

LESSON PLAN: RUNNING - WEEK 1

LESSON OBJECTIVES: Develop good technique for running

WARM UP (15 MINS)

• Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second 'move on the spot' interval periods between each task. The tasks are:
Run on the spot - leaning backwards; leaning forwards, quickly, slowly, heavily, lightly, with bouncy strides, with high fast knees, long arms, fast arms, arms swinging across the chest,

TASK (20-30 MINS) (ensure that there is a water break beforehand)

Beat the clock

Agree a start line with the children. Each child should place a cone where they think they can run to in 5 seconds. Children run as fast as they can towards the cone with the teacher timing. Teacher shouts "Stop" after five seconds and children mark where they reached with a cone.

Children can re-run and try again to run past it.

Repeat with varying times – 10 seconds, 30 seconds.

Repeat with longer times on a clear, closed course – 1 minute, 5 minutes

Identify what constitutes good technique for running (which will get them further in the time given):

- head up and look ahead,
- body leant slightly forward,
- lift knees,
- arms pumping in opposition to feet,
- land on heels and push off with balls of feet,
- moment where both feet off the floor.

If time allows introduce Trek2Tokyo to the children and log laps for your Trek2Tokyo total

COOLDOWN (10 MINS)

Tortoise race

The class is split into small groups which perform a slow race against each other over 10m – the objective is to be the last one to cross the line whilst continually moving (and showing the technique established within the lesson). If time this can be done as a final between the winners of each group race.

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

- Cones
- Stopwatch or timing method

For more competition related lesson plans please visit

<http://valeroyschoolsport.org/pesupport> or for challenge activities please visit

<http://valeroyschoolsport.org/activity-challenges>

For Trek2Tokyo please visit

<http://valeroyschoolsport.org/trrek2tokyo>

KEYWORDS/PHRASES

Posture: Run tall, Hold shoulders square to the front, trunk erect,
Eyes: look forward, in the direction of travel.
Arms: Fast, Drive arms back like pistons, Elbows at 90° during backward drive.
Legs: Use pushing action in rear leg, Knee high on the non-supporting, front leg.
For distance: arms swing across the body more.

Adaption/Challenge/Homework

Harder

Easier

Set distances suitable to challenge individuals

Allow children to identify what good technique looks like

Introduce technique one aspect at a time and build up



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LESSON PLAN: RUNNING - WEEK 2

LESSON OBJECTIVES: Develop pacing strategies when running for distance

WARM UP (15 MINS)

• Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher asks the following questions with each being completed for 30 seconds with 30 second 'move on the spot' interval periods between each task. The questions are, can you run ...?

- Very tall, very small?
- On/across a line?
- On your tip-toes/flat-footed?
- At a high/low level?
- As fast/slowly/smoothly as you can?
- With jerky movements?

TASK (20-30 MINS) (ensure that there is a water break beforehand)

What's the pace?

Set up several a journey line by placing several cones/markers as stations to visit (multiple areas may be needed – the order to visit these can be set by teacher (or each child if your RA allows). Consideration may need to be given to organisation here – children can set off one at a time following a set pattern from cone to cone, or in small groups following a random pattern where they move to a cone identified as available.

Children should run ensuring the pace is appropriate for the distance to be travelled within the time allowed. Alternate between brisk walking and running for one minute, visiting all the stations and arriving at the last station after the minute. Rest briefly at the station before resuming with a different time or distance.

If time allows return to the running tasks from week 1 and/or log laps for your Trek2Tokyo total

COOLDOWN (10 MINS)

Tortoise race - The class is split into small groups which perform a slow race against each other over 10m – the objective is to be the last one to cross the line whilst continually moving (and showing the technique established within the lesson). If time this can be done as a final between the winners of each group race.

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

- Cones
- Stopwatch or timing method

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For Trek2Tokyo please visit

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KEYWORDS/PHRASES

Posture: Run tall, Hold shoulders square to the front, trunk erect,
Eyes: look forward, in the direction of travel.
Arms: Fast, Drive arms back like pistons, Elbows at 90° during backward drive.
Legs: Use pushing action in rear leg, Knee high on the non-supporting, front leg.
For distance: arms swing across the body more.

Adaption/Challenge/Homework

Harder

Easier

Set distances suitable to challenge individuals

Children should identify strategies to maintain pace over distance

Look for smaller increases in distance



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