

WHFCS PE KS2 PE

Summer term-

Lesson 3 Objective - Sprinting

Warm up –

For the warmup, this week I would like you to do –

- 1.10 press ups
- 2.10 Jumping Jacks
- 3.10 Sit-ups
- 4 10 squats

Repeat this 5 times.

Technique –

1. Lift your knees up to a horizontal position
2. Pump your arms, bending them at the elbows
3. Keep your head still and looking forward
4. Contact the ground with a heel-toe action, staying light on your feet.



Task 1 – Pumping Arms

Work on your own or with a family member, whilst standing still pump your arms backwards and forwards. Ensure the correct technique is being used. When you feel you can do the technique you can move onto to jogging on the spot then sprinting.



Task 2 - Staying light on your feet

Practice soft and quiet running versus loud running and compare the ways, which do you prefer and think would work better

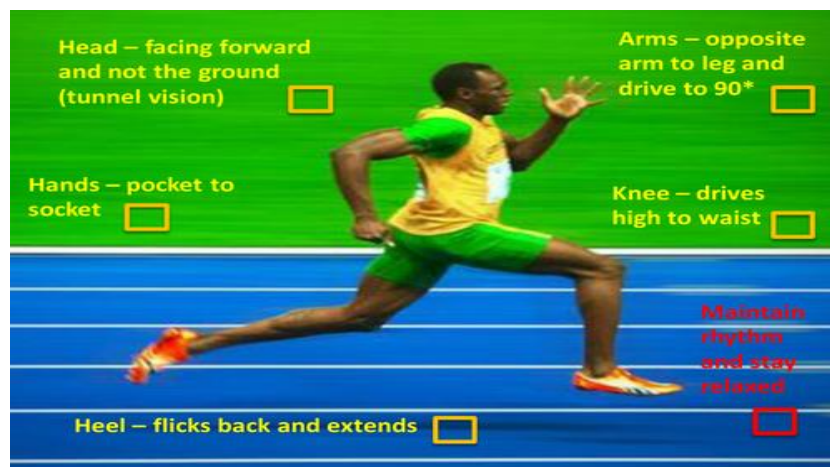
Task 3 – Knees in a horizontal position

Run on the spot, while holding your hands out in front of you at the hip height. Aim to bring your knees to your hands so they touch your knees

Task 4- Practice running on the spot put the whole technique together See how fast you can go for 20 seconds, then 30, 40, 50 and 60. Get a friend or family member to check you are doing the following things:

- Light, quick movements on the feet.
- Keeping a relaxed body.
- Lifting the knees up to a horizontal position.
- Keeping the arms bent and pumping.
- Keeping the head still and looking ahead.

Attempt to see if you are ticking all the boxes below -



Task 5- Ask a family member to race you in the garden or ask them to time you go 30 metres and back and try to improve your score every time.

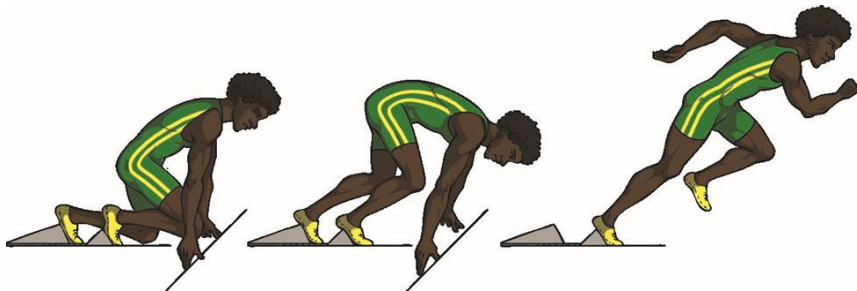


Task 6 – Below you can see how a sprinter would start a race from the blocks. What I would like you try and learn how to start the race from the floor, when we return to school I will be testing to see who can do this in a race vs Mr Jones.

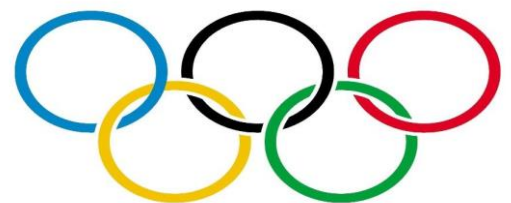
1. Start with both hands on the floor shoulder space apart.
2. Feet should start on the same line as the hands, take one foot back and place one foot. Your strongest foot then needs to go back further two steps then you should be crouching down in a sprinting position.

When your family member says “ON YOUR MARKS”, you should get ready like in picture 1. “GET SET” your body should rise like in picture 2. Then when they say “GO” like picture 3 you should start to sprint.

Practice this technique then put it into a race against a family member.



Task 4 – I would like you to design your own Olympic competition; it must include a running event, a jumping event and throwing event. Design and take part in your own competition with your parents or family member. Choose up to five events to compete in and invent your own scoring system.



Cool down –

Find a space indoors or outdoors, for your cool down this week we are gradually going to start of sprinting then reducing the speed. We start of on 10 sprinting on the spot, and slowly get slower by 5 we should be jogging then by 1 we should be walking on the spot.

