

SHIFTING GEARS AND CHANGE SPEEDS



ATHLETICS



GAMES

Description of Activity

Before starting the activity, practise changing speed by inviting pupils to move freely around the area. When 'sprint' is called, pupils run as fast as possible. When 'jog' is called, they slow down to a medium pace. When 'slow' is called, pupils slow down to almost walking pace (but still jogging on the balls of their feet).

Invite pupils to line up in groups of five. Place six cones in a line approximately twenty steps apart, with a set of cones for each group. Explain that between each pair of cones pupils must adhere to a different speed, e.g. slow, medium or fast. It is useful to colour code the cones, e.g. green for fast, yellow for medium and blue for slow. On a signal the first pupil in each group moves through the cones, speeding up and slowing down where appropriate. Once the first pupil finishes, they line up at the other end behind a cone and the next pupil starts. Repeat going back to the starting point.



Variations

- Invite pupils to take turns setting their own pace for each set of cones.
- Progress the activity so that each pupil begins their run when the pupil in front has reached the first cone.

Equipment

An open playing area, spot markers, cones



- As running can be a high intensity activity, ensure pupils have warmed up well before the lesson and cool down after the lesson.
- Acceleration and deceleration are the key concepts of this activity. Explain each concept and invite pupils to discuss why they are important in many sports.
- Pause the activity at intervals to focus on the teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they are running during the activity.



- The concept of accelerating, decelerating and changing pace quickly is important in many sports and in daily life. In your PE journal, describe three instances when it might be necessary to change the speed we are travelling at, and why.



lasmuigh • luas éagsúla • rith ráibe • bogshodar • mall • ar na barraicíní • dathanna ar na cóin