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| 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 a pair relay using a beanbag, developing simple technique ● practise baton change-over technique while stationary, with a partner, developing into practice with a team of four ● practise baton change-over technique while moving slowly, with a partner, developing into practice with a team of four ● practise the standard relay (i.e. four children per team, using a baton) in a straight line ● participate in team relays or shuttle relays in small groups, using various means of travelling ● sprint distances of 30 to 60 m, developing good acceleration and finishing technique ● practise reaction sprints ● practise the standing start ● walk, jog or run in a non-competitive setting for periods extending from 30 seconds to 3 minutes |

| Activity # | Activities that include running for the Athletics Strand | Teaching Points |
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| 1 | <p><u>Running over distance (30 seconds-3 minutes)</u></p> <ul style="list-style-type: none"> • Walk with change of speed, direction on given signal, e.g. whistle. • Jog from cone to cone. • Jog again from cone to cone. <p>At every cone carry out an activity called by the teacher, e.g. 5 scissors jumps, 10 arm swings etc.</p> | <p>Teaching points:</p> <ul style="list-style-type: none"> • High knees • Kick backs • Running arms • Head up • Running on the balls of the feet |
| 2 | <p><u>Relays: Formal relay OR Fun relay</u></p> <p>Practice the downsweep baton changeover with bean bag in fours:</p> <p><i>Step One</i></p> <ul style="list-style-type: none"> • Number 1 holds the beanbag in right hand and walks towards Number 2. • Number 2 receives it with outstretched left hand and walks towards Number 3. • Number 3 receives it with outstretched right hand and walks towards Number 4. • Number 4 receives it with outstretched left hand and walks to finish. <p><i>Step Two</i></p> <ul style="list-style-type: none"> • Now Number 4 becomes Number 1 and all turn to face the new direction. • Ensure that all the children now know their new position/number and which hand they are using. <ul style="list-style-type: none"> · Repeat the activity, moving up and down the area several times, walking, then jogging. · Ensure that Number 1 and Number 4 also alternate positions. <p>When the children are familiar with the passing pattern, reintroduce baton.</p> | <p>Relays in fours using a baton while running</p> |
| 2 | <p><u>Running over Distance:</u></p> <ul style="list-style-type: none"> • Split your class into groups of 7 children in each group. Set up a large lap and place 7 cones at equal distance apart on the lap route. Assign a number to each child (1-7) and each child to a cone. • Number 1 runs to Number 2, who runs to Number 3 and so on. The last runner (Number 7) restarts lap two and runs to Number 1, who is standing where s/he handed over. | |

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| | <ul style="list-style-type: none"> • Each team runs for three or four laps, or counts how many laps they can complete in a set time, e.g. five minutes. The teacher can opt to use a baton or a beanbag for the changeover. • At each cone place an activity card which the children must do while waiting their turn to run again. For example, marching on the spot, jogging on the spot, scissor jumps, twisting jumps or shadow boxing. | |
| 3 | <p>Sprinting</p> <p><i>Reaction sprints</i></p> <ul style="list-style-type: none"> • Two lines work in turn, A and B, and C and D. One child from line A is partnered with a child from line B. Similarly with lines C and D. • Each child in line A chooses a fun starting position, e.g. sitting, standing with back to starting line, kneeling, curled up or a position appropriate to the playground. The children in line B adopt the same position. • On a signal from the teacher, both lines rise and run to the freedom line. • If the front child (Line A) reaches there without being tagged s/he earns a point. If s/he is tagged the child from line B earns a point. A and B walk to the side and return to the starting position. Lines C and D run. On the next turn to run the lines switch roles. <p><i>Formal standing start</i></p> <ul style="list-style-type: none"> • On your marks, set, go. Each group sprints a distance of 20 metres in turn, using the formal standing start. • Repeat three times (3x20m). • When starting a sprint at this level, it is not necessary for the children to crouch in a racing position where their hands are on the ground. | <p>Remind the children of the teaching points for running.</p> <p>Pair children of equal speed together.</p> |