

Athletics Running Pack

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Source: Elevating Athletics Primary Teaching Pack

How to: Athletics Running Teaching Tips

Running

- Run as tall as possible.
- Drive arms back like pistons.
- Lift your knees high.
- Pick your heels up and under you.



Safety and Organization

- Always check running area for debris.
- When traveling look for a space not a face!
- Involve pupils in setting up activities, measuring, timing and data recording.

Evaluation and Feedback

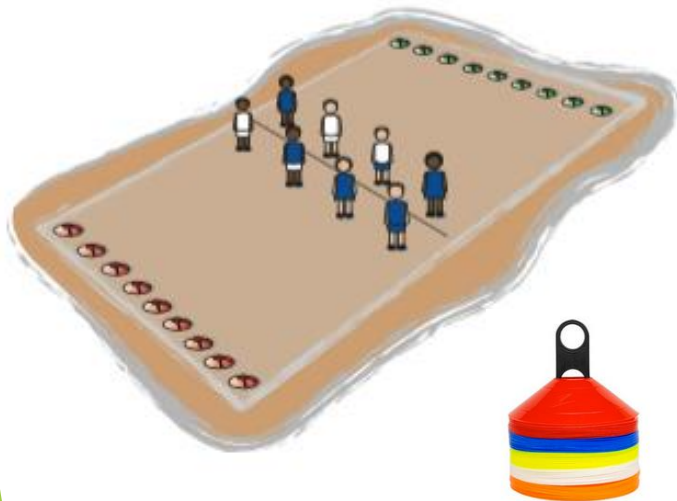
- Use regular Q&A throughout lesson.
- What skills are being used?
- Explore listening and observation skills.
- Encourage team work using communication, co-operation and negotiation skills.
- Promote observation and feedback skills in pairs, small groups and whole class.



Quick-Start Warm Up Activities for Big Groups (1)

Rock, Paper Scissors

- Set up a running zone with start (centre) line and safety zones. Use existing playground lines.
- Stand facing a partner.
- Play rock, paper, scissors.
- Winner chases partner in a straight line, trying to tag them before they cross into the safety zone.
- Return to start line and play again.



Odds and Evens

- One line of children are odd numbers the other line are even numbers.
- Teacher or helper calls out a number.
- If, for example, its an odd number then **Odds chase Evens** in a straight line, trying to tag them before they cross into the safety zone.
- Return to start line and play again.



Quick-Start Warm Up Activities for Big Groups (2)

Numbers

- Children line up, give each a number 1,2,3 or 4.
- Use small cones to highlight line children travel to.
- Call numbers 1,2,3,4 at random.
- Children travel to opposite line when number is called and return.
- Mix up ways of travel: run forward, backwards, sideways, skip, high knees, heel kick to bottom etc.

Challenge

- Make it a race.
- Let the winner call the next number.
- Let children create new ways to travel.



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Quick-Start Warm Up Activities for Big Groups (3)

What can you see?

- Use the colours or shapes already on the playground, any permanent equipment, doors, corners, fences, landmarks etc.
- Call out colour, shape, item or feature.
- Children run to it then return to designated base. Repeat.



Challenge

- Make it a race.
- Let the winner call next target.
- Change way to travel, sidestep, hop, backwards etc.



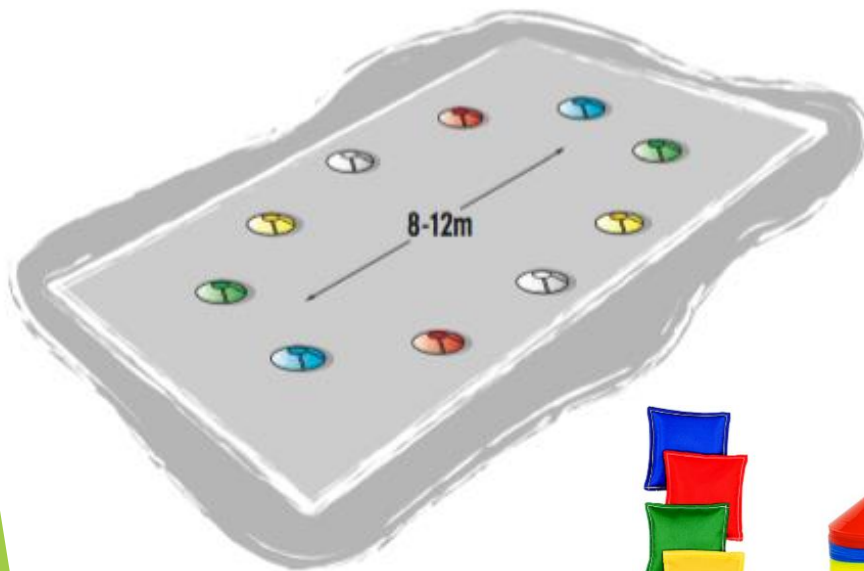
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Athletics Running on a Curve - Rainbow Run

Task

- Aim to run on a curve with co-ordination and control.
- Try to lean naturally into the curve.
- Make a circle.
- Everyone has a coloured cone or bean bag.
- Call colours out at random.
- When your colour is called run around the outside of the circle all the way back to your own cone/bean bag.



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Challenge

- Change mode of travel: walk, skip, side-step etc.
- Use different names for the colours such as fruit, animals.
- Give the colours numbers and use calculations to determine who runs.



Athletics Running for Speed - The Scream Team

Task

- This activity looks at speed and sprint technique.
- Take one bean bag or small marker each. Hold while running.
- On command, run in a straight line as fast and as far as you can on one breath whilst screaming!
- Stop when you run out of breath.
- Drop bean bag or marker where you stop and return to the start line.
- Take a big deep breath and try to run faster and further than you did the first time. Don't forget to scream!
- Repeat 2/3 times, trying to improve on your distance each time.



Challenge

- Run as tall as possible.
- Drive arms back like pistons.
- Lift your knees high.
- Pick your heels up and under you.



Athletics Running for Speed - Run a world record

Task

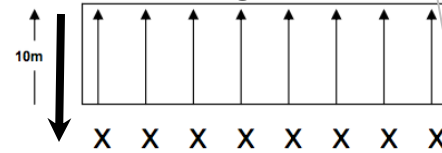
- This activity looks at time, distance and speed.
- Discuss who the fastest person in the world is and how quickly they can run 100m. (Usain Bolt 9.58sec)
- Everyone get ready to run a world record.
- Ready, steady, go!
- Stop the clock at 9.58sec.
- Can you estimate how far you ran?
- Work out where Usain would have finished in the same time.
- Try again to see if you can run further.



Athletics Running for speed - 10x10m Shuttle Runs

Task

- The aim is to sprint rapidly over short distances and change direction quickly.
- Place cones or chalk lines 10m apart.
- Work in pairs, small groups or half class.
- Sprint 10 lengths (or shuttles). This can be done with or without a stopwatch.
- If no stopwatches, before beginning, everyone practice counting in seconds, for example, 1 x Mississippi, 2 x Mississippi etc.
- Your partner must cross the lines/cones for each shuttle to count.
- Turn quickly and run in a straight line.
- How fast did you run 10 shuttles?
- Swap with partner or team mates, have a rest while timing them and then repeat the challenge but try to improve your speed and turns to become a more efficient sprinter.



Challenge

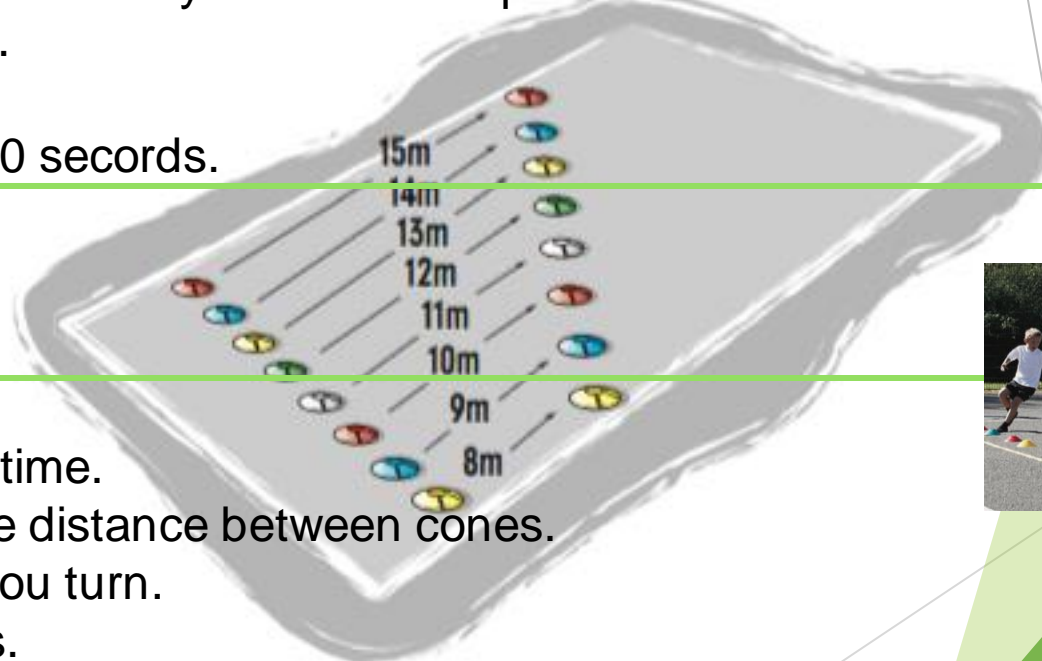
- Challenge a classmate and include judges to keep things fair.
- Judges add a time penalty (0.2sec) for each occasion you turn before the line.



Athletics Running for Speed - More shuttles!

Task

- The aim is to sprint rapidly over short distances and change direction quickly.
- In pairs, place cones 10 strides apart.
- The children count how many shuttles their partner can run between the cones in 10 seconds.
- Change over.
- Repeat for 15 and 20 seconds.



Challenge

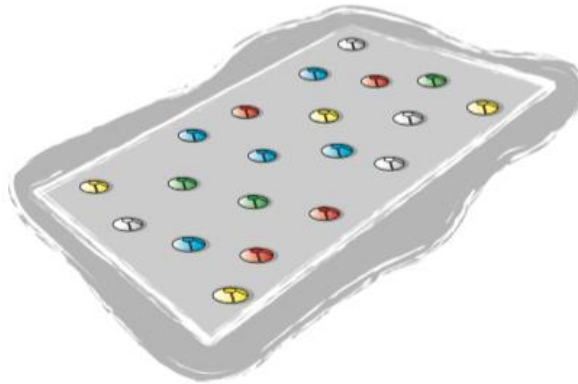
- Vary the length of the time.
- Increase or reduce the distance between cones.
- Touch each cone as you turn.
- Run around the cones.
- Stop during each lap to perform an exercise (eg. a press up or 3 star jumps).
- Set a class challenge for the most number of shuttle runs in a minute.



Athletics Running Look and Listen - Touch Base

Task

- Aim to move quickly in response to voice instructions and show awareness of others.
- Place coloured cones/spots around the playing area.
- Jog between them. Look for a space not a face!
- On hearing a colour called, pupils run quickly to the nearest available cone/spot and freeze.



Challenge

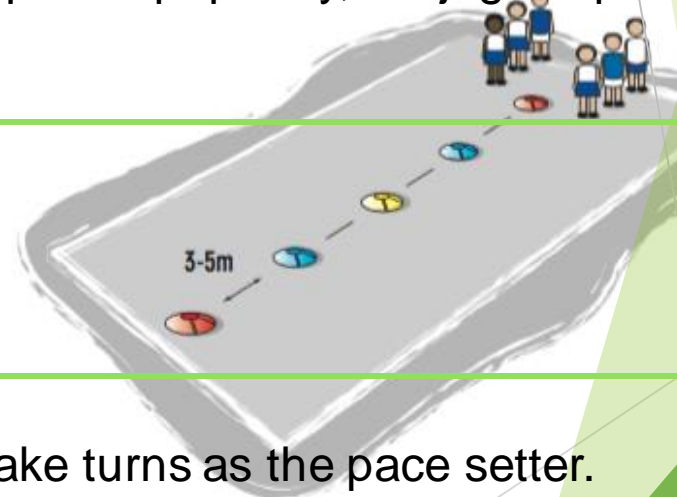
- Move in different ways between the bases (walking, skipping, hopping etc).
- Limit the number of children at each base, encouraging children to get to a base as quickly as possible and be aware of others.
- Set up some cones/spots with greater distance between them.



Athletics Running Changing Pace- Changing Gears

Task

- Aim is to adjust running pace smoothly and accelerate/decelerate rapidly.
- Discuss the concept of “gears” and decide what number gear relates to what type of movement e.g. 1- walking, 2- jogging, 3- striding, 4- sprinting.
- Spread out and move at the correct pace when each gear number is called out, try to change pace smoothly.
- Instead of gradual change of pace, try to speed up quickly, i.e. jog to sprint.
- Change arm speed as well as leg speed.



Challenge

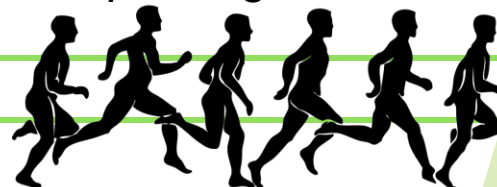
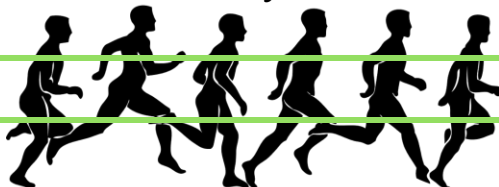
- Work in pairs with similar running speed, take turns as the pace setter.
- Pace setter calls out gear changes. Partner aims to match pace.
- Use a line of cones to indicate when a change of speed is required.
- Vary the sequence of gear changes e.g. 1 to 4 etc



Athletics Running Pace Setting - Trains

Task

- Aim is to accelerate to pass team members, co-operate with the team and sustain jogging and sprinting for a few minutes.
- Groups of 4/5 stand one behind the other making the train.
- The pupil at the front of each train will lead the others on a safe route around the playground, begin at walking pace, then jog slowly.
- On the whistle, the person at the back of the group sprints to the front of the train.
- Once at the front of the train the sprinter should slow down again to a walking/jogging pace.
- Repeat often so that everyone has several turns at sprinting to the front of the train



Challenge

- Trains walk/jog on playground lines or set running track.
- Trains can be made of four pairs of children.
- On whistle, rear two children run around different sides of the train and try to beat each other to the front. This is best done when trains are travelling along straight lines.
- Vary size of teams, smaller teams are more demanding.



Athletics Running Agility - Tails

Task

- Aim is to run with speed and agility (fast feet).
- Each person has a band/bib, tuck this into their waist as a tail.
- Try to catch a tail from any other pupil, while not losing your own.
- Reinforce safety: be aware of others at all times.
- Pupils that catch a tail tuck it in, wearing a maximum of two.
- If they get a third, it must be placed in the hoop.
- Anyone without a tail can collect one from the hoop.



Challenge

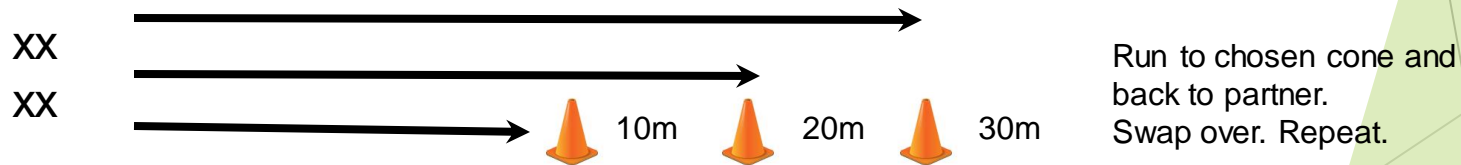
- Option at the end of the first game, split pupils into separate games: those who had 2 tails going into one game with a separate game for others.
- Vary the space in which the game is played, bigger is easier, smaller harder.



Athletics Running for Distance - Keep the Pace!

Task

- Aim to run at a comfortable pace for longer without becoming fatigued.
- Set out 3 distances in a straight line using cones. Aim for 10, 20, 30m.
- In pairs, line up at start line.
- Set a time of 5, 8 or 10 minutes for this activity.
- Take turns to run in a straight line to and from any distance. On return to partner add distances together. Remember to double your distance on return eg 2x10m, 2x20m, 2x30m
- Pace your run so that you are not out of breath on your return.
- Rest while partner runs.
- When time is up, how many meters have you and your partner ran?



Challenge

- Create a class human bar chart.
- Line up behind other pairs with the same distance. Can you work out the class average?
- Back in the classroom add up the total distance run by the class.



Athletics Running for Distance - Mo's Mile

Task

- Aim to run continuously at a comfortable pace.
- A mile is 1,609.34 meters.
- Mo Farrah is the British long-distance champion runner and most successful British track athlete in the modern Olympic Games.
- He can run a mile in 3.57.92 (mins/sec)
- How much of your Daily Mile can you run in the same time as Mo Farrah?
- Everyone get ready to run Mo's Mile.
- Ready, steady, go!
- Stop the clock at 3.57.92 (mins/sec)
- Can you estimate how far you ran?
- Have a long rest and try again to see if you can run further.

