

Unit 4

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

- develop his/her ability to run over low obstacles
- develop an understanding of how to “hurdle” correctly.

EQUIPMENT

Ropes, cones, canes, whistle, foam wedges, low indoor hurdles.

CLASS ORGANISATION

Have students grouped according to ability to pace 3 strides.

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	<ul style="list-style-type: none"> • Aerobic warm up, followed by stretching – include running drills and running over low obstacles. 	<ul style="list-style-type: none"> • The obstacles used should be at even intervals apart. • Even ropes will do for obstacles, but whatever you use ensure they are low and safe.
Development	<ul style="list-style-type: none"> • Hurdles grid – see resource material. Have students run over low obstacles, increasing distance between obstacles as students improve. • Revise crouch start – 1 hand down – Full crouch position • Combine crouch start and run over 2/3 obstacles, still working on hurdles grid. • Hurdle out, run back relay (see resource material). 	<ul style="list-style-type: none"> • Encourage running over obstacles and not jumping (keep centre of gravity low). • Look for students to develop “1 – 2 – 3” rhythm between obstacles. If they are too close move up the grid, too far apart move down the grid. • Increasing speed helps to reach hurdles further apart. • Look at position of feet, hands, body in “Marks, Set, Go” positions. • Encourage low drive coming out of set position. • Ensure obstacles are no higher than 30cm and let students go to course to which they are best suited – “Run over obstacles”, “1 – 2 – 3”. • Run in groups of 4 / 5. • 3 obstacles is adequate, depending on space available if indoors.
Cool down	<ul style="list-style-type: none"> • Gentle jog and stretching. 	<ul style="list-style-type: none"> • Remind students of the need to run, not jump over the obstacles.