



Athletics Skill	Life skill/Value
Week 1:  <b>RUNNING:</b> <b>Sprint starts</b>	<b>Finish what you Start!</b> No point learning good sprint start strategy if give up and don't keep going to the end. No matter how perfect your sprint start is, it won't help you in the long run if you don't maintain the effort until you pass the finish line!  Do you find that you start things and don't finish them? Books, diaries, projects – like sorting out bedroom at home. Musical instruments, sports clubs, beavers/cubs etc. Small things probably don't matter, but some things really matter – got to keep going with them – put in the effort. School work/friendships/family.  <i>Praise the finishers!</i>
Week 2:  <b>RUNNING:</b> <b>Relays</b>	<b>Working together</b> A good relay team works together. Supports one another – helps one another. Want to be able to make good passes with the baton so that your team mate can take it smoothly and run as fast as they can. Real cooperation needed. Good communication important too. Need to look and listen.  How can you support the rest of your team? What is required of you to be the best team mate that you can?  <i>Praise the cooperative team who are working together!</i>
Week 3:  <b>JUMPING:</b> <b>Long jump</b>	<b>Jumping In!</b>  Learning the proper technique for long jump makes a real difference to the length of the jump. Otherwise you are not going to get very far. Have to work with your body, otherwise it holds you back – need to work out how to get your to work FOR you! In harmony. When it works, you will feel the benefit!  <i>Praise those who are trying to use their bodies to help them travel as far as they can!</i>
Week 4:  <b>JUMPING:</b> <b>Triple jump</b>	<b>Throwing yourself into things</b>  Doing the triple jump is tricky – need to be able to get your body to travel through the air – not a natural thing to do without a strong force propelling it! Need to throw yourself into it. Requires a lot of effort. Physically.  Good things to throw yourself into – requires a lot of effort – friendships/school work/learning musical instruments/hobbies  Feeling when you have landed after a good jump? Exhilarating! Rewarding! Same feelings for things we work at!
Week 5:  <b>THROWING:</b> <b>Tennis ball and chest push</b>	<b>A therapeutic throw</b>  Imagine that the tennis ball is really something that you don't like about yourself. It might be your crossness/your frustration/language you use/something you have done that is bad/things you are upset about. How does it feel to use all of your might to get rid of it! Is it satisfying to let go of it? Sometimes playing sport or doing physical activity can help you to feel better – whether you feel physically better or better inside afterwards! But it may not always be enough to make you feel better. It may help to find a teacher or a grown up to talk things through with too.
Week 6:  <b>THROWING:</b> <b>Javelin</b>	<b>Sticks and Stones</b>  Javelin could be a dangerous weapon – real javelins are different to these ones – the athletes need to be careful that it doesn't hurt anyone. Sharp and pointy. Are we ever like pointy javelins? Sharp/hurtful/say things/do things that might injure others – if not physically hurt them, then hurt them inside? Heard of the rhyme "Sticks and Stones may break my bones but names will never hurt me." Is this true? Sometimes words do hurt. Need to take care with the things we say as well as the things that we do.