

Spar Lancashire School Games PB Sports Day

Sports Day Activity 4: Sprint

ACTIVITY/SKILL		OVERVIEW
<p>SPRINT</p> <p>Video Demonstration</p>	<p style="text-align: center;">TOP VIEW</p> <p style="text-align: center;">SIDE VIEW</p> <p>Timekeeper Parent/carer/ sibling</p>	<div style="border: 2px solid red; padding: 10px; margin-bottom: 10px;"> <p>Equipment:</p> <ul style="list-style-type: none"> • Any object to mark out the start and finish line (e.g. cones, toys etc) • Stop Watch </div> <div style="border: 2px solid blue; padding: 10px; margin-bottom: 10px;"> <p>Tips to Improve:</p> <ol style="list-style-type: none"> 1. Accelerate at the beginning and build up speed. Small strides building up to bigger strides at full speed. 2. Lean forward onto the balls of your feet, lift your knees, keep your head still and utilise your arms to help you. As your left foot strides forward, swing your right hand/arm forward and vice versa for right leg. Elbows at 90 degrees. </div> <div style="border: 2px solid green; padding: 10px;"> <p>Set up and Take Part:</p> <ol style="list-style-type: none"> 1. Set up your track area by marking down a start and finish line, this could be in your garden or at your local park or green space.. The distance of the run will be determined by the space you have available. Approx. 30/40m for Year 3-6 and 20/30m for Reception to Year 2. 2. Child stands at the start line with the timekeeper on the finish line. 3. Timekeeper shouts 'go' and child set off. 4. Child run as fast as they can to the finish line. 5. Timekeeper stops the timer as the child crosses the line as and when each child crosses the line. 6. Child walks back to their area, rest and repeat 7. Make a note of the first time. Allow a rest period before allowing another attempt to see if they can beat their time. Each pupil has two more opportunities to improve their time. See how much of an improvement they have made by comparing the original time and the PB time. The better the improvement the better they have done 8. Challenge you a parent/carer or sibling and work out what their improvement is. </div>