

# ATHLETICS

## LESSON PLAN OBJECTIVES

### PHYSICAL DOMAIN

All the games of this lesson work the physical aspect because they focus on basic motor skills and physical abilities in the context of athletics

### PSYCHOLOGICAL DOMAIN

All the games of this lesson work the psychological aspect because they improve the motivation of the children to be physically active and allow the children to express their feelings and emotions through movement

### COGNITIVE DOMAIN

All the games of this lesson work the cognitive aspect because they develop the ability to focus and concentrate to execute movements accurately, and they require the children to understand the rules of the games

### SOCIAL DOMAIN

All the games of this lesson work the social aspect because they enhance verbal and non-verbal communication and develop interpersonal skills



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## LINKS TO CURRICULUM, TEACHING UNITS AND TOPICS

- 1) BASIC MOTOR SKILLS, 2) COMPONENTS OF PSYCHOMOTOR SKILLS OR PERCEPTUAL MOTOR FACTORS, 3) PHYSICAL ABILITIES, 4) PSYCHO-SOCIAL VARIABLES, 5) VALUES AND ETHICS

### AGE GROUP

4 - 6

### ENVIRONMENT

Outside on a flat surface

### EQUIPMENT

Cones, hoops, ropes, beanbags or balls, music player

## CLASS OPERATIONALISATION

### METHODOLOGICAL AND ORGANIZATIONAL FORMS OF WORK

Frontal  
Group  
Individual

### TEACHING METHODS

Explanation  
Instruction giving  
Demonstration  
Play method  
Self-check, discussion and inclusion

### TEACHING STYLES

Teacher-centered:  
Command, Practice, Reciprocal, Inclusion  
Student-centered: -

### UNIT DURATION

45 min  
Introduction (5 min)  
Main part (35 min)  
Closing the session (5 min)

### SAFETY ADVICE

Safe athletics space

## ACTIVITIES OVERVIEW

### INTRODUCTION

Gather everyone in a circle, explain the activities, their purpose, and the rules.

### MAIN PART – ATHLETICS GAMES

#### 1. CRAZY CONE DASH

Set up cones in a zigzag pattern and have children dash through them as quickly as possible.

#### 2. OBSTACLE COURSE

Set up a simple obstacle course with cones to jump over, hoops to crawl through, and a finish line to run to.

#### 3. THREE-LEGGED RACE

Pair up children and have them race with one leg each tied to their partner's.

#### 4. ANIMAL RELAY RACE

Children imitate different animals (like hopping like a bunny or crawling like a bear) in a relay race.

#### 5. PENGUIN WADDLE RELAY

Children balance a beanbag or ball on their feet and waddle to the finish line without dropping it.

#### 6. BUNNY HOP RELAY

Children hop like bunnies to the finish line and back, passing a carrot (or another small object) to their teammate.

#### 7. MUSICAL HOOPS

Place hoops on the ground and play music. When the music stops, children must jump into a hoop. Remove one hoop each round to make it more challenging.

### CLOSING THE SESSION

Gather everyone in a circle and invite them to share their thoughts. Ask them what they enjoyed about the activities, how they felt during specific games, and what they would like to try or change the next time.

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