LEARNING AND EVALUATION SITUATION
ELEMENTARY, CYCLE 3

TO PERFORM MOVEMENT SKILLS IN
DIFFERENT PHYSICAL ACTIVITY SETTINGS

I CONTROL MY RUNNING, MY
JUMPING AND MY THROWING IN
TRACK AND FIELD

October 25, 2013
Level: Elementary
Cycle: 3

Duration: 6 or 7 periods of 60 minutes

Subject-Specific Competency:
To perform movement skills in different physical activity settings

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Broad Areas of Learning:
Health and Well-Being

Title:
I CONTROL MY RUNNING, MY JUMPING AND MY THROWING IN TRACK AND FIELD

Overview
Through a series of teacher-led workshops, the students will be introduced to different activities related to track and field. The three next periods are dedicated to the learning of different forms and levels of difficulty in running, jumping and throwing. Throughout their progress, students are required to follow the rules of ethics and safety. During Period 4, each student chooses his/her levels of difficulty and objects (for throwing) according to his/her abilities for the 6 workshops. Students are given documentation and have access to posters to help them with their choices. They perform and adjust their presentations through peer and teacher feedback and the use of an evaluation grid. Evaluation takes place during Periods 6 and 7 when students are required to move through their planned sequence. After his/her presentation, each student does a self-evaluation.

<table>
<thead>
<tr>
<th>Evaluation Criteria</th>
<th>Observable Behaviours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Coherent planning</strong></td>
<td>Plans his/her track and field sequence according to his/her capacities and the constraints of the activity</td>
</tr>
<tr>
<td>(Coherent organization of the elements)</td>
<td></td>
</tr>
<tr>
<td><strong>Effective implementation</strong></td>
<td>Executes movements according to:</td>
</tr>
<tr>
<td></td>
<td>-the planned levels</td>
</tr>
<tr>
<td></td>
<td>-the techniques taught</td>
</tr>
<tr>
<td></td>
<td>Performs sequences of movements</td>
</tr>
<tr>
<td></td>
<td>Demonstrates behaviour consistent with ethical rules</td>
</tr>
<tr>
<td></td>
<td>Follows the rules of safety</td>
</tr>
<tr>
<td><strong>Relevant reflection</strong></td>
<td>Takes note of improvements</td>
</tr>
<tr>
<td></td>
<td>Identifies the learning achieved</td>
</tr>
</tbody>
</table>

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Essential Knowledge

Learnings

- To identify the main parts of his/her body (2*)
- To situate his/her body and its principal parts in space (2*)
- To identify kinesthetic feedback from his/her body in movement or stationary (4*)
- To determine the available space (2*)
- To differentiate levels (2*)
- To identify reference points (2*)
- To differentiate directions (2*)
- To estimate distances (2*)
- To recognize speed (2*)
- To recognize rhythm (2*)
- To identify his/her centre of gravity (2*)
- To identify grip according to the tool used (4*)
- To name the objects (4*)
- To name the apparatus (4*)

Motor Skills

- Running, galloping, hopping, hop-foot jumping, long jumping (2*)
- Going over and around obstacles (2*)
- Side-stepping and cross-stepping, twirling (2*)
- Different jumps with a running start (6*)
- Throwing or hitting a variety of objects used in specialized activities (6+*)

NOTE: In this LES the word action is used as a synonym for discipline, a term which is more common in track and field.
Period 1

Presentation of the challenge
The teacher explains to the students that they are required to plan and execute a track and field event that consists of two runs, two jumps and two throws, according to the following constraints: You must experiment different levels for each element of your event. After experimenting, you must choose the level that is best suited to your abilities for each of the six workshops. You must demonstrate ethical behaviour and follow the rules of security at all times. The different parts of your event must be coordinated. This learning evaluation situation will last 6 or 7 periods:

• During Period 1, you will explore track and field.
• During Periods 2 to 4, you will experiment with different types of races, jumps and throws. You will also be presented with different levels for the activities.
• During Period 5, you will prepare your event by choosing your actions and their levels. You will have time to practice. You will present your event to one of your peers so that he/she observe and help you to find improvements.
• During Periods 6 and 7, you will present your event to your teacher and do a self-evaluation.

This LES has been designed for a double gymnasium and includes 6 actions to be evaluated, each with 3 levels. Since it is possible that not every class has access to a double gymnasium, the number of actions can be let to the individual teacher’s discretion.

Presentation of the educational and pedagogical intentions
Addressing the educational and pedagogical intentions shows the students what this activity can lead to. « During this learning activity, you will come that much closer to the competency known as TO PERFORM. You will also have the chance to become familiar with some of the sports taught in high school. You will learn about running, jumping and throwing, all actions that are part of many sports. Can you name some? »

Presentation of observable behaviours
The teacher presents the student with the points he/she will use to evaluate the development of each student’s competency.

Prior knowledge
The students are asked to take notice of the equipment that has been placed throughout the gym. They should be ready to take part in the various workshops / drills. The teacher leads a discussion on running, jumping and throwing by asking the following:

1. Do you know of any athletes who have stood out in track and field, running, jumping or throwing?
2. What can we say about the qualities of their performance in track and field?
3. What did they have to do to succeed?
4. What elements must be respected when you do running, jumping and throwing?

The teacher can take note of the students’ answers so they can be reinvested in the LES.
**Presentation of the stations to the students**

The following is a list of drills that take each of the disciplines into consideration. Teachers can use them during Period 1 and should make sure to cover running, jumping and throwing.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| 1 | a) With your feet together, jump as far as you can.  
   b) From a standing position, jump as far as possible using 1 foot to land on your 2 feet (helps to establish the take-off foot). |
| 2 | Take 3 steps, put 1 foot on the trampoline and jump so you land on your buttocks with your arms out in front. |
| 3 | Throw the medicine ball with 2 hands and your feet together:  
   a) From your chest  
   b) From between your 2 legs  
   Place one foot in front of the other, and throw the medicine ball using 1 hand just like you would throw a weight.  
   Place one foot forward and throw the ring (as shown in Level C on the Ring Toss poster). |
| 4 | Side-step through the cones:  
   a) With your right foot forward  
   b) With your left foot forward |
| 5 | Work your way through the floor ladder putting one foot at a time between each rung. Rings or mini hurdles can also be used. |
| 6 | Hop from one cone to another:  
   a) With your right foot  
   b) With your left foot |
| 7 | At the jump pit:  
   a) Turn your back to the pit and jump so you land on your backside  
   b) From a running start, scissor jump onto the carpet |

Using Annex 2, the teacher presents the rules of safety. In terms of ethical behaviour, students should be led to give themselves guidelines for cooperation: « I excuse myself if I bump into someone. I congratulate a peer on a job well done. I help a peer who is having difficulty… »
After receiving an explanation of the various stations, students try the activities related to racing, jumping and throwing safely. The teacher circulates in the gym and regulates student learning.
Period 2 - Running

- View successful moves in track and field (For example, demonstrations on You-Tube). What qualities emerge from these examples? Make a connection with what they will be doing during this lesson.
- Explain the components or phases of a sprint: waiting, starting, maximum speed, arrival.
- Explain and demonstrate the different levels of starting by referring to the wall posters.
- Explain and demonstrate the different levels of exercises by referring to the wall posters.
- Have students practice the levels of starting and various technical exercises, making sure they respect the rules of safety.
- Keep track of their ethical behaviour and their respect for rules of safety using the evaluation grid. (Annex 4 or 5)

Period 3 - Jumping

- View successful moves in track and field (For example, demonstrations on You-Tube). What qualities emerge from these examples? Make a connection with what they will be doing during this lesson.
- Explain the components or phases of a jump: For example, for the long jump: approach run, takeoff, suspension and landing.
- Explain and demonstrate the levels of high jump by referring to the wall posters.
- Explain and demonstrate the levels of a long jump by referring to the wall posters.
- Have students practice the various levels, making sure they respect the rules of safety.
- Keep track of their ethical behaviour and their respect for rules of safety using the evaluation grid. (Annex 4 or 5)

Period 4 - Throwing

- View successful moves in track and field (For example, demonstrations on You-Tube). What qualities emerge from these examples? Make a connection with what they will be doing during this lesson.
- Explain the components or phases of a throw. For example, for the weight throw: approach, wind-up, drive, projection and recovery.
- Show students the different objects for the throw. Explain and demonstrate the levels for each (weights and rings) by referring to the wall posters.
- Have students practice the various levels, making sure they respect the rules of safety.
- Keep track of their ethical behaviour and their respect for rules of safety using the evaluation grid. (Annex 4 or 5)
- Inform the students that during the next period they are going to prepare an event that must include 2 runs, 2 jumps and 2 throws and that they must choose a level for each action. They will present what they have learned and be evaluated during Periods 6 and 7.
Period 5

- All materials to be used in the evaluation are placed throughout the gym. Students will be given a document to help them choose a level for each of their 6 actions. (Annex 3). They practice and make adjustments as necessary.
- Each student shares his/her choices with another student who in turn provides feedback. Students should be reminded that there is still time to make changes.
- Students who are ready to present their event to the teacher can do so at this point. The other students should be told that a peer is being evaluated and therefore has priority on the stations. This allows everyone to continue working. Students should have their sheets and have completed sections 1 and 2.
- After presenting, each student must complete the self-evaluation form. Once completed, this document must be submitted to the teacher.
- The teacher compiles his/her observation using the evaluation grid. (Annex 4 or 5)

Period 6

- Students continue to present their work to the teacher for evaluation. They make sure that they have completed all sections of their documents.
- Students who have completed all tasks can help other student or work on elements they would like to improve.

Period 7

- If necessary, finish the students’ evaluations.
- Bring the group back together and ask them about the following: how interesting they found this activity, their interest in continuing, what they would like to learn, what other disciplines they would like to learn, what they have learned from this LES…
**ANNEX 1**

**STUDENT PROCESS**  
(What I will be evaluated on)

<table>
<thead>
<tr>
<th><strong>ANALYZE</strong> (the situation according to the requirements of the context) AND <strong>CHOOSE</strong> (appropriate actions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔️ I chose a level for each of the 6 stations (A, B, C).</td>
</tr>
<tr>
<td>✔️ I chose my levels according to the wall posters in the gym.</td>
</tr>
<tr>
<td>✔️ I chose my levels according to my capacities (not too easy, not too hard).</td>
</tr>
<tr>
<td>✔️ I am able to explain why I chose these levels for my track and field event.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PERFORM</strong> (actions according to the situation)</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔️ I performed my actions according to instructions.</td>
</tr>
<tr>
<td>✔️ I performed all my actions at the levels I chose.</td>
</tr>
<tr>
<td>✔️ I performed my actions in sequence.</td>
</tr>
<tr>
<td>✔️ I followed the rules of safety.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>EVALUATE</strong> (his/her process and results)</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔️ I took note of any improvements.</td>
</tr>
<tr>
<td>✔️ I was aware of my successes and difficulties during preparation and performance.</td>
</tr>
</tbody>
</table>

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ANNEX 2

RULES OF SAFETY

Rules
Respect of people and workspace

My responsibility
I do nothing that is dangerous, either for me for others.

• I wait for my turn.
• I do not disturb another student.
• I move calmly from station to station (jumping, throwing, running).
• I return all material to its original place.
• I pay attention to other students and stations as I move about.
• I place a throwing object directly into my partner’s hands without throwing it.

Suggestions:
ANNEX 3: Planning, Peer Evaluation and Self-Evaluation

I RUN, I JUMP AND I THROW IN TRACK AND FIELD

Section 1. Planning

- You must choose two runs, two jumps and two throws (objects).
- Circle a level for each of the three different disciplines in your track and field event.

<table>
<thead>
<tr>
<th>Stations</th>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Technical Exercises</td>
<td>2 exercises techniques + acceleration</td>
<td>2 technical exercises</td>
</tr>
<tr>
<td>2</td>
<td>Starts</td>
<td>With starting block</td>
<td>3 support points</td>
</tr>
<tr>
<td>3</td>
<td>Long Jump</td>
<td>Long and fast approach</td>
<td>Medium approach with correct takeoff foot</td>
</tr>
<tr>
<td>4</td>
<td>High Jump</td>
<td>Backflip + 6 steps and a curved approach</td>
<td>Backflip + 4 steps</td>
</tr>
<tr>
<td>5</td>
<td>Ring Toss</td>
<td>With rotation</td>
<td>With side step</td>
</tr>
<tr>
<td>6</td>
<td>Weight Toss</td>
<td>With swing</td>
<td>1 side step</td>
</tr>
</tbody>
</table>

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Section 2. Peer Evaluation
Ask another student to observe you as you perform your sequence.
Name of student-evaluator: ________________________________________

Refer to the wall posters, and note one strong point and one that needs improvement for each event:

Event 1
Strong point: ______________________________________________________
Needs improvement: ______________________________________________

Event 2
Strong point: ______________________________________________________
Needs improvement: ______________________________________________

Event 3
Strong point: ______________________________________________________
Needs improvement: ______________________________________________

Section 3. Self-Evaluation
Write Y for YES  N for NO

<table>
<thead>
<tr>
<th>I experimented with different events.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I practiced all my events several times.</td>
<td></td>
</tr>
<tr>
<td>I chose my levels according to my capacities.</td>
<td></td>
</tr>
<tr>
<td>I planned my track and field event.</td>
<td></td>
</tr>
<tr>
<td>I followed instructions.</td>
<td></td>
</tr>
<tr>
<td>I always followed the rules of safety.</td>
<td></td>
</tr>
<tr>
<td>I followed my plan.</td>
<td></td>
</tr>
<tr>
<td>I noted improvements to make.</td>
<td></td>
</tr>
</tbody>
</table>

Section 4. Evaluation
After you present your track and field event to your teacher, write down 1 or 2 improvements:
____________________________________________________________________
____________________________________________________________________
EVALUATION GRID (TEACHER)

<table>
<thead>
<tr>
<th>++ SUCCEEDS EASILY (without support)</th>
<th>+ SUCCEEDS (with some support)</th>
<th>± SUCCEEDS OCCASIONALLY (with continuous support)</th>
<th>- DOES NOT SUCCEED (despite continuous support)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Observable Behaviours</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**I CONTROL MY RUNNING, MY JUMPING AND MY THROWING IN TRACK AND FIELD**

Class: 

Date: 

| 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | 16. | 17. | 18. | 19. | 20. | 21. | 22. |
| Plans his/her track and field sequence according to his/her capacities and the constraints of the activity | Executes movements according to the planned levels | Executes movements according to the techniques taught | Performs sequences of movement | Demonstrates ethical behaviour | Follows the rules of safety | Takes note of improvements | Identifies the learning achieved | Score |
## EVALUATION GRID (TEACHER)

<table>
<thead>
<tr>
<th>+++ SUCCEEDS EASILY</th>
<th>++ SUCCEEDS</th>
<th>+ SUCCEEDS</th>
<th>± SUCCEEDS OCCASIONALLY</th>
<th>DOES NOT SUCCEED</th>
</tr>
</thead>
<tbody>
<tr>
<td>(without support)</td>
<td>(with some support)</td>
<td>(with continuous support)</td>
<td>(despite continuous support)</td>
<td></td>
</tr>
</tbody>
</table>

### Observable Behaviours

**I CONTROL MY RUNNING, MY JUMPING AND MY THROWING IN TRACK AND FIELD**

<table>
<thead>
<tr>
<th>Class:</th>
<th>Date:</th>
</tr>
</thead>
</table>

| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |

<table>
<thead>
<tr>
<th>Plans his/her track and field sequence according to his/her capacities and the constraints of the activity</th>
<th>Executes movements according to the planned levels</th>
<th>Executes movements according to the techniques taught</th>
<th>Performs sequences of movement</th>
<th>Demonstrates ethical behaviour</th>
<th>Follows the rules of safety</th>
<th>Takes note of improvements</th>
<th>Identifies the learning achieved</th>
<th>Score</th>
</tr>
</thead>
</table>

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References

Reference documents


Related Internet sites

1. Athleconnexion
   http://www.athleconnexion.com/sauts.php
2. Entrainement-sportif
   http://entrainement-sportif.fr/saut-en-longueur.htm#course
3. Éducation physique et sportive
   http://yannick.del.free.fr/hauteur.htm
4. SAÉ Je saute en contrôle!
5. A variety of videos on technique available on YouTube (Long jump drills or High jump drills, Club d’athlétisme Les Vainqueurs)