

Take Home Running B3

1. Design a running game based on a theme of your choice. Describe it in your PE journal, and play it with your friends.
 2. The concept of accelerating, decelerating and changing pace quickly is important in many sports and in daily life. In your PE journal, describe five instances when it might be necessary to change the speed we are travelling at, and why.
 3. At home, watch video clips of professional athletes running. In your PE journal, write down three things that you found interesting about their running technique.
 4. Design a running game using a pack of playing cards. Describe and draw the game in your PE journal. Play it with your friends in the yard.
 5. Practise running in the yard at lunchtime. Pick out landmarks in the yard and create a running course. Draw a map of the course in your PE journal.
 6. Endurance running is necessary for many sporting challenges and life events - try to name some of these. Research an endurance event, document it in your PE journal, and make a presentation to the class.
 7. Fast reactions are an important part of this game. Research and play reaction games at home with a friend.
 8. Practise running at home with friends or family. Teach the teaching point of running that you learned today to a friend or family member.
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- The idea of establishing a strategy is very important in many sports. Research your favourite sport and find out how strategy has been used to win games.