

LEARNING OBJECTIVES

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.

LEARNING CHALLENGE

- 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.

WARM UP

Range of tempo and movement in space followed by dynamic stretches. Short game of choice.

MAIN ACTIVITY

Measure how far you can run in:

- 5 seconds;
- 30 seconds;
- 2 minutes.

See if you can run faster so you can improve the distance you go, and set your own targets for improvement.

**Cool Down****EXTENSION**

Explore completing races with equipment (eg dribbling a ball); Explore completing outside in a wooded area.

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'.

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.