

GUIDE TO PRIMARY ATHLETICS



Falkirk Council
Education Services

This Guide to Primary Athletics pack was designed by the Visiting Specialists of Physical Education in Falkirk Council, to improve the quality of teaching, within the specific area of Athletics.

This pack is designed to allow the classroom teacher to remove a specific teaching card for each lesson. Each card consists of Organisational Points, Teaching Points and Equipment Lists.

Choose 6 activities from the activities for the class / stage, to be covered in an 8 week block.
2 running, 2 throwing, 2 jumping culminating in a competitive mini Olympics in weeks 7 & 8.

A certificate of participation will be awarded to Primary 1 and 2 pupils. Primary 3 to 7 will earn a certificate showing the star achieved for each discipline. A sample of these is enclosed in the pack. The actual certificates will be added to the shared documents file on the school network and will allow the children the opportunity to enter their own name and credit themselves with the appropriate Star Award, for Primary 3 to P7

Star Award Levels, will progress from:



elementary



intermediate



star performer

The Award Level can be calculated using the charts at the back of the pack.

We hope you find this pack useful and find it both easy and enjoyable to use.

Note to Parents – if you want to see the activities in more detail, ask to see the full copy of the pack held in each school.

The Visiting Specialists of Physical Education – Falkirk Council

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Falkirk Council

WARM-UPS

P1-2

- Jog and change direction on signal
- Tag games – tail tig, tunnel tig, scarecrow tig.
- Variety of movements changing on signal – jog, jump, hop, skip, bounce, zig-zag.

P3-4 As before plus

- Jog & sprint alternately on the spot, on signal.
- Run and respond to command – touch floor, wall, partner, shoulders, toes, jump feet together, hop, jump feet 2 to 1, zig-zag jumps & skipping.

P5-7 As before plus

- Jog and on command touch floor with elbow, knee, hip, nose, forehead and various other body parts.
- Jog and on command join into groups of specific numbers 2/3/4/5 etc.
- Side stepping – right or left foot leading, facing inwards or outwards.

SELECTION OF WARM-UP & COOL DOWN ACTIVITIES

COOL DOWNS P1-7

- Shuttle relay – run first leg, skip second leg, hop third, walk fourth.
- Run, slowing to jog, slowing to walk, round area to finish in a standing stretch.
- Jog and stop on signal to hold a variety of stretch positions- emphasise arms, legs, trunk, head and neck, whole body.
- Lie flat on back feet together hands by sides- as you breathe in slowly slide arms along floor to meet on floor above head,- as you breathe out slide arms back to start position . Repeat 3/5 times.
- Lie flat on back and on command tense and hold for a few seconds, various muscle groups.



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	Example Certificate