**Year 7-9 Athletics**

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| **Sprinting** |

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|  | **Unit aim** | To become more confident and competent when performing the techniques required to be a successful sprinter. |
| **Lesson outcomes** | Demonstrate a basic start and use a basic sprinting technique to imrpove acceleration. | Demonstrate how to perform a sprint start with balance and control and be able to provide accurate feedback to a peer. | Demonstrate how to perform drive phase into full flight running phase during a race. |

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| **Do now** | What are the main techniques used when sprinting? | What different ways can you start a sprint race? | What are the 3 phases of a sprint race? | **Core Knowledge gained in this lesson** |
| **Teacher exposition****(I do)** | **General points*** Start low, one foot forward, weight leaning forward, push off, drive back knee
* Arms drive forward and back like pistons
* Elbows stay bent
* Lift knees high and drive forwards
* Run with a tall relaxed posture
* Head looking up and in front
* Maintain top speed right through the line

**See AVIVA athletics pack for images and breakdown of technique in staff files** | Students will know…*(taken from elevating athletics athlete pathway)***Year 7**1. The basic sprinting technique
2. How use a basic start technique
3. The importance of acceleration and reactions

**Year 8**1. How to develop a consistent sprinting technique
2. How to perform an accurate sprint start to gain the best position

3. The body position for each start calls during a sprint start**Year 9**  1. How to improve through sprint drills
2. The difference between each running phase
3. How interval and resistance training can improve speed
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| Further depth: <https://www.youtube.com/watch?v=bc4-3dCPwqI&t=94s> |
|  **Learning task (We do / you do)** <http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints> |
| **Year 7 – Developing the sprint technique and acceleration****Introduction – Sprint technique**- Walking only, perform sprint arms using baton in each hand to focus on keeping arms in line - Partner walks behind with hands up, elbows should knock into hands each time- Leg action – knee lifts up while opposite elbow is back- Progress from walking to running**Standing start**- Practise start over 5m individually before applying in practices**Developing acceleration** **-** Groups of 4 play Fakey (see ucoach link above)- Lie down relay race:- Split group into two, facing 15m distance apart - Sprint to other side- Person waiting lies on floor, touch their shoulder before they can go- Low position encourages drive upwards before accelerating**Timed Races**- Explore basic sprint start technique by exploring which foot generates the most power- Choose start technique- Time 100m/200m | **Year 8 – Peer coaching for better start and sprint action**A continued development of technique from Year 7 but with a greater emphasis on the students coaching each other.**Developing the sprint technique**- Short distance drills* High knees
* Heel flicks
* High skips
* Sprints arms
* Standing starts

**Establish power foot for starts**- Stand feet together, lean forward and step to break fall- Foot stepped on is back leg, other is power foot at the front**Developing the sprint start****-** Rats and Rabbits(face away from partner – standing start, down start, sprint start, sat down, lie down)- Basic sprint start (crouched)- Practise how to accurately measure sprint start ‘on your marks’ position (see Aviva resource)- Introduce the ‘set’ position- Practise routine with partner- Perform over short distance (5-10m)- Increase distance to combine sprint start with acceleration phase (20-40m)**Timed Races**- Choose start technique- Time 100m/200m | **Year 9 - Developing and improving**The activities suggested for Year 7 and 8 can and should be used with Year 9 students to continue to develop their confidence and competency**Additional sprint drills over short distances:**- Rock, paper, scissors game in pairs/teams- Keep a dorsi-flexed foot whilst walking, jogging, sprinting - Slow motion cycling leg action with sprint arms- Active strike foot, pretend the track is boiling hot- Interval sprints in pairs: sprint for 10s walk back to start. Partner then goes.- Resistance band sprint or hill sprints over 5-20mIn groups time short distance races aiming to improve technique.Starts – 5-10m raceAcceleration/Drive – 30m raceFull speed – 60m race**Timed Races**- Choose start technique- Time 100m/200m |
| **Responsive adaptations** | **Developing**Use standing or down startKeep batons in hands throughout practicesShorter distance races | **Securing**As above | **Mastering**Progress to using sprint start soonerIncrease distance of sprint practicesExplore stride length during drive phase |
| **Progress check questions** | **Year 7**What should your elbows be like when sprinting?Why should you not look sideways when sprinting?How would you describe the best sprinting leg action? | **Year 8**What are the different calls at the start of a race?Why is a crouched sprint start more effective?How do you get into a sprint start position?How do you know that the feedback you gave was effective? | **Year 9**What are the different phases of a sprint race?Why is reaction time important to your performance?How can weight and plyometric training improve speed?  |
| **Errors or misconceptions to look out for** | Arms swinging from side to side Head down or looking to either side at others sprinting Incorrect sprint start technique |