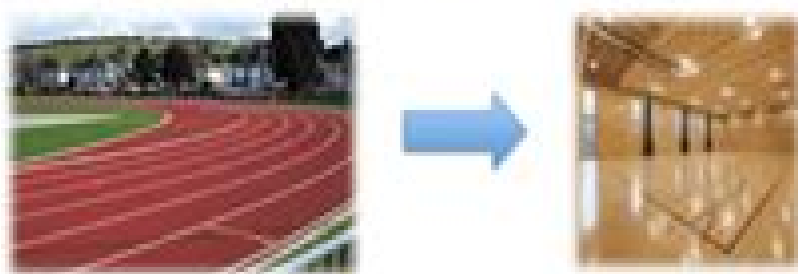


# Indoor Running Track Lesson

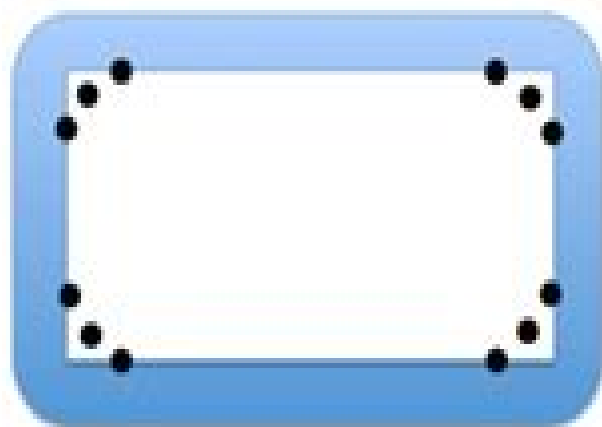


## Warm Up

- 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.

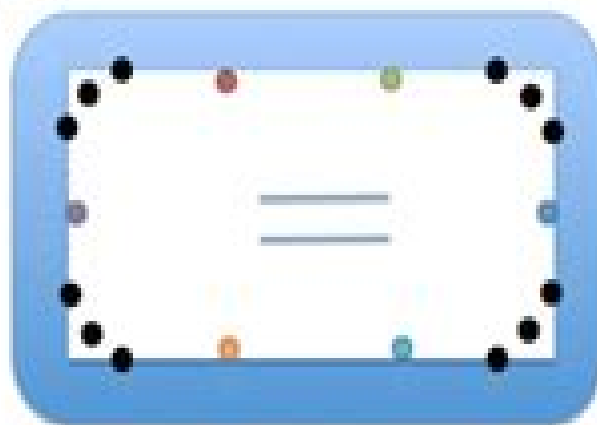
## Running Track

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 on the picture below signifies the running track/area.



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 conduct 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 30 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 care 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 space.

# Always Running Lesson Plans

**David Kirk**



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