



Warm Up



Traffic Lights | Use 3 coloured objects. Ask a partner to hold 1 up at a time and follow the instructions below

- RED – Stop and Stretch
- AMBER – Jogging
- GREEN – Sprinting

- Q. What's the purpose of a warm up and what effects does it have on your body?
- Q. What changes do you notice after a warm up compared to before you began?



Your Body



- Predict** | How many beats do you think your heart makes in 60 seconds?
- Show** | Take your pulse BEFORE you start exercising. Place 2 fingers on your wrist and feel for your pulse. Time 15 seconds and multiply the number of beats by 4 to record your resting pulse rate.
- Repeat** | Take your pulse again AFTER you warm up and again after 1 minute of rest. Write down your results on the activity sheet.
- Q. How did your heart rate change after exercising?

Learning Aims

- ✓ To change the speed of running depending on distance.
- ✓ To understand the effects exercise has on the body and how heart rate changes during exercise.

Main Activities



Shuttle Sprints | Place the red object 5 metres away from the green one. Jog slowly between the markers to practice your running technique.

Slowly increase your speed between the markers. Remember to check out our Top Tips to perfect your technique. Now, how quickly can you complete 10 lengths? Time your efforts and record your progress.

Rainbow Run | Use 7 coloured objects and a box for a starting point. Place the objects around the space and write a list of the colours.

Leave the list near your starting box. Run to collect the objects one at a time in the correct colour sequence before returning and placing the items into the box. Ask a partner to call out the list of colours to help you. Time your efforts and record your progress.

30 Second Challenge | Can you sprint on the spot for 30 seconds without stopping?

Remember to pump your arms and lift your knees. Now, challenge yourself to see how long you can sprint for without stopping. Time your efforts and record your progress.



Top Tips



- ✓ Keep your head up, pump your arms and lift your knees.
- ✓ Turn with control and push away with power.
- ✓ The more you practice, the better you become!

You can do it!



Make it easier | Bring the markers closer together or reduce the number of objects and reduce the distance you are running

Challenge yourself more | Increase the number of coloured objects, try to remember the colour order without checking the list, increase your running distance and build up your endurance by going for longer jogs

Develop and Reflect



Maintain a steady jog on the spot (or around your garden or park with supervision). Can you conserve energy to jog consistently for 2 or 3 minutes? Can you jog for longer?

- Q. How did it feel when you achieved your personal best?
- Q. What did you do differently on longer distances compared to the shuttle sprints?
- Q. What was challenging and how could you improve?





What do you think?



Can you answer these questions?

What is the purpose of a warm-up?

What effects and changes does it have on your body?

What is the difference between a sprint and a jog?

Your Heart Rate



- a) **PREDICT** how many beats you think your heart makes in 60 seconds
- b) Your actual rate **BEFORE** exercise
- c) Rate **AFTER** exercise
- d) Rate **AFTER** one minute of rest

Q. Why does your heart beat more often straight after exercise?



What have you learnt?



Write down something you learnt in today's lesson:

Shuttle Sprints | What are the technique points that can help you run faster?

- K...
- P...
- L...

What was your best time after 10 lengths of shuttle sprints?

What was your best time for Rainbow Run?

How long did you manage to sprint on the spot without stopping?

Discover



Who is the fastest male and female in the 100-metre sprint?

What are their World Records?

Male

Record Time

Female

Record Time



Get Creative



Can you make up your own fun race? Invent your own rules and write them below...

Can you challenge your family to play?



What's next?



Write down why it is important to you to be fitter and faster?

Write down what you are going to do to improve your running.....

