



EduTrend Contents

W4C · INDIVIDUAL SPORTS · PRIMARY

Run, Jump, Throw

Explore the basics of athletics and beat your own best

Ages 7–10

Level: Foundation

60 minutes

Groups of 4–5 · up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Run, Jump, Throw

Pupils learn that athletics is about running, jumping and throwing. At three stations they practise a sprint start and fast arms, a standing long jump with a two-footed take-off and landing, and a foam javelin or ball throw, then measure and improve.

Learning outcomes

By the end of the session pupils can:

- sprint using arms and a strong start;
- jump and land safely with two feet;
- throw with a step and follow-through;
- measure and try to improve personal bests.

KEY WORDS

sprint · jump · throw · take-off · landing · distance · time · personal best

CURRICULUM LINKS

PE: athletics. Maths: measuring distance and time. Science: forces and movement.

1**WARM UP**

Raise, mobilise, prepare

2**LEARN**

Technique focus

3**PRACTISE**

Drills and repetition

4**MEASURE**

Time, distance, score

5**REFLECT**

What improved?

6**COOL DOWN**

Recover and review

Equipment

- Cones and a 20-metre straight
- Tape measures and chalk or markers
- Foam javelins or soft balls
- Stopwatches
- Worksheets 1, 2 and 3

Before the session

- Mark a sprint lane, a jumping area and a throwing area facing away from others.
- Check landing surfaces are soft and flat.
- Prepare recording sheets.
- Plan station groups.

SAFETY

Throw only on the signal, in one direction, with no one in front. Retrieve together. Land on a safe surface.

ACTIVITY 01 · SESSION PLAN

Step by step

Personal bests keep everyone motivated: compare pupils with their own first attempt, not each other.

Time	What happens	Say or ask
0–10 min Warm-up	Jog, skip, side-step and dynamic stretches.	<i>"Which muscles are we waking up?"</i>
10–20 min Demonstrate	Show one technique tip for each event.	<i>"What do your arms do when you sprint?"</i>
20–50 min Stations	Groups rotate every 10 minutes and record two attempts.	<i>"Can you beat your first try?"</i>
50–55 min Relay finish	Quick shuttle relay.	<i>"How did you start fast?"</i>
55–60 min Cool down	Walk, stretch and share personal bests.	<i>"Which tip helped most?"</i>

CHALLENGE CARD (print or copy onto the board)

Record a sprint time, a jump distance and a throw distance, then beat at least one of your personal bests using a technique tip.

ACTIVITY 01 · FACILITATOR NOTES

The sport science in brief

Athletics events are grouped into running, jumping and throwing. Sprinters pump their arms and drive their knees to go faster. In the standing long jump, swinging the arms and bending the knees helps you push off harder with both feet.

A throw goes further when the whole body adds force: stepping forward with the opposite foot, rotating the body and following through with the arm. A personal best is your best ever result; athletes measure progress against their own bests as well as against others.

Common ideas to listen for

- “Arms do not matter in running.” Strong arm action helps speed and balance.
- “Throwing is only about the arm.” Legs and body add most of the force.
- “Only winning matters.” Beating your personal best is real success.

Adapting the activity

Support

Use shorter distances and larger, softer throwing objects.

Stretch

Try a three-step run-up for the throw and measure the difference.

WORKSHEET 1

My results

Name: _____

Class: _____ Date: _____

Record two attempts at each event.

Results

Event	Attempt 1	Attempt 2	Best
20 m sprint (seconds)			
Standing long jump (cm)			
Throw (m)			

WORKSHEET 2

Technique tips

Write one tip for each event.

Sprint tip

Jump tip

Throw tip

WORKSHEET 3

Reflection

Think about your progress.

The event I improved most

What I will practise

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Uses technique tips	Measures accurately	Improves personal bests

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Run, Jump, Throw is a sample activity from the EduTrend Contents W4C Individual Sports programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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