



Warm-up

- (i) **COPY CATS ON THE MOVE**– Copy the teacher’s instructions for different ways of **travelling** (e.g. *run, high-knees, feet up behind, gallop, skip, bounce, hopscotch etc.*) and for **travelling in different shapes** (e.g. *wide, tall, thin, twisted, curled up small, bridge shape etc.* Remember the mobility exercises and include them.)
- (ii) **CHASE THE BEANBAG** – (*Tag game in a restricted area.*)
At least **ten** children carrying a beanbag each. Two people are “on” and wear bibs/bands. They try to tag a player carrying a beanbag. If successful they change places. (*Children should be encouraged to run and dodge but, if capture is close, throw the beanbag to another player. You can add more beanbags and more people “on” to increase the intensity.*)

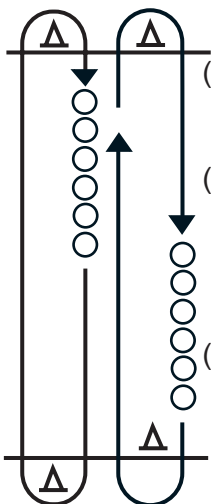
Skill Development – RUNNING LONGER DISTANCES - ENDURANCE

- (i) Walk about the space continuously for 2 minutes 30 seconds (*timed*).
- (ii) Jog about the space for 1 minute 30 seconds (*timed*).
- (iii) Two lines approximately 15 metres apart. Children walk in pairs and put one marker/cone on each line. No.1 is timed for 1 minute and **shuttle runs around the two cones** whilst No.2 counts the number of runs. Change over roles. Repeat. Can you run about the same number as last time? It is easier to pace yourself over a longer distance if your steps are more even!
- (iv) Practise **walking** between the two lines and count the steps. Walk back and try to get the same number of steps on the return journey. Can you repeat it?
- (v) Can you do the **same thing but jogging?**
- (vi) **Jog for 1 minute** and try to keep the pace even. Your partner will count the lengths you do. Change over then repeat. In one minute do you get approximately the same number of lengths?



Challenge – JOG AND SPRINT - Three pairs join together to form **groups of six**.

The teacher identifies two lines approximately 50 metres apart and teams place a marker on each of the lines.



- (i) Stand one behind the other and, keeping close together, jog around the two markers in a line.
- (ii) While the team is jogging the person at the back sprints to overtake the rest of the team (*on the right-hand side*) to reach the front of the line and makes a clear signal with his/her arms. On the signal the next person at the back moves to the front and so on.....
- (iii) The line keeps jogging and the pattern is repeated until the signal is given to STOP. Stay close together. A point is scored every time someone gets to the front. How many points can you get in a timed 2 mins 30 seconds/3 mins?
PROBLEM: How fast do you jog so the whole team can keep going for the time?

Cool-Down

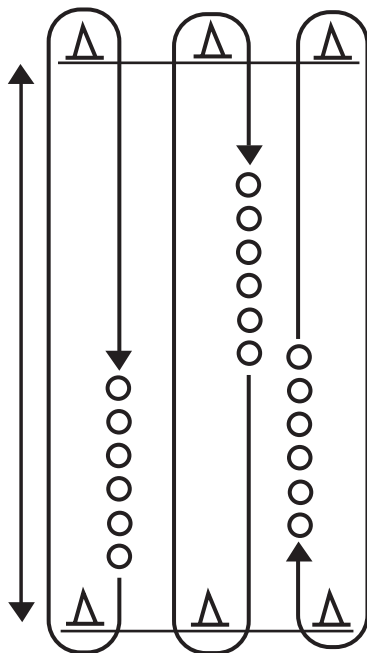
RUNNING LONGER DISTANCES



- Two markers/cones approx 15m apart. Work in pairs.
- (i) No.1 runs between the two markers for a timed **1 minute** and No.2 counts the number of lengths achieved. Change over roles and then repeat once more for each person. (*Centrally timed or a stopwatch to each person.*)
- (ii) When running a longer distance we need to pace ourselves, so practise **walking** between the two cones and count the steps. Can you do the same number of steps each time?
- (iii) Count the steps when **jogging** between the markers-can you keep getting the same number?
- (iv) **Jog** for a timed one minute between the cones, but keep your **paces even** and count them. When you do a repeat of one minute jogging can you count steps again and get approximately the **same** number of lengths in the time?

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JOG AND SPRINT



- Work in groups of about 6.
Two markers approximately 50m apart.
- (i) Stand close together one behind the other. Jog around the markers in a line.
- (ii) Whilst the team is jogging, the back person sprints to over take the rest of the team (*on the right hand side*) to reach the front of the line and make a clear signal. On the signal, the next back person moves to the front, and so on....
- (iii) The line keeps jogging and the pattern is repeated until the signal is given to stop.
 - Stay close together. **A point is scored every time someone gets to the front and signals.**
 - How many points can you get in a timed 2½ or 3 minutes?
 - **Problem**-how fast do you jog so the whole team can keep going for the time?

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