

SAFETY

- Ensure footwear is suitable.
- Check the running area for sharp objects, holes etc.
- Ensure the finish area is clear of obstructions.

THINK INCLUSIVE

Create a number of interrelated courses to differentiate difficulty to the needs of the pupils.



EQUIPMENT

- Markers.
- Cards with letters.
- Stopwatch, whistle.
- Clipboard, paper and pencil.



ABC LINKS

Agility

Encourage the children to practise:

- deliberately accelerating for the faster sections
- change of pace.

Balance

Encourage the children to practise:

- working in pairs to discuss each other's running style
- maintaining balance when tired.

Co-ordination

Encourage the children to practise:

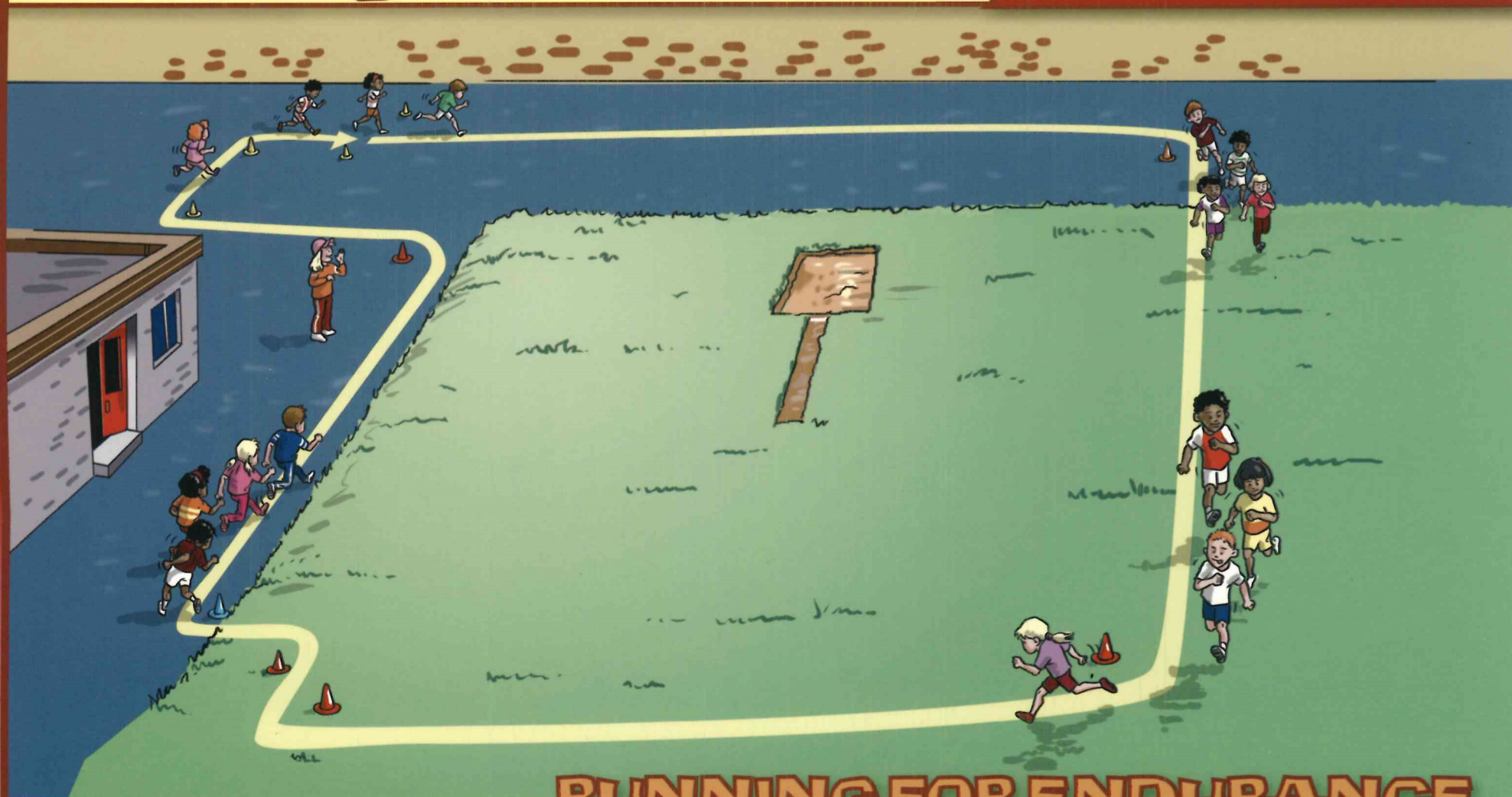
- running beside or behind another runner while matching pace
- experimenting with changing stride length while still running rhythmically
- finding the best position for their arms so they do not get tired.



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RUNNING FOR ENDURANCE

- Divide the class into 5 or 6 groups of 4 or 5.
- Give each group a map of the course with their starting position and route showing 4 or 5 different sections between obvious landmarks.
- The route should be between 400 and 800 metres.
- The group decides a different pace and leader for each section.
- The group must all work and finish together.
- Repeat as often as appropriate.



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