



SPORTSHALL ATHLETICS – WEEK 1 SESSION PLAN

FOCUS: Running Technique & Relays

YEAR 5/6 (9–11 YEARS)

DURATION: 60 MINUTES



LEARNING OBJECTIVES

- Develop sprinting technique and running with good posture.
- Understand shuttle run and turning technique.
- Practise safe relay changeovers.
- Work well as part of a team.



KEY VOCABULARY

Posture, stride, arms, speed, control, shuttle, turn, baton, exchange, team, communication.



EQUIPMENT

- Cones
- Relay batons
- Markers
- Stopwatch
- Bibs
- Hoops (for turning marker)



WARM-UP (10 MINS)

- Dynamic stretches
- High knees
- Heel flicks
- Side shuffles
- Reaction races

Coaching Points

- ★ Be on your toes
- ★ Keep your head up
- ★ Pump your arms
- ★ Land on the balls of your feet

1 SPRINT TECHNIQUE (15 MINS)

- Teach key sprinting positions and actions.
- Pupils complete short sprints focusing on technique.
- Use cones to mark 10–20m sprints.

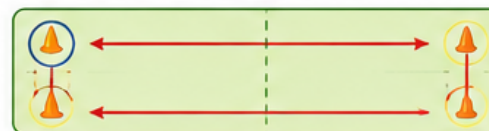
Focus on:

- ✓ Tall posture
- ✓ Drive knees
- ✓ Fast arms
- ✓ Run through the finish



2 SHUTTLE RUNS (15 MINS)

- Introduce the Sportshall shuttle.
- Pupils run 1 lap (there and back).
- Progress to 2 laps.
- Focus on turning around the marker and accelerating away.



Coaching Points

- Turn on or around the marker.
- Stay low when turning.
- Accelerate away from the turn.

3 RELAY PRACTICE (10 MINS)

- Teach safe baton exchange.
- Practise changeovers in pairs.
- Small team relay races.
- Praise good communication and effort.



Safe Baton Exchange

- ✓ Look back
- ✓ Take with thumb up
- ✓ Hand out – thumb down
- ✓ Keep running



COOL DOWN (10 MINS)

- Light jog
- Static stretching (legs, arms, back)
- Group discussion: What was your best moment today?



ASSESSMENT / SUCCESS CRITERIA

- ✓ I can sprint with good posture.
- ✓ I can turn smoothly in a shuttle run.
- ✓ I can complete a safe baton exchange.
- ✓ I work well with my team.

