



Description of Activity

Set up a defined running area with two clear end lines. Explain to pupils that they are going to run non-stop for five minutes (a recommended objective of the PE curriculum) up and down the playing area. Explain that they should run at a sensible pace or a 'chatty pace', so that their breathing does not get too heavy and they have to stop. Alternatively, allow pupils to run in pairs, and encourage them to chat as they run. Set the pupils off running, providing constant encouragement and feedback on running technique. Provide regular time checks or display a visual timer.



Variations

- Vary the time and pace to suit the ability of the class, starting slow until pupils are familiar with the procedure.
- Build up to five minutes over a succession of lessons, starting with two and a half minutes, and adding thirty seconds each lesson.
- Starting pupils at different times may be useful for a class with a wide range of ability, e.g. five pupils start at zero, five pupils start at one minute and finish at six, etc.

Equipment

An open playing area, stop-watch, whistle



- Show pupils that they can run at a pace not much faster than walking and that if the pace is correct, they should be able to chat to their friend as they are running.
- 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.



- Endurance running is necessary for many sporting challenges and life events (marathons, triathlons, adventure racing, charity events, etc). Research an endurance event, document it in your PE journal and make a presentation to the class.



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