shuttle running - Relay changeovers	- Warm up and sprint drills - Shuttle runs – 1 lap and 2 laps - Relay practice with baton exchanges - Team relay challenges	- Improve running posture - Understand relay rules - Work well as a team
2		STANDING LONG JUMP & SPEED BOUNCE	- Two foot take-off - Explosive leg power - Rhythm and timing	- Standing long jump technique and practice - Speed bounce (20 sec challenge) - Jumping relay challenges	- Improve jump distance - Increase power and speed - Beat personal best
3		CHEST PUSH & FOAM JAVELIN	- Push from the chest - Throwing technique - Accuracy	- Chest push technique and challenges - Foam javelin throws – distance and accuracy - Target competitions	- Improve throwing distance - Increase accuracy - Develop upper body strength
4		TRIPLE JUMP & OBSTACLE RELAY	- Hop, step, jump - Coordination - Agility	- Standing triple jump technique - Obstacle relay (hi-stepper, hurdles, shuttle, speed bounce) - Timed team relay competition	- Improve coordination - Develop agility and speed - Work together in teams
5		COMPETITION SKILLS	- Perform all events - Officiating - Recording scores	- Rotation of all track and field events - Practice scoring and officiating - House/team challenge	- Apply skills under pressure - Understand rules and scoring - Support and encourage others
6		SPORTSHALL FESTIVAL	- Apply skills in competition - Teamwork - Personal best	- Full Sportshall event rotations - Timed and measured competitions - Celebration and awards	- Perform to the best of their ability - Celebrate success - Reflect on improvement

EQUIPMENT



Chest Push Balls



Foam Javelins



Speed Bounce Mat



Long Jump Mat



Relay Baton



Cones



Mini Hurdles



Agility Ladder



Bean Bags



Stopwatches & Measuring Tapes

NATIONAL CURRICULUM LINKS

Pupils should be taught to:

- ✓ use running, jumping, throwing and catching in isolation and combination
- ✓ develop flexibility, strength, technique, control and balance
- ✓ compare performances with previous ones and demonstrate improvement
- ✓ take part in competitive activities and work collaboratively as part of a team

★ BE ACTIVE ★ HAVE FUN ★ AIM HIGH ★ TOGETHER WE ACHIEVE ★