

Introduction to Track and Field




Grades: 3-5



Overview



I want to introduce to the children to the sport of track and field. Each day teach the fundamentals one event of the most common in the sport. They go onto Weebly and use it to review what I taught in class.

Objective	<p>After I have thoroughly taught the lesson for the day, I want the children to each show me the right technique and form to the individual event I showed them with little or no mistakes. If they have not gotten I want them to use Weebly to share and review the lesson I will put on there.</p>
Standards	<p>I want each child I have taught to know how to do and incorporate each method efficiently in order to have a base to start from to become a competitive track and field athlete.</p>
Materials	<p>They will need a pencil and paper to write the steps I have given them and a partner to help evaluate each other as they do the repetitions. Also for review they will need a Weebly account and access to internet.</p>  A green illustration of a classroom scene. It shows several desks and chairs arranged in a room. A bright sun with rays is positioned in the upper center, and a trail of green dots leads from the sun towards the left side of the room.
Procedures	<p>I will show the students a 3-5 step process of each event's movements then have them and a partner practice the skill repeatedly as I walk around to help each group individually understand the lesson.</p>

Evaluation

A test, at the end of class, will be administered to each child individually for them to show me on the spot how well they can replicate my teachings I gave at the beginning of class. If they fail or do worse than a C they have the opportunity to practice and retry the next day before class to better their score.

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