



ACTIVITY FOCUS	YEAR	DATE
Athletic Activities	6	00.00.000

LEARNING INTENTIONS	SUCCESS CRITERIA	L/N FOCUS	DEVELOPMENT
<ul style="list-style-type: none"> • Perform a range of skills linked to sustained running. • Improve performance in a range of running activities. • Understand the basic technique for sustained running. • Observe others' running and suggest ways of improving. • Understand the value of exercise to health and fitness. 	<p>Explore:</p> <p>how to sustain a pace to enable them to run for an extended period of time.</p> <p>Choose:</p> <p>an appropriate pace to enable them to run for the required time, distance.</p> <p>Practice and Improve:</p> <p>spacing to cover the required distance in the shortest time</p> <p>Show and explain:</p> <p>the best pace by spacing others over a required distance and set time.</p> <p>Evaluate and feedback:</p> <p>on how to sustain running for an extended period of time.</p>	<p>Oracy:</p> <p>Describe how their bodies feel after periods of sustained running.</p> <p>Discuss why sustained running is important for all sports and for every day life.</p> <p>Listen and respond to others and contribute to discussion on ways to improve techniques and performance.</p>	<p>Warm up:</p> <ol style="list-style-type: none"> 1. Organise groups of 4-6 [with children working with others of similar sustained running ability]. On teacher's command, children take it in turns to lead their group from a set area and back to the start in an estimated 10, 20, 30 & 40 secs. Repeat, changing the leader so that all children lead their group. 2. Children copy a range of teacher led dynamic [moving] mobility exercises. For example, shoulder circles, arm swings, side bends, hip circles and twists, leg swings. <p>Skill and Application Focus:</p> <ol style="list-style-type: none"> 3. Organise children 3 or 4 groups. Run 50 metres in a set time [e.g. 20 - 25 secs]. Mark out a 50m running area [e.g. it can be square, circular or irregular] with cones. Tell the children that the pace is a sustained running pace not a sprint. Practise the set pace until children can pace themselves correctly over the 50m distance. Ensure the set pace is inclusive for all children to be able to achieve. Children must run in an anticlockwise direction. 4. Organise children 3 or 4 groups. Run 50 metres in a set time [e.g. 20 - 25 secs]. Mark out a 50m running area [e.g. it can be square, circular or irregular] with cones. Tell the children that the pace is a sustained running pace not a sprint. Practise the set pace until children can pace themselves correctly over the 50m distance. Ensure the set pace is inclusive for all children to be able to achieve. Children must run in an anticlockwise direction. 5. Repeat until children are covering the distance at the correct pace. Teacher blows a whistle every 20 - 25 secs. Children should be passing a cone as the whistle is blown. 6. Develop this to running a 200m lap at the set pace. Set the groups off at different times – every time the whistle is blown [e.g. every 20 - 25 secs]. 7. Children organised into 3 equal sized mixed ability groups and rotate around 3 stations. On the same circuit used previously. Children rotate around the stations and record their individual scores for each challenge. Rotate groups to allow equal time on each station. Discuss why sustained running is important for all sports and for every day life. Focus children on individual self-referenced improvement in the challenges. 8. Station 1: In groups of 4 - 6 run at a chosen pace around the 200m circuit as a pacing exercise. Provide one stopwatch per group to check times at each cone. 9. Station 2: How far can you run individually in 2 minutes? Encourage children to run at a pace they can sustain for the full 2 minutes. 10. Station 3: Run a combined team distance of 800m and get a team time. Organise children in groups of 4 or 5. Children should decide on the distance each team member should run to make up the total. <p>Cool Down.</p>
<p>NCPE FOCUS</p> <p>Competitive and HfWB Activities</p> <ul style="list-style-type: none"> • develop, consolidate and apply skills and techniques need for running (at different speeds) • Improve efficiency of running technique. • Sustain activity over a range of different times. • Plan and improve performance as an individual and as a contribution. 			
<p>ACTIVITY PROGRESSION</p>	<p>Evaluate ways in which they can improve their own and others performances.</p>		



ACTIVITY FOCUS	YEAR	DATE
Athletic Activities	6	00.00.000

