

Athletics: Sprinting / running for Speed

Resources:

Tops Cards:
Developing Fast Running &
Sprint Start Relays

Elevating Athletics



Athletics: Developing Fast running

Lesson Focus & Cross-curricular ideas	Activity 5-7	Activity 7-11	Objectives To:
Introduction	Name: A fast runner in your class	A world famous sprinter ? 2-3 Olympic sprinting events ?	Improve wider & deeper K & U of activity & key vocab`
Warm-up	<p>“Traffic Policeman” - face & copy Teacher / a partner (2m apart) Jog on spot then Sprint on spot for 5 / 10 secs (fast arms, hips to lips, arms bent , high knees - look ahead) Try different running actions on spot (mountain climbers - spotty dogs) Show some basic stretches</p>	<p>Select a variety of running and jumping activities to warm muscles up in <u>safe outdoor space</u> Play thro` the gears 1st gear:walk 2nd: speed walk (heels down first); 3rd: jog 4th: skip high ! Demo large leg muscle stretches <u>Q</u>.hold for ? secs?</p>	<p>Identify & mobilise joints pupils will be using Gradually increase heart rate Prepare muscles & joints Stretch to avoid injury & improve performance Improve understanding of why we need to W-Up / cool down</p>
Individual	<p>In a smaller space....Find <u>3 ways</u> of travelling across your space using 1 foot - 2 feet Can you do each one forwards , backwards sideways ?</p>	<p>In field/playground - see which running style iis easiest / fastest? <ul style="list-style-type: none"> • Run with tiny steps • Arms glued to sides • In a crouched up position • Run tall </p>	<p>Familiarise pupils with different travelling & running styles Develop technique , power and speed in running & jumping Improve variety / understanding</p>
Progression 1 <i>Development of fast running (Tops Card)</i>	Measure out & place markers at 10, 15 & 20 steps from start line On T command - How far can you run in 3 secs / 5 secs / 10secs	Increase stepped out distances to 10 - 20 - 30 steps away from start line . Get partner to count / time & 3 /5/10 secs then shout stop	Understand how to apply & improve technique & sustain pace over short distances

Athletics : Developing Sprint starts

Lesson Focus and Cross-curricular ideas	Activity 5-7	Activity 7-11	Objectives To:
<p>Progression / challenge 2 <i>Maths shapes sprint</i></p> <p style="text-align: center;"><i>OR</i></p>	<p>In a safe space - mark out 3 shapes (square / rectangle / circle) Try sprinting round each separately</p> <p>Q. Which do you think was quickest to get round? Count / time fastest shape ?</p>	<p>Mark out 3 larger shapes (Rectangle / Octagon / Triangle ?) Predict quickest to sprint round ?</p> <p>Time / count how long a partner takes to sprint round each Try to beat own PB / partner's time Challenge someone else</p>	<p>Apply K & U of Mathematical shapes Develop teamwork & accuracy in measuring, timing etc</p> <p>Develop prediction & thinking skills</p>
<p>Progression / challenge 3 (Optional as requires large space)</p> <p>Adapted from <i>Sprint start relay</i> Tops Card</p>	<p>Marks out a large rectangular zone Space pupils along start line (team sat behind leader in 2M + spaced single files) Place 3 coloured zone markers in lines at 5 - 10 - 15m from start line</p> <p>Demo` different start positions (lying on back / front / box /crouch) Allow them in phased starts to try various start positions.</p> <p>Q.Which Is best position? Choose best one - time / count 3 secs - who can get the furthest ?</p>	<p>Set out a rectangle with start line (long edge) and 3 zones of markers (at 10 - 20 & 30m out)</p> <p>Explain 3 x sprint start commands Show various sprint start positions (Add Box Sprint start on 1 knee) Lines of sprinters in speed groups Experimentation with start positions - Have vote on best ? How far in 5 secs ? (race)- If you get past line 1 (Bronze),2 (silver) 3 (Gold) If space is extensive set up large circle / oval for (non contact sprint relays ...see TOPs card)</p>	<p>Improve K & U of sprint start commands, positions</p> <p>Develop technique & wider vocabulary</p> <p>Improve prediction , estimating and accuracy</p> <p>Develop Honesty and Fair Play</p> <p>Improve observation and feedback skills (if peer coaching)</p>
<p>Cool Down</p>	<p>Take 10 Slow , GIANT steps without falling over <i>On the beach:</i> Lie down - stretch out in a space - Deep breathing - Yoga relaxation</p>	<p>Slow jog / heel kicks / low skips up & back Can you show 3 leg stretches to relax muscles & help recovery (10 secs)</p>	<p>Gradually return body to pre-exercise state</p>

Athletics & English (Ages 5-7)

How many words can you think of that rhyme with:

Fast

Feet

Athletics & English (Ages 7-9)

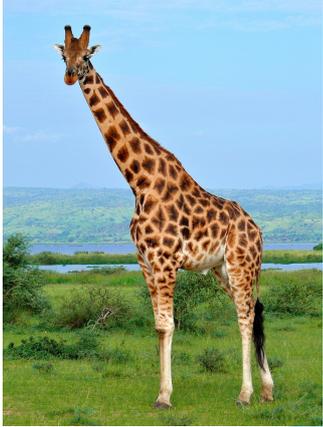
How many other words can you make using the letters from the two activity words below?

Sprint start

Acceleration

Athletics & Maths (Age 5-7)

Circle the animals that you think can run faster than the fastest human in the world
(Usain Bolt who has a top speed of 27.8 mph)



Athletics & Maths (Ages 7-9)

If there are 100 cm in 1 meter, how many centimeters are there in :

10 Meters	100 meters	400 meters
? cm	? cm	? cm
Create your own Maths Athletics challenge / Q to test your friends :		

Athletics & ICT (Ages 5-7 & 7-9)

Age 5-7 Task	Age 7-9 Task
<p>Can you find out 5 interesting facts about the 100m Race ?.</p> <p>Can you find out where the:</p> <p>A. last Olympic Games took place</p> <p>B. next Olympic Games will be ?</p>	<p>Make up a coaching card to help others improve their Sprinting style & speed</p> <p>Or</p> <p>Create a series of clips that show great Sprinters with great Sprinting technique</p>

The Olympics & Literacy (Ages 7-9)

summer olympics



EDQSOLVR
JTAWRESTLINGOP
FXLMAGYMNASTICSR
SHOOTINGWUBTXAQBOF
DONOLHTAIRTENNISWT
GIGNIMMIWSERVXOEIK
FAVARCHERYKDTDKHNL
BUISNAIRTSEUQEZG
FENCINGVAJAMNT
GNIXOBT D

ROWING
EQUESTRIAN
GYMNASTICS
TRIATHLON
ARCHERY

JUDO TENNIS FENCING BOXING

DIVING
SHOOTING
WRESTLING
SWIMMING
BASKETBALL

TIP: THE WORDS CAN BE HORIZONTAL, VERTICAL, DIAGONAL AND BACKWARDS.

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Athletics & home learning / literacy (Ages 5-7 & 7-9)

Age 5-7 Task	Age 7-9 Task
<p>Can you write 5 sentences that include the 5 words below :</p> <ol style="list-style-type: none"> 1. Fast 2. Track 3. Run 4. Race 5. Win 	<p>Write a short and exciting story about a boy / girl who wakes up one morning with a <i>new super power</i>they have amazing speed and fast feet !</p>