

Strand: Athletics	Strand Unit: Running
Fundamental Movement Skill:	Locomotor - Running
Resources:	
Learning outcomes:	<p>The child should be enabled to:</p> <ul style="list-style-type: none"> ● participate in a pair relay using a beanbag, developing simple technique ● participate in team relays or shuttle relays in small groups, using various means of travelling ● sprint distances of 20 to 30 m with the emphasis on sustained effort throughout the sprint ● practise reaction sprints ● practise the standing start ● walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes

Activity #	Activities that include running for the Athletics Strand	Teaching Points
1	<p><u>Distance</u></p> <p>1. To encourage an awareness of pace, discuss the concept of pace with the children and allow one or two to demonstrate the following:</p> <ul style="list-style-type: none"> • You are a speed walker (walking quickly). • You are running for a bus (running not sprinting). • You are trying to run on sand (jogging). • You are being chased by a tiger (running). • You are making the letter O (jogging). • You are making the number 3 (walking). <p>Now ask the children to run as you call out the different ideas to vary the pace. This exercise should last for approximately 90 seconds.</p>	<p>Discuss the difference between jogging, running and sprinting. How does our body look when we are doing each of these?</p>
2	<p><u>Shuttle sprinting</u></p> <ul style="list-style-type: none"> • When the teacher calls on your marks the children in the first line walk to the starting point. • Teacher calls set then go. • Each child runs to the first cone and back to the starting line, then s/he continues on to the second cone and runs back to the first cone to finish. • The children MUST touch each cone. • They then go to line up again at the back. • The second line comes forward on the signal. • Repeat this activity two or three times. 	<p>Increase the distance between the markers. Introduce beanbags. Leave two beanbags at the starting cone. The first child brings one beanbag out and drops it beside the first cone and then comes back to collect the second beanbag which they must leave beside the second cone. The next child in line continues the running pattern.</p>
3	<p><u>Pair relay</u></p> <p>Split the class into lines of 5 or 6 children in each line. Introduce the formal relay using the down sweep technique.</p> <ul style="list-style-type: none"> • Each child in line one stands facing forwards towards the finishing line. • Line two moves forward about five/six metres away. 	<p>Revise Steps 1, 2 and Step 3 while running. Introduce Step 4: Number 2s begin to jog slowly as Number 1s approach. They will now receive the beanbag while moving. Lines 3 + 4 form pairs and repeat.</p>

	<ul style="list-style-type: none"> • All of the Number 2s stand facing the direction they will jog and stretch their left arm backwards to receive the beanbag. The left leg should also be at the rear. The children should look over their left shoulder to see their partner coming. <p><i>Step 1</i></p> <p>Number 1s hold the beanbag in the right hand. On a signal, all walk forward and pass the beanbag onto number twos left hand. When Number 1s are passing the beanbag they should remember to walk to the left side of their partner.</p> <p><i>Step 2</i></p> <p>Number 2s must tighten grip and bring the hand forward and continue walking to the finish line. The next group now repeat this activity.</p> <p><i>Step 3</i></p> <p>The children repeat the activity of passing the beanbag several times at walking pace before jogging. Remember to give all the children practice in passing and receiving, i.e. reverse roles.</p>	<p>As passing skills improve, the children progress to running.</p> <p>Don't lose sight of the teaching points of running.</p> <p>Increase the distance between the pairs. Introduce a baton for the children who have mastered the changeover skills well. The children run to pass the baton.</p>
4	<p><u>Chat and run</u></p> <ul style="list-style-type: none"> • Split your class into pairs. A group of three is also fine. • The children run at a comfortable steady pace. • As they run ask them to work their way through the alphabet by naming a word that begins with a, followed by a word that begins with b and so on. • After initial activity of the alphabet game, encourage the children to run and chat about topics such as their favourite colours, foods or television programme. 	<p>Increase the running time.</p>