



Aim: To improve running technique

1. To make an effective sprint start
2. To learn how to pace yourself over a middle distance

Vocabulary: running, sprint, balls of feet, swing arms, accelerate

Warm Up: Numbers

Pupils have to perform the correct movements related to each number

Resources: cones, spot markers, hoops, bean bags, bibs

- 1: Walking
 - 2: Jogging
 - 3: Balance on one leg
 - 4: Hopping
 - 5: High five the nearest person
 - 6: Jump as high as you can
- etc

Progression

- ✓ How many numbers can pupils remember?
- ✓ Say the numbers in quick succession
- ✓ Can the pupils think of any more actions?

Teaching Points:

- Listening skills
- Perform correct actions and movements
- Move into a space, avoiding collisions

Mini Plenary:

- Why do we warm up before exercise?
- Why do we move into a space?
- What do we mean by “running technique”?

Acquiring and Developing Skills: Sprint starts

- Split class into smaller groups. Use cones or lines on playground/field as a starting point
- Pupils take it in turns to practise their sprinting starts (up to 5-6m)
- Make sure pupils are not inactive for too long, ideally pupils will only have a short “rest” in between each turn
- Pupils have to run as fast as they can - starting on the reaction of the coach’s command (i.e “Go”!, clap, whistle)

Teaching Points:

- Crouch down, behind the start line
- Fingers to ground, legs one behind the other
- Head down, slowly lift and look forward
- Pupils vary their starting position to find what’s most effective.
 - Lead with left/right foot
 - Larger/smaller gap between legs (bunched, medium or elongated)

Progressions:

- Add a ladder between hoops (improve quick feet)
- Add hurdles between hoops (improve knee drive)
- Only travel in one direction over hurdles
- Rotate groups and equipment

Differentiation/ S.T.E.P.S

Space: HA have a further distance to complete; LA have a shorter distance to travel

Task: LA can collect more than one bean bag at a time

Equipment: HA run over/around an extra obstacle (see progressions)

People: HA to work together; LA to work together in smaller group(s)

Speed: HA complete task in a shorter time frame



Evaluation & Improving:

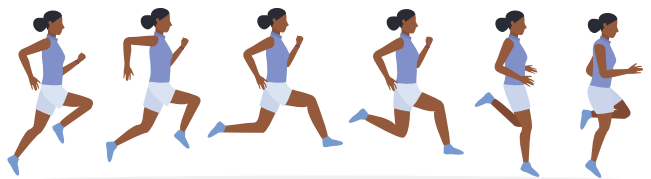
- Child/children demonstrate running technique, remainder of group evaluate and describe their performance.
- Demonstrate poor running technique to see if pupils can identify what is wrong

Mini Plenary:

- How do our arms move when running?
- Where do we look while we run?
- Do we want to take small or large stride when running?

Selecting and Applying Skills: Pacing

- Staying in small groups, remove any hurdles/ladders and increase the distance pupils will run
- Discuss what pacing is, and how to save energy for the last part of the run



Pupils use a good running technique to pace themselves

Teaching Points:

- Low starting position
- Push off the balls of feet
- Hands move from Hip to Lip/swing arms
- Drive knees forward, long strides

Progressions:

- Slowly increase the distance pupils run, eg
 - 100m (all pupils)
 - 200m (most pupils)
 - 400m (most pupils)

Differentiation/ S.T.E.P.S

Space: HA have a further distance to complete; LA have a shorter distance to travel

Task: LA can collect more than one bean bag at a time

Equipment: HA run over hurdles or through ladders

People: HA to work together; LA to work together in smaller group(s)

Speed: HA complete task under time limit

Evaluation & Improving:

- Evaluate performance highlighting what was quality performance and what could be improved.
- 2 or 3 different children share each week.

Mini Plenary:

- What part of our feet should we run on?
- Where should we look?

Final Plenary:

- What sports might need people to run fast?
- Why do we look forward when we run?
- Who can name a fast runner? What is the 100m world record?
- Where can you take part in a running race?

Expected Outcomes:

- Children improve their running technique (all pupils)
- Children have more knowledge as to what makes effective running technique (all pupils)
- Pupils can understand and demonstrate components of running techniques (most pupils)
- Pupils can pace themselves over a longer distance (some pupils)