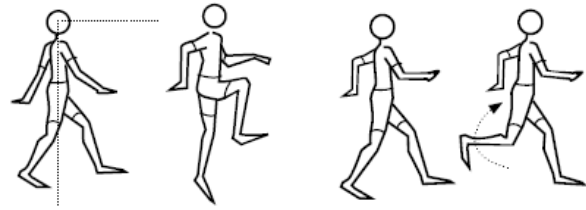




SPRINTING - BEGINNER	
Equipment	
12 pylons, checklist, pen/pencil	
Safety Issues	
To prevent collision, warn the kids to be aware of other kids running around them.	
Objectives	
At the end of the lesson plan, kids will: <ol style="list-style-type: none"> 1. Understand why form is important to sprinting 2. Demonstrate correct form when sprinting 3. Demonstrate correct leg action when sprinting 4. Demonstrate correct leg action techniques 	
Standards	
To view the physical education standards that may apply to this lesson plan, you can directly access the state board of education websites by clicking on each of the following states: California , Florida , Georgia , Illinois , Michigan , North Carolina , New Jersey , New York , Pennsylvania , Texas , and Virginia .	
Introduction	
<p>Q: What is the objective of sprinting events? A: To finish the race as fast as possible.</p> <p>Q: What parts of your body do you think are important to running fast and why? A: Legs – move your body down the track, Arms – generate velocity and propel your body, Head – focuses on the track and the finish line.</p> <p>In today's lesson, we are going to learn:</p> <ol style="list-style-type: none"> 1. Why form is important to sprinting 2. Correct form 3. Correct leg action 4. Leg action techniques 	
Warm Up	
<p>Dynamic Warm Up</p> <ol style="list-style-type: none"> 1. Instruct the kids to line up across the width of the playing area. 2. Kids should be standing shoulder-width apart. 3. Kids should move their bodies in four different directions: forward, backward, left and right. 4. Then kids should form a circle, still shoulder-width apart. 5. Kids should perform stretches that target the different muscle groups. 	
Skills	



1. Form is important for sprinting because it impacts how fast you are able to run.
2. Think about how slow you'd be if you couldn't bend your arms and legs or swing them in opposition when you're running.
3. Demonstrate how awkward it is to run with stiff limbs and using same arm, same leg swings. The correct form when running is to have the limbs swinging in opposition and to emphasize leg action.
4. Correct leg action has several key features:
 - a. Dorsi flex foot – toe up.
 - b. Feet – start on balls of the feet.
 - c. Knees – bring the knees up high and keep knees at approximately 90°.
 - d. Pawing action of the foot – quick foot turnover, feet pointing straight ahead.
5. Demonstrate leg action techniques:
 - a. Butt kicks – quick foot turnover.
 - b. Skips – widen stride.
 - c. High Knees – bring knees up, keep at 90° angle.



Drill

Leg Action Drill

1. Instruct students to line up on the start line.
2. Instruct students to do high knees to the turn around point and back.
3. Repeat procedure with skips.
4. Repeat procedure with butt kicks.

FUNDamental

Kick, Skip, and High Knees Relay

1. Divide the kids into teams and count off.
2. Instruct the first set of runners to run while performing butt kicks in the first section of the race course, skips through the second, and high knees through the third. (Call out run types to remind kids).
3. When the runners reach the end line, they must turn around and complete the same exercise in each section going back to their team.
4. When the first kid finishes, he/she must tag hands so the next player can begin.
5. If the runner fails to perform the correct technique, he/she must repeat that section.
6. The team that completes the course first wins.

Cool Down

Copy Cat Cool Down

1. Divide students into pairs.
2. Instruct pairs to line up side by side on the start line.
3. The first kid should create a running routine the length of the playing area, using

a variety of locomotion methods.

4. The second kid should copy the first kid's routine.
5. Switch roles and repeat so each kid gets 2 turns.

Conclusion

Q: What other sports do you play that require short bursts of speed?

A: Speed skating, tennis, lacrosse, football, field hockey, baseball, soccer.

Q: When you have to sprint, what are you going to do to make sure you will be faster?

A: Dorsi flex foot – toe up, Knees – Bring the knees up and follow through and keep knees at approximately 90°, Pawing action of the foot – quick foot turnover, limbs in opposition.

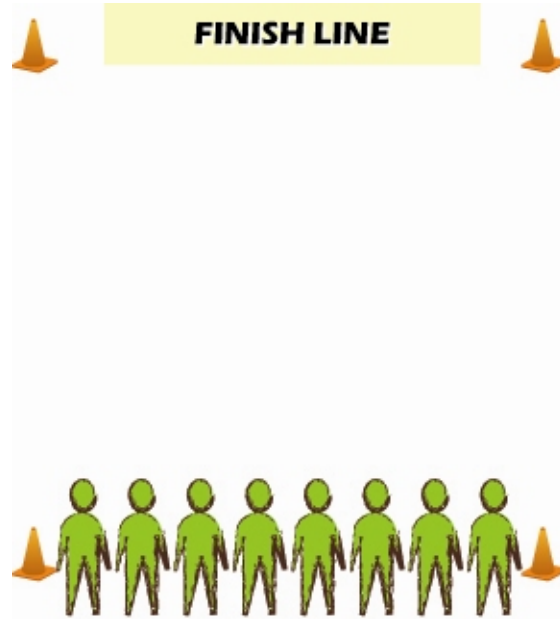
Assessment

Checklist

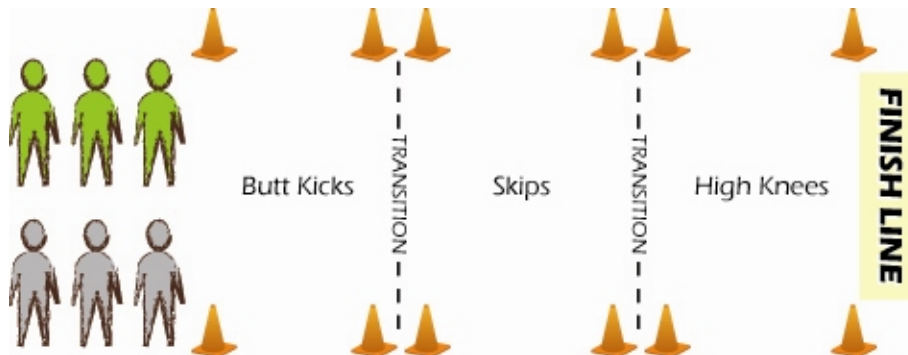
1. Dorsi flex foot
2. Start on balls of the feet
3. Knees up and follow through
4. Pawing action of the feet
5. Limbs in opposition



**Set Up Diagrams
Leg Action Drill**



Kick, Skip, and High Knees Relay FUNDamental





Sprinting – Beginner Checklist						
Group _____			Date _____			
Name	Dorsi Flex Foot	Balls of the Feet	Knees Up	Pawing Action	Limbs in Opposition	Total
1.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
2.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
3.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
4.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
5.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
6.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
7.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
8.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
9.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
10.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
11.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
12.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
13.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
14.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
15.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
16.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
17.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
18.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
19.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
20.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
21.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
22.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
23.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
24.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
25.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
26.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
27.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
28.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
29.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
30.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
Group Average	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	

Score	Behavioral Measure	Group Areas of Improvement
3	Performs cue correctly all of the time	
2	Performs cue correctly most of the time	
1	Performs cue incorrectly most of the time	
0	Performs cue incorrectly all of the time	