

Unit 2: Running and jumping

**LEARNING
OUTCOMES**

The student will:

- be able to run at a steady pace suitable to his/her level of fitness
- enhance his/her ability to jump for distance and/or height through an understanding of jumping
- gain an understanding of the safety procedures associated with running and jumping
- be able to take his / her own pulse

EQUIPMENT

Skipping ropes, mats, speed bounce mats.

CLASS ORGANISATION

A large area is required inside/outdoor (min 30 x 20 metres).

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
<p>Warm up & Mobility</p>	<p>Take pulse before warm up begins. Build up from easy to greater effort. Use drills learned in Unit 1: running drills - 'run tall', 'high knees', 'heel flicks', 'relaxed shoulders', 'arm action', 'striding'. All drills should be aerobic in nature followed by stretching routine - 'Head to toe'.</p>	<p>Use 6 sec. / 10 sec. technique. Emphasise importance of warm up. Explain muscle groups being stretched. Explain aerobic / anaerobic (briefly). See resource material.</p>
<p>Development</p>	<p>Continuous 'easy' running for 30 secs - take pulse - whole group. Continuous moderate running for 60 secs - take pulse - whole group. Methods of developing endurance: Introduce: (a) speed bounce (b) skipping ropes (c) bench stepping for 30/40 secs. Introduce hopping/skipping drills. Use mats / grass. (a) Hopping right x 5 (b) Hopping left x 5 (c) Long steps x 5 (d) Combine hopping and stepping Competition on distance for: (a) 5 steps (b) Two hops, one step, two hops. (c) Shuttle relay(s) using hopping left/right on way out/back.</p>	<p>Note the increase in pulse rate in relation to effort and time. Get students to understand how to develop endurance, mention the F.I.T.T. Principle (Frequency, Intensity, Time, Type). Do 2 or 3 activities. Rhythm. Flat foot and use of arms (basics of bounding). Upright trunk. Right thigh / left arm. Place cones at 5 - 10 metres (1 metre apart). Do 2 or 3 activities. To incorporate skills learned into team competition.</p>
<p>Conclusion</p>	<p>Cool down - very easy jogging / walking. Stretch leg muscles.</p>	