

SECONDARY ATHLETICS

CHEST PUSH

You will need a tape measure and a 2kg ball.

This is a standing throw – remain behind a line and keep both feet on the ground. Hold the ball in both hands and push the ball from your chest as far as possible.



SPEED DRIVE (SEND)

You will need a stopwatch and two mats.

Complete as many drives as you can!

- Position your chair between two mats, rolled towels or something similar, leaving a sufficient distance to move your chair forwards and backwards between the two.
- The mats should act as a stop board and be just a comfortable “push” apart.
- Practice moving forward and back between the two points.
- Complete a timed trial over 20 seconds, completing as many “pushes” or drives as possible. Each movement forward counts as one, as does each move back.

HOW DO I COMPLETE THE CHALLENGES?

SEND Adaptations

Space – allow additional space

Task – explore alternative ways of throwing the ball, e.g. an overhead heave

Equipment – use a lighter, softer or smaller ball

People – encourage pupils to aim at a target, possibly a member of staff!



LEADERSHIP

Can your young people:

- Measure their chest push?
- Count the number of speed drives?
- Record their partner's results?
- Set up the equipment?

SEND Adaptations

Space – allow additional space

Task – set individual goals, e.g. completing 5 bounces, 10 bounces before trying to complete a 20 second trial.

Equipment – vary the distance between the mats, ensuring that you're not travelling too far!

People – work together to complete a Speed Bounce relay in which each team member completes say 5 bounces.

SECONDARY ATHLETICS

SPRINT SHUTTLE

You will need a tape measure, cones or something similar and a stopwatch.

- Place two cones or markers 10 metres apart.
- Starting at one end, sprint 4 lengths.
- Remember to start behind the first cone or mark, place a foot beyond the cone on each turn and race through the finish.
- Time how long this takes, rounding your time up to the nearest tenth of a second, e.g. 6.2s.



TRIPLE JUMP

Complete a "hop, step and jump" going as far as you can!

A tape measure is required.

This is a standing jump – you are not allowed a run-up.

Starting from behind a line, complete a hop, step and jump.

Measure to the point where you land after the jump, measuring to the back of the heel and rounding down to the nearest 1cm.

HOW DO I COMPLETE THE CHALLENGES?



SEND Adaptations

Space – allow additional space

Task – reduce the distance and practice the turns

Equipment – use larger cones and encourage these to be touched before turning

People – practice in pairs and run alongside each other being careful on the turns.



LEADERSHIP

Can your young people:

- Time their shuttle runs?
- Measure the distance of their triple jump?
- Record their partner's results?
- Set up the equipment?

SEND Adaptations

Space – allow additional space

Task – explore different combinations, e.g. "hop, hop, hop", "step, step, step".

Equipment – use markers as stepping-stones to encourage a greater range

People – practice in pairs and encourage partners to observe each other.