

# Indoor Running Track Lesson

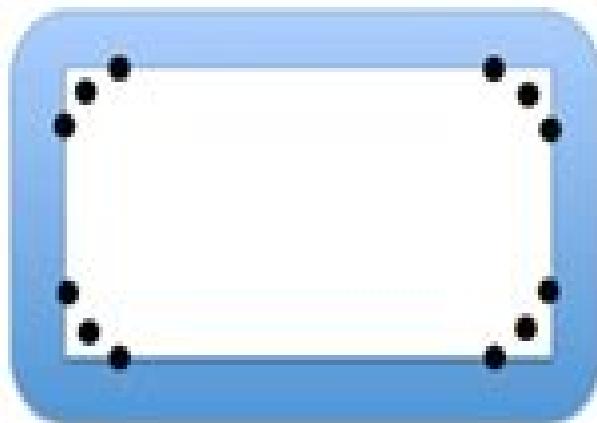


## Warm Up

- Option 1 - Teacher leads a SAG warm up. This might be more appropriate for younger pupils.
- Option 2 - Depending on the number of students in the class get students into six to eight mixed ability groups. Students then perform their own student led SAG warm up. This might be more suitable for pupils who may have a higher level of independence.

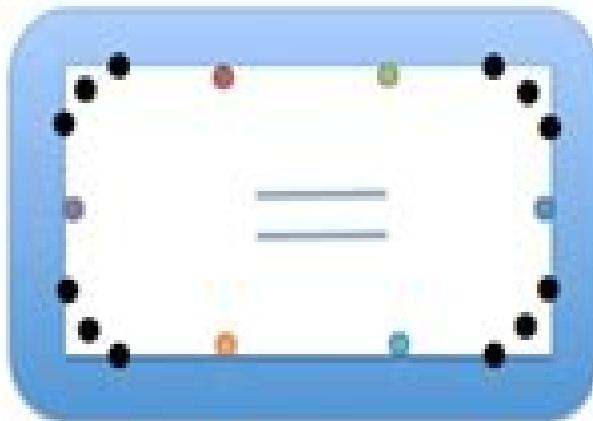
## Running track

Place a curved line at each corner of the gym or sports hall using cones to create the bends of the running track. The blue area in the picture below signifies the running track/lane.



Then place cones where each team will start. If there are six teams then place six different starting positions around the running track. Each team sits in single file behind their cone facing the track. The first person in their teams completes their lap and passes a baton to

the next person in the team to complete their lap. The last person to run completes their lap runs past their cone and runs to the middle of the sports hall and gets into the finishing lane in the order in which they finished. When all teams are in they return to their team and the next race begins.



## Variations

- 1 lap each sprint
- 2 laps each
- 3 laps each
- Team challenge - You have to complete 20 laps how you achieve this is up to your team but everyone must run at least one lap.
- Race walking version
- Chase - The objective is to catch the teams in front of you if you catch them their team is out this continues until one team is left. Each lap one runner retires and one joins the race.

## Safety

Make sure all students know the direction to run in before the race starts. Overtaking is permitted but must be done with one moving past the person on the outside. Alternate running direction to change inside running foot.

## Scoring System

If there are eight teams for example the team that finishes first will gain 8 points, 7 points for second and so on.

## Cool Down

- Option 1 - Teacher leads a whole class cool down.
- Option 2 - Teams conduct their own cool down in a designated area.

# Always Running Lesson Plans

**Erik D. Drake**

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**First Steps in Geography. A Manual of Oral Lessons on a New Plan. Adapted to the Requirements of the New Revised Code** Steps, 1876    United States Army Aviation Digest ,1988    Finding Success the First Year Matthew

Johnson,2010-10-16 This is a guide on how to thrive in that all important first year of teaching It includes everything from answers to frequent new teacher questions and warnings of common new teacher pitfalls to specific strategies and veteran tricks useful for clawing back precious hours of the day    Moving and Learning Lesson Plan Manual Beverly Nichols,1990

**The Role of the School Library Media Specialist in Michigan** Erik D. Drake,2007    **Intermediate Scholars Quarterly** ,1882    *The Organized Teacher's Guide to Your First Year of Teaching, Grades K-6, Second Edition* Steve Springer,Brandy Alexander,Kimberly Persiani,2019-06-22 Make your first year and every year a success with this essential guide As a new teacher you can be completely overwhelmed feeling lost and not knowing where to start when you receive the keys for the first time The Organized Teacher s Guide to Your First Year of Teaching Second Edition will be your guide during these first few days and weeks and put you on the road to success Written by an award winning author team this practical guide will help you successfully navigate your new role You ll find a series of checklists charts and diagrams and guidelines you can use to organize your lessons schedule and classroom There s a ton of reproducible content in the book and an additional 50 pages of content can accessed online This essential resource will help you thrive in your first year and beyond The Organized Teacher s Guide to Your First Year of Teaching Second Edition features All in one resource and checklist for teachers of grades K 6 Expert advice on organizing your classroom Suggestions for planning lessons and creating schedules Reproducible content in the book and available online ready for you to use Charts diagrams and checklists for organizing a new classroom Tips on increasing productivity and more    **The Saturday Review of Politics, Literature, Science and Art** ,1860    The standard needlework book. By H.P.T. H P. T.,1885    American Red Cross Water Safety Instructor's Manual ,2004    Techniques in Classroom Management Amanda M. Rudolph,2006 This book will help teacher

educators preservice and classroom teachers and administrators investigate and discuss common issues in secondary classroom management It supplements approaches to teaching classroom management with case studies that reflect common issues that teachers face in the classroom The case studies address classroom procedures equity in the classroom disruptions by students rules and consequences rewards classroom climate teacher student relationships and other problems Readers can analyze each case study and brainstorm solutions based on different approaches The case studies are also structured to facilitate discussion among classroom teachers paraprofessionals and administrators    **Midland Schools** ,1952    *Improving Our Schools* Marilyn Clayton Felt,1985 The purpose of this book a comprehensive summary of the educational studies of the late 1970s and early 1980s is to make the thinking and conclusions of the studies conveniently accessible to those responsible for education at the local level To that end the book deals with 33 studies containing

substantial information and advice for local action Chapter One presents excerpts from the studies that convey the tone and the subject of current concerns about the outcomes of American education Some cross cultural comparisons are included Chapter Two discusses what the different studies see as the causes of the nation's educational problems focusing on those factors that the education community has some chance of influencing Chapter Three summarizes the findings or recommendations of each study in turn Chapter Four compares the recommendations of the full range of studies and identifies and discusses 11 areas of agreement what should be taught teaching methods media use evaluation and guidance special student populations school organization and school climate teachers principals the school plant institutions and individuals outside the school system the improvement process Chapter Five provides information and questions designed to help local educators and particularly principals find a starting point for their own improvement efforts RDN

*New Teachers Handbook* Ellen Meyers,1988 This practical guide for new teachers is written by teachers and offers strategies for the early years of teaching that cover classroom practice and professional development Seven chapters address teaching practice and cover the following topics getting to know students at the beginning of the year strategic planning for the whole year following the curriculum classroom management types and sources of resources working in partnership with parents and successfully managing the homestretch March to June Short essays on professional development and personal concerns alternate with these chapters These are Curing Occupational Hazards From the Inside Out Timothy Gangwer Curing Occupational Hazards From the Outside In Paula Hartman On Becoming a Professional David Georgi Professionalism You Get What You Pay For Betty Myers and A Dialogue on Professionalism Vincent Bono and Eileen G Krieg The guide includes a list of contributing teachers a list of IMPACT II information centers around the nation and an index JB

*Lesson Plans for Friends and Fun* ,1957 **Thinking Through Theory** James Thomas Zebroski,1994 Thinking Through Theory tracks one teacher's encounter with theory for over a decade It investigates theory arising out of a Russian and eastern European tradition of language study

Self-assessment of Current Knowledge for the Operating Room Technician Margaret A.

Burns,Lois A. Morrissy,1973 **The School Executive** ,1942 **The Reserve Officer** ,1951 *The Minister's Manual* James W. Cox,1997-08-08 AD COPY MARKETPLACE The single most comprehensive resource for preaching and worship For nearly seventy five years The Minister's Manual has been the standard by which all other preaching annuals are measured The Ministers Manual 1999 Edition is THE SOURCE for sermons prayers insights and inspiration for all from pastors chaplains lay leaders and missionaries to Sunday school teachers choir directors and study group leaders Year after year your customers turn to the The Minister's Manual for unique ideas not found in any other preaching manual The Minister's Manual 1999 is the place to Gain inspiration with complete topical and lectionary sermon outlines for the entire year contains two alternative outlines per week to spark the imagination Engage young minds with ideas for children's sermons and Biblical stories Keep up with historical cultural and religious anniversaries And only available in The Minister's Manual Add

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