### Learning objective:
Be able to accelerate and Decelerate in athletics

1. To demonstrate change in speed (all)
2. Demonstrate the correct running technique (most)
3. Decelerate in a short period of time (some)

### Lesson Structure

<table>
<thead>
<tr>
<th><strong>Introduction/ warm up (Connection and Activation)</strong></th>
<th><strong>With timings</strong></th>
<th><strong>Differentiation (Extension/Support)</strong></th>
</tr>
</thead>
</table>
| Shark Tag - Place one mat towards each corner of the area (to represent islands) and two together in the centre of the space (to represent a ship). Nominate 4 pupils as sharks who can move anywhere between the mats. Other pupils stand on the ‘ship’. On the command “abandon ship” the pupils on the ship run to one of the islands without being ‘caught’ (tagged) by the shark. Anyone caught becomes a shark and everyone else “swims” back to the ship to start the game again. Continue until everyone has been caught. Repeat using different sharks. | 10 mins | Extend:  
• More/less sharks  
• Longer distances between mats |

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<th><strong>Main (Development/ Application)</strong></th>
<th><strong>With timings</strong></th>
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</table>
| Gears - Discuss the concept of gears and decide what number gears relate to what type of movement, e.g. 1- walking, 2-jogging, 3-striding, 4- sprinting. Children spread out and move at the correct pace when each gear number is called out, trying to change pace smoothly. Instead of gradual change of pace, try to speed up quickly i.e. jogging to sprinting. | 10 mins | Support  
• Go slow, medium, fast  
Extend:  
• Curve runs  
• Spring on hand signal by coach  
• Smaller distances  
• head starts  

<table>
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<tr>
<th><strong>Progress</strong></th>
<th><strong>With timings</strong></th>
<th><strong>Feet: Heels up, Toes down.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuttle Run- In pairs, children place two cones 10 strides apart. Children count how many shuttles their partner can run between the cones in 10 seconds. Change over. Repeat for 15 and 20 seconds.</td>
<td>10 mins</td>
<td></td>
</tr>
</tbody>
</table>
Knees: Knees raised in front, foot below knee.  
Chest/ Back: Upward  
Arms: Rotate from Shoulders (Be a Runner, not a Drummer) |

Sprint Race- Set out running track 50 meters long. If lines are not marked out use cones to mark out lanes. Get children into groups of 5-6 to race. “On your marks” – one foot on the line the other behind. Opposite arm to leg forward. “Set” – up on to balls of feet and body weight forward. “Go” – push and drive has fast as you can. Once race completed walk off track area and back to start. Ensure each child races

[www.moving-matters.org](http://www.moving-matters.org)
Plenary

Refresh learning objectives

Questions: How do we change speed? How do we slow down? How do i speed up? What is the correct running technique?