

ATHLETICS



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CLASSE 3[^]G
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Lesson Plan

- *Brainstorming*
- *Revising activity:* -*Runnings*
-*Jumpings*
- *Throwings*
- *Find the words*
- *Words in Words*
- *Make up sentences*
- *Assessment*

Revising Activity

Give the right name to the picture

- ***Make up four rows.***
- ***After having looked at the picture the first student on each row can guess the showed sport .***
- ***In order to have the possibility to answer, a student has to touch first the teacher's desk and say: "I'm the fastest!"***

- *Running*



- *Jumping*



- *Throwing*



Track

&

Fields

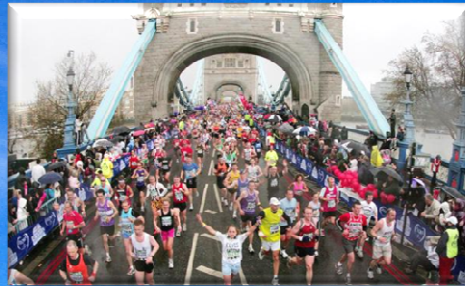
EVENTS

Runnings

- *Sprint*



- *Long Distances*



- *Hurdles*



- *Steeplechase*



- *Relay*



Jumpings

- *High Jump*



- *Long Jump*



- *Triple Jump*



- *Pole Vault*



LET'S FOCUS ON



Throws

• Shot Put



■ Discus Throw



• Hammer Throw



■ Javelin Throw



Shot Putting

- *Circle Area*

- *The Shot*

- *Toe Board*



Discus Throw

• *Discus*

• *Safety Net*

• *Circle Area*

• *Walking turns*

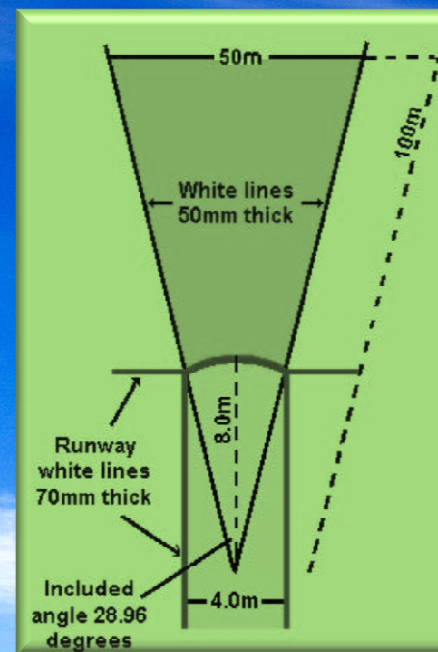


Javelin Throw

- Javelin



- Throw sector



- Runway

Hammer Throw

• Hammer

• Safety net

• Circle Area



Instructions

***Make up four groups of 6 students each, following the alphabetical order.
Each 6-students group has to be divided into odd and even numbers.
Eight groups should be formed.
In one minute, read the passage below and underline the words connected
to athletics.***

Track and Fields Events

- *Track and field is a sport which combines various athletic contests based on the skills of running, jumping, and throwing. The name is derived from the sport's typical venue: a stadium with an oval running track enclosing a grass field where the throwing and jumping events take place.*
- *The running events, which include sprints, middle and long-distance events, and hurdling, are won by the athlete with the fastest time. Most track and field events are individual sports with a single victor. Some of the races on the track are for teams of four runners. Each athlete carries a small stick called baton. To win the relay race, the team's runners must be very fast, but they must also cooperate very well with each other.*
- *The jumping and throwing events are won by the athlete who achieves the greatest distance or height. Regular jumping events include long jump, triple jump, high jump and pole vault, while the most common throwing events are shot put, javelin, discus and hammer.*
- *In the discus the athlete stands inside a throwing circle, turns around one and a half times and throws the discus as far as he or she can. A discus is a round plate made of wood and metal.*
In the hammer throw the athlete stands inside a throwing circle, swings the hammer and at the same time spins his or her body before throwing the hammer as far as he or she can. The hammer is a metal ball on a steel wire with a handle.
In the javelin, athletes sprint down a runway holding a javelin then throw the javelin from over their shoulder. At the end of the runway there is a line and the judge measures the distance from this line to where the javelin lands. In shot put the athlete stands inside a circle, holding the shot and resting it against his or her shoulder. Then the athlete hops, crouches and then jumps up and pushes the shot into the air. The judge measures the distance from the circle to where the shot lands. A shot is a metal ball. Originally it was a cannon ball.
- *Foul throws occur when an athlete during the throwing motion:*
 - *- throws the equipment which either falls outside the throwing sector or touches a sector line on the initial impact.*
 - touches with any part of the body (including shoes):*
 - *the top or ends of the toe/stop board*
 - *the top of the iron ring*
 - *anywhere outside the circle.*

The words are ...

*Track and field - sport - athletic - running -
jumping - throwing - stadium - oval track -
events - sprints - middle - long distance -
hurdling - athlete - the fastest time -
individual - single races - team - runners -
stick - baton - to win - the relay race - very
fast - are won by - distance - height - long
jump - triple jump - high jump - pole vault -
shot put - javelin - discus - hammer -
throwing circle - runway - throwing sector -
toe/stop board*

Instructions

1. See a word in a word.

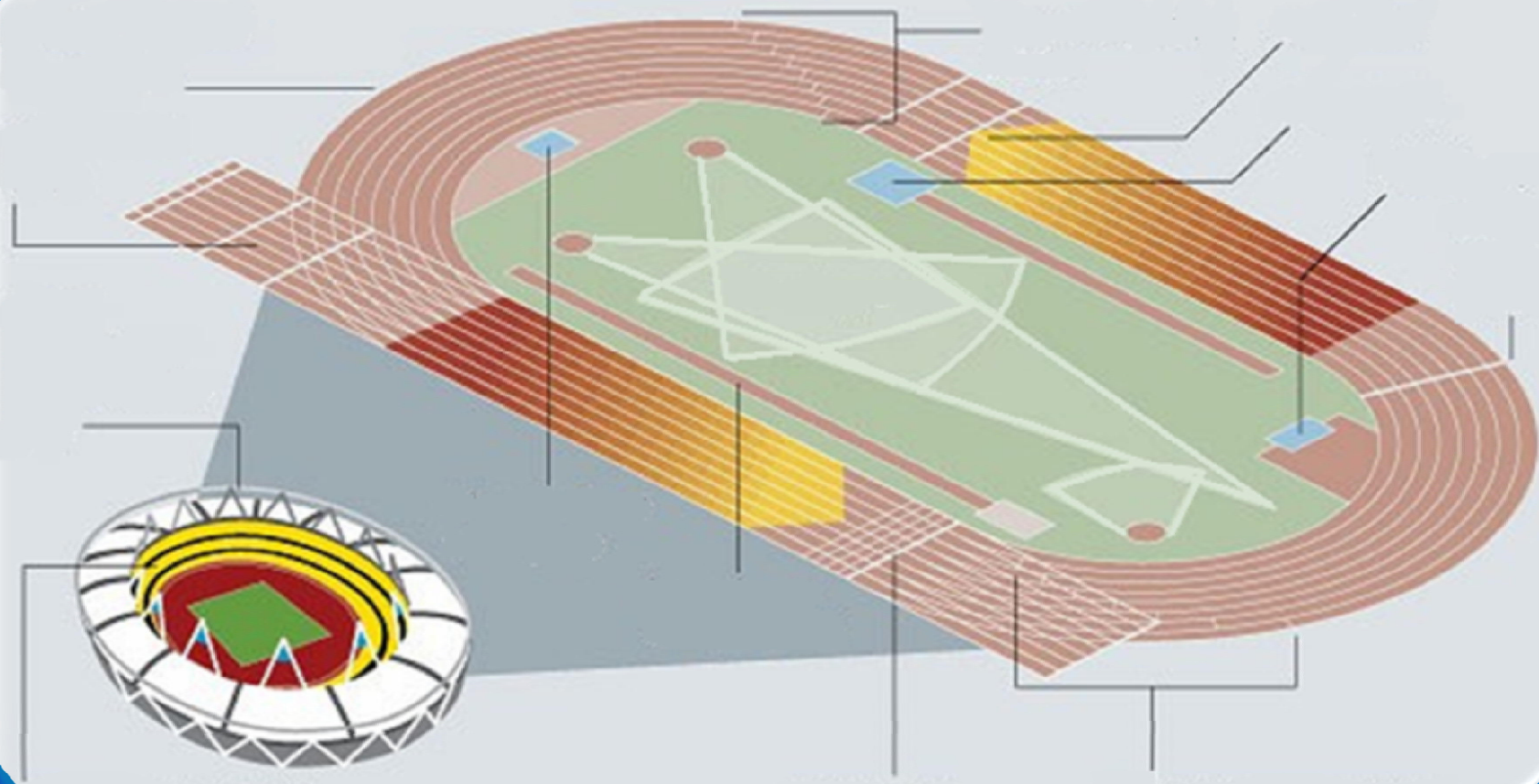
In two minutes time, look at the words with attention and underline other words that you find in the given words.

2. Make up Phrases

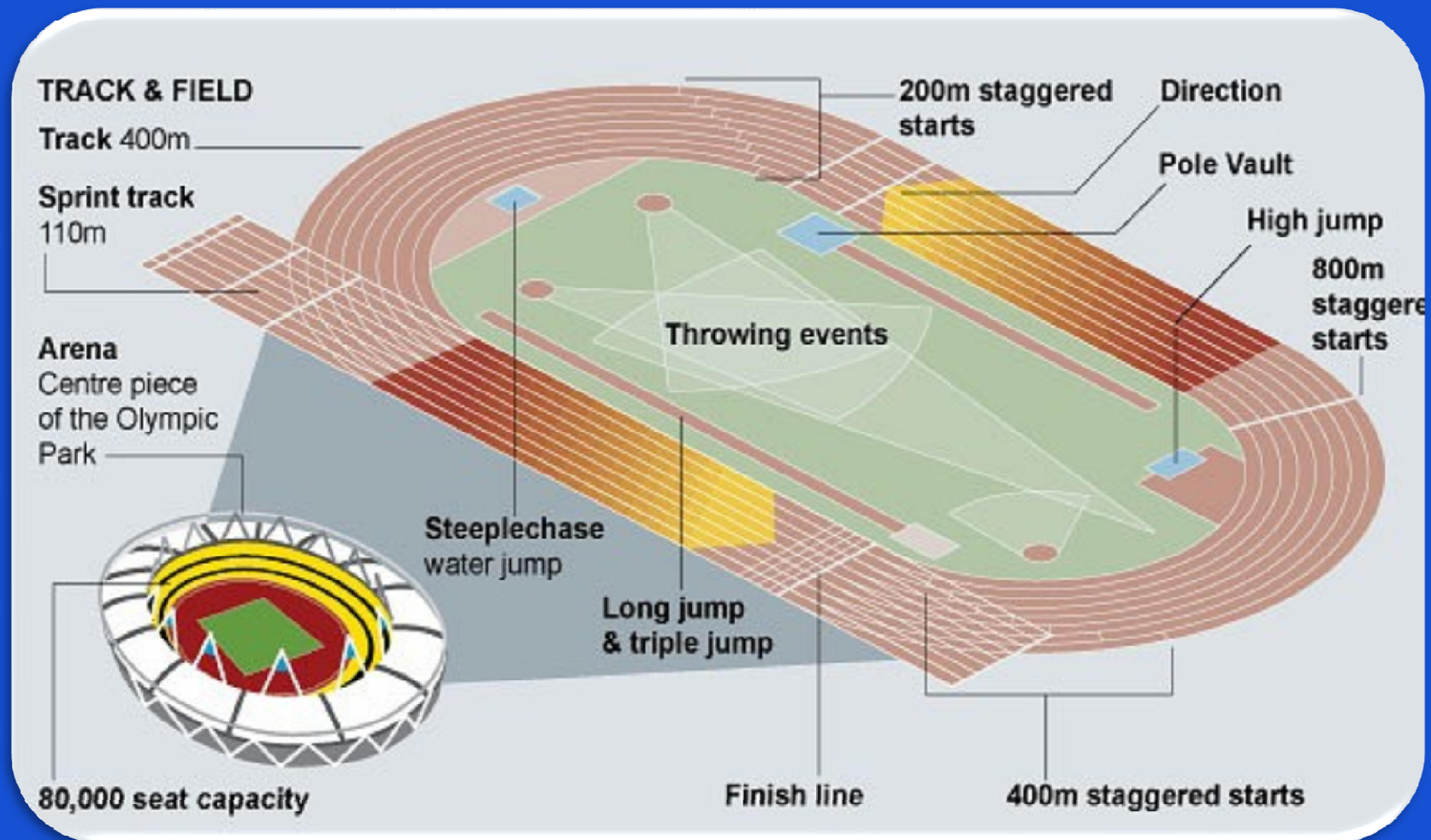
In five minutes time, choose two words and write three phrases with each word than give me your sheet of paper.

3. Now, working individually, write the right word to fill the gaps on the arena picture. You have two minutes.

The Arena



The solution: **The Arena**



THE END