



Author: SARA CATERINA BOSELLI

Lesson plan: THE SPEED RUN – lesson 1 -

School	o Primary	X Middle		High	
Year / Class	0 1	0 2	X 3	0 4	0 5
Subject :	Physical Edu	ucation Topic	: speed run	1	
CLIL language					
Teacher / Teaching team profile	Teacher's role: Teacher's role:	X Main Teac	r cher	SubjectPhys Subject	ical education
		o Other:			
Student group profile (general)	CEFR Level:	X A1 o B1	o A2 o B2	0	C1 C2
	 Experiences of CLIL English mother tongue Other mother tongue: 2 Migrant background X Special Educational Needs X Other: _18 Italian students 				al Needs : 2
Timetable fit	o Module X Lesson (56 minutes) Previous lessons: none Future lessons:				
	Two other lessons to complete the explanation of the top				
Resources & tools	Video on YouTube, photos, keywords				
Students' prior knowledge, skills, competencies	Sub	oject		Language	
	PE: how to run and body parts		English and Italian		
Learning Outcomes expected for this lesson	skills".	competencies to develored to be able to rep			
Methodology	Talk about what encourage intera	er in a particular lesson students will see an active listening and give positive feedb	nd hear, give speaking, al	e time to ask qu low the use of	lestions, L1 in

Activity	Activity aims	Activity Procedure	Language	Interaction	Materials (please cite all sources)	Timing	Assessment
1 in class	What is the purpose of this activity of the lesson. Know a famous fast runner	What will happen during this stage of the lesson Students have to watch and pay attention to all the movements they see	Competencies developed "What is it talking about?" It describes It represents It shows	Whole class	What materials are used during the lesson? One video * on the whiteboard	The timing of each activity should be as accurate as possible. 5 minutes (from the lesson's beginning to the video's end) 2 minutes for chatting to each others	Assessment tools in relation to the learning outcomes of the lesson Can: follow a video
2 in class	Be able to find information from picture and video	Students have to look at the photo and the video Students find a list of words and sentences	"What does it show?" "What is he talking about?" the photo shows the athlete speaks about	Whole class	One photo * and one video * on the whiteboard Keywords* on the whiteboard	2 minutes to think 5 minutes to discuss	Can: use images to analyse scene and identify details
3 in the gym	Be able to reproduce the start position	Students have to recall and reproduce the movements they saw	"Where were the hands?" "Where were the feet?" put your hands put your feet pay attention to be aware of	Pair work	The photo * of the beginning position shown before	5 minutes to go down to the gym and change clothes 15 minutes of work	Can: reproduce the details of the start position

4 outside the gym	Know how to start and run for 20 meters	Students have to	"let's try!" first second third last: start!	Pair and individual work	None	15 minutes to reproduce the run 7 minutes to go to the gym, change clothes and go upstairs in the class	position
-------------------------	---	------------------	---	-----------------------------	------	---	----------

Materials

video n. 1 from youtube: <u>Usain Bolt Wins Olympic 100m Gold - London 2012 Olympics - YouTube</u> <u>https://www.youtube.com/watch?v=2O7K-8G2nwU - dal minuto 4e36 al minuto 5e19 - </u>

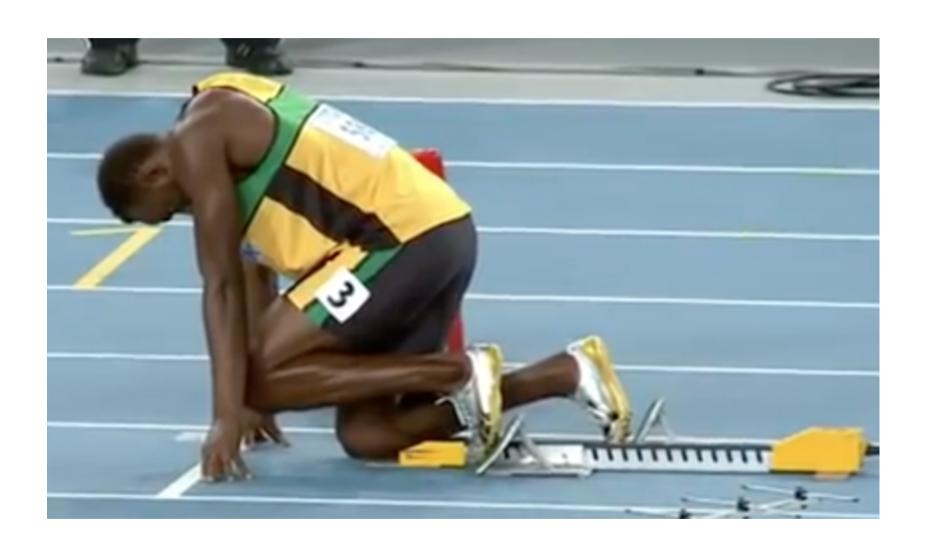
* Activity 2

Material

photo n. 1 on the whiteboard reproducing the start moments from <u>Usain Bolt Wins 200m at 2011 World Championships in 19.40 seconds: photo of the 0.38 sec of the run</u>

video n. 2 from youtube: <u>Track & Field Drills</u>: <u>Starting Position in Track & Field https://www.youtube.com/watch?v=Dm5uJTwq3ug</u> keywords for the lesson on the whiteboard (syllabus)

^{*} Activity 1



KEYWORDS: TRACK & FIELD DRILLS: STARTING POSITION IN TRACK & FIELD

THE STARTER POSITION "...how actually starter is..."

START

STRONGEST LEG FIRST RIGHT LEG/ LEFT LEG

TAKE UP PULLING

WE CALL IT "THREE POINTS STAND" THREE POINTS ON THE GROUND START BLOCKS'

RUN DIRECTION STANDING STRAIGHT

RIGHT HAND IN LINE LEFT HARM BEHIND

PUSHING WITH THE KNEE

WHAT THE FIRST STEP LOOKS LIKE

SLOWLY, MEDIUM and BEST

JUMPING UP/EXPLODING

FASTEST VERSION ---AND I START