



Peathome1@gmail.com

@PEatHome1

# EXPLORE

**Optimism** is a word you should try to use as often as possible. If you are optimistic it means that you think that good things are going to happen.

Athletics is an activity where people run, jump and throw. This week you will be developing your running and thinking about how you can make it better.

You will need the biggest space you can find. Using markers, socks or soft toys; put one at each end of your space.

- Run from one marker to the other slowly.
  - Run from one marker to the other quickly.
  - Run from one marker to the other at a medium pace.
- Practise this lots of times until you are out of breath!

How many times can you run from one marker to the other in one minute? Ask a family member to time and count for you, perhaps they can have a go too?

Can you try this sideways and backwards? Be careful.

### SEND ADAPTATIONS

- Make the space between your cones the right size for you.
- Run for less or more time.



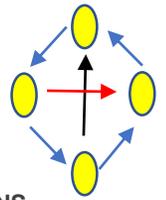
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# PRACTICE

Now add two more markers so that you have a diamond shape. Practice running between the markers in different directions.

You can run forwards, backwards and sideways between the markers and diagonally around the outside.

Can you stop and start quickly when a family member claps their hands?



### SEND ADAPTATIONS

- Make the diamond bigger or smaller to suit you.
- Only move backwards and sideways when confident.

# KEY THEME: OPTIMISM

## Communication and Language (Speaking)

If you are optimistic it means that you believe that you will be happy in the future.



Can you think of all of the things which make you happy? This could be your family, pets, holidays, new toys, good food, and sunshine.

Ask a family member to draw lots of hearts on a piece of paper for you. Inside each heart draw a picture of one of the things that makes you happy.

Can you talk to a family member about why these things make you so happy and what you are looking forward to?



# DEVELOP

Now you have practised running in lots of different directions you are going to develop your running style. Athletes try to make their running style look and feel good so that they can go as fast as they can.  
*Are you optimistic that you are going to run very fast?*

Think about keeping your head up whilst running, using your arms and being light on your feet.



Start at the top of your diamond and run around the outside of your markers using the tips above. Try running from number 1 to number 4 as quickly as possible but remembering to keep a good running style.

Now can you run the other way round you markers? Start on 1 and run to 4, 3 and 2

Ask your family member if they will play the 'Diamond Relay Challenge' with you. One of you will start on number 1 and the other on number 3. On 'go' run around the outside of your diamond as quickly as you can, trying to catch your family member. Keep running until one of you gets caught. If you have more family members get them to join in too, starting on numbers 2 and 4.

If you are playing on your own see how quickly you can run around each point of the diamond and then back the other way.

### SEND ADAPTATIONS

- Practice on your own to become confident before challenging a family member.



## Did you know?

We have 43 muscles in our face? When we frown or look grumpy we use all 43 muscles We use 17 of the muscles when we smile. So it is actually much easier to smile than frown!



Can you bring more smiling and laughing into your day?

- If you smile and laugh all the time you will feel well.
  - Watch funny films or television programmes.
- Spend time with family and friends that make you feel happy.
  - Try to find things which make you smile and laugh.
- Make someone in your family smile or laugh if they need cheering up.

# EYFS – ATHLETICS



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## EXPLORE

This week you will be developing your agility skills and 'fast feet' to be able to do shuttle run relays.

You will need 4 small, soft objects – you could use socks or soft toys for example. Find a large space outside – this could be a garden if you have one, or you could ask someone at home to take you to a park or safe open space.

Spread your objects out in your space.  
Explore running quickly between each object.

Can you run in different directions?

Try running forwards, side stepping sideways and running backwards between your objects – be careful to look over your shoulder when running backwards so that you don't fall over!

### SEND ADAPTATIONS

- Start off by running more slowly and build up speed as you feel more confident.

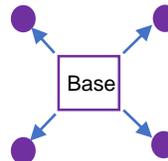


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## PRACTICE

Now you will need something to use as a 'base' for your objects. This could be a container such as an old box, or a small towel.

Put your 'base' on the floor next to you and walk in a diagonal direction away from it for 5 big steps, then place one of your objects on the ground. Do this for all 4 objects, like this:



Start next to your base. Run and collect each object quickly and bring it back to the base.

Now see how quickly you can move your objects from the base back to their original positions.

What could you do to get faster at this?

### SEND ADAPTATIONS

- Start with your objects closer to the base, and move them further away as you develop your speed and accuracy.

## KEY THEME: OPTIMISM

### English Task

*"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."*

Dr Seuss 'Oh The Places You'll Go'

Optimism is about believing that you can achieve anything that you put your mind to and work hard at. This Dr Seuss quote means just that.

Think about something that you are good at or enjoy.

Draw a picture of yourself in the future being brilliant at it.

Write labels onto your drawing to say:

- What you are doing.
- Where you are doing it.
- What you have achieved.



## DEVELOP

Relay athletes are always optimistic that they will be able to run and pass the baton to each team member without dropping it. If they did, they would be disqualified from the race. They practise running with the baton to make sure they don't!

You will need 2 bases, your 4 objects and a large outside space to run in. Place one base down next to you, then walk 10 big steps away from it and put the other base down on the ground.



Start with your objects next to base 1. Pick up one object, run quickly to base 2 and drop your object onto it. Run back to base 1 and collect the next object and do the same. Repeat this until you have moved all objects from base 1 to base 2.

Try this again - can you do it more quickly? Concentrate on not dropping your object (the baton) when you are running between the bases.

Can you find a family member to join in with you? Both start at base 1. One person picks up an object and runs quickly to leave it at base 2 before running back and tagging person 2 to go next.

Can you work together to do this faster each time you try.  
Remember not to drop the baton!

### SEND ADAPTATIONS

- Set a time limit to complete the relay in. Can you challenge yourself to beat this time?

### Did you know?

Jonnie Peacock is a British Paralympic, World and European T44 100m Champion. He had his right leg amputated below the knee when he was 5 years old.

Jonnie was always optimistic that he would be able to run really fast despite this. He practised his running, and never let his disability stop him from believing he would be a champion. He won the Gold medal at the London 2012 Paralympic Games.





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# PRACTICE

You will need 6 objects to use as hurdles. This could be folded pieces of paper, or soft objects such as cushions or soft toys. Your objects need to be safe in case you knock into them, and don't make them too high!

Put them in a line a short distance apart from each other.

Practise running over your hurdles. Hurdlers don't jump over the hurdles, they run over them by lifting one knee then the other as quickly as possible so that they can keep going.

Try moving the hurdles further apart and closer together until you find a distance between each hurdle where you can run over them quickly and efficiently.

### SEND ADAPTATIONS

- Start with small, flat hurdles until you have mastered the technique, then add slightly higher ones.

# DEVELOP

Hurdlers need to have optimism that they will complete the race without knocking down the hurdles, and work hard to develop this very technical skill.

Keep your hurdles set up as they were in the practice section.

Mark a start point and a finishing line – you could use another object to mark these.

Time how quickly you can run over your objects (hurdles). You could ask someone to count out loud if you don't have a stopwatch or watch.

Have 5 attempts and write down your best time.

Hurdlers have a preferred 'lead leg' (the leg that leads over the hurdle first) as they run over the hurdles. Try out which is best for you – is it always your right leg, left leg or do you find it easier to use alternate legs as you run over each hurdle?

Try these top tips as you develop your hurdling technique and run over your hurdles quickly and efficiently:

- Run tall on the balls of your feet.
- Lift your lead leg quickly as you run over each hurdle.

Time another 5 attempts. Have you improved your performance?

### SEND ADAPTATIONS

- Focus on running efficiently over the hurdles by using the top tips without trying to find your preferred lead leg.

# EXPLORE

Hurdlers need to have fast feet and be able to lift their knees quickly to run over the hurdles without knocking them over.

You will need 6 soft, flat objects – this could be small pieces of paper, socks or paper plates for example. Find a large space outside – this could be a garden if you have one, or you could ask someone at home to take you to a park or safe open space.

Explore moving quickly around and between each object.

Every time you reach one of your objects explore different ways to move over it with fast, high knees.

How many different ways can you do this?

### SEND ADAPTATIONS

- Allow more space between the objects to start with, and then try bringing them closer together to explore even faster feet.



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# KEY THEME: OPTIMISM

## English Task

Optimism is a feeling of being hopeful about the future or about the success of something in particular.

These words are examples of synonyms for the word optimism.

HOPEFULNESS    CONFIDENCE    IDEALISM  
 POSITIVITY      SURENESS

How many more examples can you find?

### Design a poster for 'optimism'

Be creative about how you present your words.  
 Will you add images or pictures?  
 How will you make it visually appealing?

## Did you know?

American athlete Aries Merritt currently holds the 110m hurdles world record at 12.80 seconds. In 2013, Merritt was diagnosed with a rare kidney disease and had to undergo a kidney transplant in 2015. For most athletes, this would have been the end of their career. However, due to his optimism and positivity, Merritt returned to athletics in 2017.





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## EXPLORE

In athletics, sprinters have to be optimistic as they train to improve their times by hundredths of a second each time they race.

Find a space to practise your sprinting technique and put down two markers opposite each other to indicate your working area.

Starting at one marker, how can you move across to the other marker in the quickest amount of time? Try Sidestepping Running Jumping Bounding Hopping

Elite athletes combine a high knee action, a long stride and a driving arm action in order to get to the finish line first.

- How many high knees can you do in between your markers?
- What is the fewest number of big strides you can complete between the markers?
- Can you use your arms to propel you forward more quickly?

### SEND ADAPTATIONS

- Use brightly coloured markers for visually impaired users.

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## PRACTICE

Place your markers 10 metres away from each other, or as far apart as it is safe to do.

Start at the first marker and ask a family member to time you.



Start in a crouched position and ask your family member to shout "GO".

Sprint to the opposite marker as fast as you can bringing your knees high, making your stride length long and driving your arms forward.

Have a rest and then try and beat your best time. Can your family member beat your time?

### SEND ADAPTATIONS

- Ensure wheelchair users complete the task on a flat surface.

## KEY THEME: OPTIMISM

### English Task

Being optimistic can have a positive effect on our wellbeing and make us feel better about the world we live in.

Imagine the world a year from now.

Can you write a letter to a friend, parent or just to yourself that optimistically describes a better world that you would like to live in?

- What parts of your life now would you want to keep?
  - What elements would you like to take away?
  - What would you like to achieve in the next year?

Try to think about how you could include the following techniques in order to enhance your writing:

ALLITERATION SIMILIES METAPHORS PERSONIFICATION SYMBOLISM

## DEVELOP

Athletes are always optimistic that they can improve their performance, even when things don't always go the way they planned.

One way that sprinters improve their performance is by using a sprint start. This allows them to create momentum off the start line.

### 1. On Your Marks Position

- Start by placing both hands in a bridge position in front of you, shoulder width apart, placing your weight on your hands.



Bring your front foot in line with the knee of your back leg. This is called the "on your marks" position.

### 2. Set Position

- Raise your hips so both knees are off the ground.
- Your weight should be forward.
- Eyes looking at the ground.

### 3. "Go"

- Push backward with the feet.
- Drive arms forward.
- Slowly move the body into an upright position.

Can you use the sprint start to improve your sprint time?

Sprinters often visualise excellent performance on the start line of a race. This creates optimism that their performance will be their best. Can you try this in your sprinting?



### SEND ADAPTATIONS

- Allow wheelchair users to push against an object for their sprint start.

### Did you know?

Shelly-Ann Fraser-Pryce is a Jamaican sprinter who has won two Olympic gold medals and 11 medals at the World Championships. In 2017, Fraser-Pryce gave birth to her first child. Due to her optimism and hard work, she returned to athletics just nine months later. She has since won two more World titles.





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# EXPLORE

Long distance runners are always optimistic and must stay positive throughout their races.

Find a route around your local area which you know you can jog around without stopping – this route can be as short or long as you want. Make sure it is safe!

Long distance runners often use different strategies to complete their races. Over the next few days try completing your route:

- Starting quickly and trying to maintain this pace to the end.
  - With a steady pace all the way around the route.
- Starting slowly and building your pace towards the end.

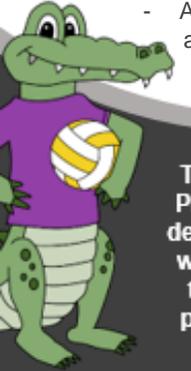
Make sure you have a rest in between each run!

- Which strategy did you find the easiest to use when completing your route?
  - Which strategy did you find the hardest?

Select one strategy and run your route again. If you encounter any hills, keep your stride length short, lean forward into the hill and keep your knee lift low.

### SEND ADAPTATIONS

- An appropriate adult may need to accompany some young people.



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# PRACTICE

Being able to pace ourselves in a long distance run can leave us feeling more optimistic that we will complete the distance.

Select a slightly shorter distance and a strategy that you think will help you complete the route. Ask a family member to time how long it takes you to complete it.

Have a rest!



You are now going to complete the same distance again – can you run it in exactly the same time as the first lap?

Challenge a family member to pace themselves and see how close they can get to their original time.

### SEND ADAPTATIONS

- Visually impaired learners may need a running guide.

## KEY THEME: OPTIMISM

### English Task

*“The people who succeed aren't the ones who avoid failure; they're the ones who respond to failure with optimism”.*

- What does this quote mean to you?
- What are the things that make you feel optimistic about the future?
- Can you write down 10 top tips for remaining optimistic?
- Create a podcast, recording or leaflet that others could use help them remain optimistic during this time.
- Share your work with friends or family members that you feel might benefit from your advice.

Try to include the flowing techniques:  
IMPERATIVE COMMAND PERSONAL PRONOUNS TRIPLES  
STATISTICS AND DATA RHETORICAL QUESTIONS

Check in with the people you have sent your work to. Do they feel more optimistic as a result of following your top tips?

# DEVELOP

Now it's time to challenge yourself to build up the distance you can run. Remember to be optimistic and set challenging, but achievable goals.

Using your knowledge of pacing, plan a new route that is slightly longer than your practice routes.

Your challenge is to complete your route without stopping.

- Think about your strategy to complete the run.
- How will you pace yourself along the route?
- Are there any points which are particularly difficult? What techniques can you use to overcome them?

Runners often use music to give them motivation whilst running.

- Can you create an upbeat playlist to run to that will motivate you throughout your run?
- Can you run to the beat of the music to pace yourself?



Try to build up the amount of time that you run each week. Use a combination of walking and running if you need to.

Some athletes create a phrase or 'mantra' to motivate themselves when their run gets tough. Can you create a mantra that gets you to the end of your run?

### SEND ADAPTATIONS

- Make sure that the route is appropriate for all users.

### Did you know?

British marathon runner Paula Radcliffe was in tears at the Olympic Games in 2004 when she failed to win. She was always optimistic that she would win a world gold medal. In 2005, Paula became the marathon world champion in Helsinki, Finland. She has also won the London Marathon three times.



## KS4 – ATHLETICS