**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 |
| 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 5-20m  In groups time short distance races aiming to improve technique.  Starts – 5-10m race  Acceleration/Drive – 30m race  Full speed – 60m race  **Timed Races**  - Choose start technique  - Time 100m/200m | | |
| **Responsive adaptations** | **Developing**  Use standing or down start  Keep batons in hands throughout practices  Shorter distance races | | | **Securing**  As above | | | **Mastering**  Progress to using sprint start sooner  Increase distance of sprint practices  Explore 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 | | | | | | | |