

Session 1.

Athletics: Sprint Starts

Age:

KS2

Learning Objective / Skill: To understand how to perform an effective Sprint Start

All: I know where to put my feet and hands for a sprint start and WHY!

Most: I can rise slowly to maximise my speed

Some: I can push hard off the floor and keep my head still

Equipment

Cones x 50

Time: 50 minutes

Space:

Indoor or outdoor

Warm Up Activity:

Aim of Activity:

Improve reactions and to increase heart rate.

Organisation

Time: 10 minutes

Rats and Rabbits!

Get pupils into pairs: number 1 and 2. 1's make a line, 2's opposite arms width away. Mark a line 3/4 metres away from each line. Number 1's are RATS number 2's are RABBITS.

- Coach shouts RATS: rats run away from rabbits and past the line for safety
- Coach shouts RABBITS: rabbits run away from rats and past the line on their side
- If the chasers tap the chased, they get a point
- If they reach the line without getting tapped, they get a point

Build the suspense by telling stories: E.G. for dinner last night, I had a rrrrrrrOAST..... rrrrrrABBIT!

This works on their reactions.

Skill Session

Aim of Activity

To run as fast as they can...

Organisation

Time: 15 minutes

Activity 1:

RECAP: SPRINTING

Part a)

Pupils line up in 3 equal lines, arms space apart

Coach at the front

On the spot, starting in slow motion, raise right foot up, left arm up

Then left leg up, right arm up

Keep doing this in slow motion and slowly increase the speed

ENSURE Pupils are raising opposite arms to legs.

Activity 1:

Simplification:

Make distance shorter

Progression:

Make distance longer

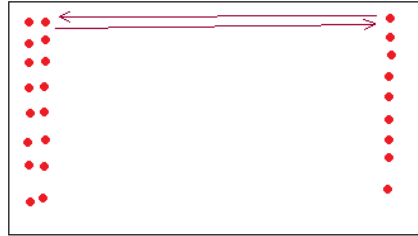
Activity 2:

Sprint Recap:

Teaching Points: Opposite arm to leg, balls on feet (run on toes), head up and still, keens high

Ask the children to then put all the points together and sprint as fast as you can. Make sure you tell them to slow down as they approach the next person waiting to go.

Once you feel the group can progress, ask them to increase their speed and see if they can still co-ordinate their arms and legs and keep a still head.



Simplification:

Slow the speed of runs down

Progression:

Ask the children to discuss and practice the points within their groups.

Ask high achievers to help others.

Main Session

Aim of Activity:

Continue from above.

Organisation

Time: 20 minutes

Sprint Starts:

Part a)

Line up pupils on one side of the court (if small group)
Make 2 lines that run opposite ways if a bigger group

Inform pupils that you will say, 'Take you Marks, Set, GO, and they will sprint for **10 steps only!** Pupils to try the following starting positions:

- Straight as soldiers
- Lying down, head on the line
- lying on their backs
- Crouching

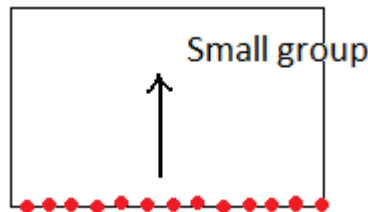
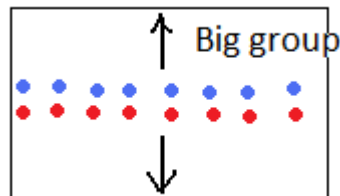
Pupils to tell the coach what was the easiest: (Should be crouching!) Why? Spring into action?!

Part b)

TAKE YOUR MARKS

Pupils line up, toes on the line, then take one pigeon step back and put feet together again. **Their feet must not be near the line!**

Pupils then crouch down and put their thumb and fore finger on the line, with the other fingertips on the floor, head down. They then place ONE knee down so one foot is in front of the other, on their toes



Simplification:

Make distance shorter.

Progression:

Ask pupils to pair up and observe each other

SET



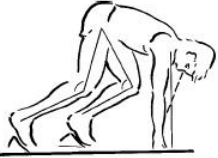


Raise your HIPS above your head – Check pupils have not moved their feet to the line – pupils should be leaning forward on their fingertips.

GO!

Pupils push off the ground, pump their arms and legs and come up slowly into their sprint. If pupils come up too quickly they lose speed.

Pupils to repeat this process until comfortable with the position – Teacher led, only go on GO!

On one try, ask pupils to have one of their feet on the line to feel the difference it makes: pupils should find this harder to push off – **make sure you revisit this point at the end of the lesson!**

CROUCH START	PHASE	OBSERVATION POINTS
	"ON YOUR MARKS" (side view)	Focus eyes on where first stride will land. Shoulders directly over hands. This is a medium start. Place the rear leg knee in line with front foot.
	"ON YOUR MARKS" (front view)	Hands make bridge between thumb and forefinger. Hands are placed shoulder width apart.
	"SET POSITION"	Shoulders move forward and up (needs strength!). Hips move up higher than shoulders so making correct angles at knee joints (90° front knee, 120° rear knee). Keep head in line with spine.
	"GUN"	Vigorous arm action (fast elbows) to get legs moving. Drive and extend – good line from toe to head. Drive hard off blocks and drive head and shoulders out.
Side view 		

Part c)

Pupils to run with a cone and place this cone down after 10 strides:

- Pupils to start from a solid position and place the cone down
- Pupils then start with a Sprint or 'Crouch' start and see if they can get past their cone in 10 strides.

Key Language

Co-ordinate Crouch Stride Head still Look forward Pump Arms Sprint GO SET TAKE YOUR MARKS

Cool Down and Plenary**Aim of Activity:**

Recap learning

Organisation

Time: 2-5 minutes

Everyone does a SLOW jog/fast walk around the outside of the gym/field and sits down legs out stretched.

Key Questions:

- On take your marks, why are our feet away from the line?
- What happens on 'SET'?
- When we GO why do we come up slowly into our stride?
- Give me 2 stars and a wish for someone's sprint start technique – pick a pupil
- Encourage literacy used in this lesson

Safety Considerations

Leave enough space between groups.

Ensure all sporting and non-sporting equipment is clear or sorted away from the performing area.