

## Unit 1: Running

**LEARNING  
OUTCOMES****The student will:**

- *develop an understanding of the principles relating to running for speed*
- *demonstrate the correct technique of a standing start*
- *demonstrate correct running technique*
- *gain an understanding of the safety procedures associated with warm up and cool down activities*

**EQUIPMENT**

*Whistle, cones, bean bags (20 / 30), hoops (4–6).*

**CLASS ORGANISATION**

*A large area is required, indoors or outdoors.*

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	<p><i>Build up gradually from light to greater effort. Aerobic activity followed by stretching is recommended. (see resource material for variations).</i></p>	<p><i>Explain importance of warm up to the student. Ensure all stretching exercises are performed correctly.</i></p>
Development	<p><i>Game of tag with 2 people tagging, "Who can tag the most?"</i></p> <p><i>Change people tagging every 30 seconds.</i></p> <p><i>Practice: Running drills (See resource material.)</i>  e.g. Knee raising  Heel flicks  Bounding</p> <p><i>Speed drills reacting to different stimuli - whistle, clap, 'go', etc.</i></p> <p><i>Standing start.</i></p> <p><i>20m sprints, with correct 'standing start' reacting to different stimuli.</i></p>	<p><i>Helps introduce speed. Explain why 1 person may be faster than another. (Body type, age, clothing, equipment etc.)</i></p> <p><i>Look for correct techniques in each activity. Allow students work in pairs and help each other. Allow sufficient recovery time.</i></p> <p><i>Run over 10 metres – look at reactions. Allow sufficient recovery time between drills. Look for positioning of feet and arms.</i></p> <p><i>Position yourself away from students, getting them to focus on start.</i></p>
Conclusion / Cool down	<p><i>Cool-down, including gentle stretching exercises.</i></p>	<p><i>Ensure activities are performed correctly and outline importance of cool-down. Go back over main points and use questioning to assess student learning.</i></p> <p><b>Integration:</b> <i>The possibility exists to link parts of the unit with health related activity material, e.g. flexibility, strength.</i></p>