

Strand: Athletics	Strand Unit: Running
Fundamental Movement Skill:	Locomotor - Running
Resources:	Large space, cones, body-part cards, beanbags, scarves, beachballs, balloons, balls, hoops
Optional resources:	
Learning outcomes:	<p>The child should be enabled to:</p> <ul style="list-style-type: none"> ● participate in team relays, in small groups, using various means of travelling ● participate in a pair relay using a beanbag ● sprint distances of 10 to 20 m ● practise reaction sprints ● practise the standing start ● walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds

Activity #	Activities that include running for the Athletics Strand	Teaching Points
1	<p><u>Running over distance</u></p> <ol style="list-style-type: none"> The children run around the play area, dodging around cones. <p>On a signal from the teacher the children could:</p> <ul style="list-style-type: none"> stand on one leg beside a cone demonstrate high knees use running arms (hip to lip) land only on the balls of the feet find a partner and do five Jumping Jacks <ol style="list-style-type: none"> The children run around the play area, following a trail of beanbags. Pac Man: <ul style="list-style-type: none"> The children run only on the lines that are available in the yard (basketball court markings). Choose 2 or 3 children to be the chasers. Once a child is tagged, they must freeze on the line where they were caught and become an obstacle. Other children cannot pass through a line that has an obstacle on it. 	<p>Increase the length of time</p> <p>Demonstrate:</p> <ul style="list-style-type: none"> ➤ high knees ➤ head up ➤ running L-shaped arms ➤ running on the balls of the feet
2	<p><u>Sprinting</u></p> <p>Split your class up into lines with 5 or 6 children in each line.</p> <ol style="list-style-type: none"> Each line of children in turn practices the following: <ul style="list-style-type: none"> Each child walks from one marker (red cone) to the marker opposite (yellow cone). Each child now jogs from one marker to the marker opposite. 	<p>Demonstrate how to do Kick Backs. As the leg leaves the ground, the child raises their foot as close to their backside as possible. This will ensure they have high knees during their run.</p>

2. Each line of children stands back from the marker and reacts to what the teacher calls out.

- High knees
- Running arms (L-shaped arms)
- Balls of the feet
- Kick Backs
- Head up and eyes forward

3

Relay

Split the children into pairs. Number the children 1 and 2.

On the whistle:

- Number 1s run to the cone, around the cone and back to his/her partner
- Number 1s pass the beanbag to Number 2s and sit down
- Number 2s repeat the exercise and on return sit down
- First pair back who are sitting down are the winners.

Repeat.

Remind the children of the teaching points for running. Sometimes in race situations, the teaching points which the children have just learned are easily forgotten.