

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Athletics	3/4	#3	Sprint session

Equipment

- Cones

Learning Objective	Success Criteria
• To develop sprinting technique over short distances. • To understand the importance of reaction and acceleration.	• I can use my arms to drive forward when sprinting. • I can run on the balls of my feet. • I can maintain speed through the finish line.

Key words

- Energy
- Technique
- Momentum

Preparation Ideas/Warm Up

Remote Control Game

Get the children into a space in the playing area. They must follow the teacher's instructions:

- >Play – Jogging around the playing area
- >Pause – Pausing in a running technique – allow the children to experiment what they think the running technique should be
- >Rewind – Moving backwards – make sure we are checking over our shoulders so we do not bump into each other
- >Fast forward – Sprinting – allow the children to again experiment with their running technique
- >Jump forward – jumping in a forward motion – think about the long jump from last week
- >Jump backwards – Jumping in a backwards motion – again think of the long jump and allow them to experiment on how this could be used in a backwards motion

Allow the children to experiment with their movements. We can look to improve technique in the next activity but for now, just allow them to be active in their movements.

Skill Development

Get the children into a space in the playing area and get them to firstly show what they think is the correct technique for sprinting and allow them to experiment with their movements.

Stop the class and show them the correct sprint technique mentioned in the teaching points. Now allow the children to again move around the area using this motion.

Straight line sprinting

Get the class lined up in groups of 5-6 (this will be determined by your class size). Have a start line and a finish line around 10-15m apart. We are again practicing our sprint technique. This time, when they think of the wind tunnel, imagine they are in a small tube tunnel from the start to finish line.

Tell them that you want them to stay inside their tunnel as they move. Use the sprint technique, always facing forward, sprinting in as straight a line as they can. We want to keep our energy moving forward where we are going and not to the side, as this would be wasted energy

Again, allow them to practice this and experiment with their technique.

Is there anything extra they could do to help with their technique:

>Are they raising their knees too high

>Are they raising their arms too high?

Allow them to come up with things to help their technique and speed

Tony Chin technique

This is the technique for the start of the race (block start)

Starting on one knee (whichever feels more comfortable and natural) placing hands in front on either side. We want to create a straight line between the toe, knee and chin (Tony Chin) in the starting position. This is the 'ready' position. As 'set' is called, you raise your bottom and back up into a hunched position, again keeping the toe, knee and chin in a straight line. When 'go' is called, the children push off from their back foot to give them extra momentum and power.

Allow the children to practice this with a partner. Their partner will call 'ready, set, go' and they must use the Tony Chin technique. Allow time for them to experiment which foot they want to push off from and to change their stance.

Game

Sprint Races

Class split into groups of 4-5. Set up a track with the same number of lanes around 25-30m long. This will be the length of the race. Have one child at the start who will call 'ready, set, go' and one at the finish line who will call the winner.

Allow each group to have 4-5 races to give them time to improve their race. Talk to the children about the importance of showing good sportsmanship by celebrating other's achievements at the end of the race and shaking hands with competitors

Teaching points

- For the sprint technique, arms moving up and down, fingers straight rather than scrunched up in a fist action. We want to drive our knees up as we are moving – Think of yourself in a wind tunnel. We want the energy that we use to drive us forward rather than side to side
- When sprinting, you always want to be facing forwards. Don't look to the side to see how your opponent is doing. If you can't see anyone, you are in front

Key Questions

- Does using the correct technique feel natural or unnatural? If unnatural, why?
- Why do we want the motion of our arms to be up and down rather than side to side? – *Energy moving forward*
- Why do we use the Tony chin technique in the beginning of the race? – *To gain extra momentum*

- What do we mean by sportsmanship and how can we show that when racing against others?

National curriculum links:

- Using running in isolation and combination
- Developing technique through athletics
- Comparing their score against previous scores and looking to improve their personal best

Social and environmental skills:

- Showing and developing resilience through trying to improve
- Being able to follow instructions for techniques and improving listening skills by taking that information on
- Developing sportsmanship skills by racing against others and emphasizing or celebrating others achievements