

SPORTS · GRADES 2–5

# Athletics Session

Running &amp; jumping events

## Three events in rotation

<p><b>Sprint start technique</b></p> <p>Practice 'On your marks' (crouch position), 'Set' (hips up), 'Go' (drive forward). Focus: powerful first steps, pump arms. Distance: 20-30m.</p>	<p><b>Standing long jump</b></p> <p>Swing arms back, bend knees, jump forward, land on both feet. Measure from start line to back of heels. Focus: technique before distance.</p>
<p><b>Relay handover</b></p> <p>Practice passing baton (or bean bag) in marked zone. Receiver starts running before handover. Focus: smooth exchange, don't drop baton.</p>	

## Mini sports day (20 min)

Split into teams. Each team rotates through all events. Keep times/distances but emphasize participation and technique over competition. Cheer for all teams.

