




<p>LEARNING OBJECTIVES</p>	<p>WARM UP Range of tempo and movement in space followed by dynamic stretches. Short game of choice.</p>	
<ol style="list-style-type: none"> 1. Be able to set a realistic individual performance target; 2. Know and understand the further the run, the more runners need to pace themselves; 3. Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success. 	<p>MAIN ACTIVITY Measure how far you can run in:</p> <ul style="list-style-type: none"> - 5 seconds; - 30 seconds; - 2 minutes. <p>See if you can run faster so you can improve the distance you go, and set your own targets for improvement.</p>  <p>1. Measure how far you can run in the set times.</p>  <p>2. Try to run faster, over a longer distance.</p>  <p>3. Set yourself a target for your next run.</p>	<p>EXTENSION Explore completing races with equipment (eg dribbling a ball); Explore completing outside in a wooded area.</p> <p>EASIER Run for a shorter time/practise improving shorter-distance times only; Give points for completion of a race; Run the race as a 2-person 'tag team'.</p> <p>HARDER Incorporate other skills, such as skipping, jumping and hopping. Introduce competition between pupils and award points for the quickest times; Incorporate changes of direction and/or obstacles into the courses.</p>
<p>LEARNING CHALLENGE</p>		
<ul style="list-style-type: none"> • I can measure how far I can run in the set times; • I can try to run faster, over a longer distance; • I can set a target for myself in my next run. 	<p>Cool Down</p>	