

Speed It Up!

Year 2

Subject Focus: Forces and movement

★ Athletics, Games

Objectives Pupils will learn to:

- describe how to make things speed up or change direction e.g. long strides, lean slightly forwards, drive their arms in large movements
 - describe how they can make themselves slow down, short strides, lean slightly backwards, small arm movements.
- ★ recognise that being well and feeling good is what being healthy means and that regular exercise contributes to this
- ★ perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control
- ★ show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run
- ★ use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.

Activity

- Group the class into four groups and line up one behind another behind a marker.
- Place another marker at an end point i.e. at the other end of the hall and another one at 2/3 from the starting marker.
- Ask the children to feel their forehead to see how hot they are and to put their hand on their chest to feel how fast they are breathing.
- Ask the children, one at a time, to sprint to the first marker then slow down to stop at the final marker. Repeat.
- Ask the children how they make themselves run faster i.e. long strides, lean slightly forwards, drive their arms in large movements.
- Ask everyone to try these techniques.
- Ask the children how they make themselves slow down i.e. short strides, lean slightly backwards, small arm movements.
- Ask everyone to try these techniques.
- Let the children play a game of 'tag' or 'rabbits/ tails'.
- Ask the children what they had to do to play successfully i.e. run quickly and change direction.
- Ask the children how they changed direction i.e. pushed off from one foot.
- Let them practise this technique and then play the game again. Ask the children if they were more successful this time.
- Ask the children to feel their forehead to see how hot they are and to put their hand on their chest to feel how fast they are breathing.
- Ask the children if their temperature and breathing has changed. Ask why they think it has changed. How do they feel after exercising? Explain to them that the more exercise they do the better they will feel and the healthier they will be.
- Let the children explore with various balls and equipment how they can speed up, slow down and change the direction of a ball i.e. the quicker and stronger their throw, hit or kick, the faster the ball moves, and vice versa; to change the direction a ball is travelling in they must change the position of their body as they make contact, or as they are hitting, throwing or kicking the ball.