

Content outline

This activity focusses on the track event, Sprinting. It aims to develop the basic knowledge of how to perform a sprint start

- Low to high body position
- Reaction time
- Drive



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- If space is available, the distance that is being sprinted can be increased.
- If this activity is being performed indoors; the young person should only practice the body positions required



Task

- To make the start easier – the young person can begin in a crouched position
- The activity can be repeated multiple times to attempt to improve starting performance
- The technique can be mirrored so the young person can compare pushing from their dominant and non-dominant leg



Equipment

- Suitable space for a short sprint is required if the young person is to try a short sprint
- If indoors, the young person is only to practice the body position in the first two phases
- A stop watch can be used if comparing running times after multiple attempts
- Cones, or any objects which can act as markers



People

- If you have another person in your house, you may be able to coach someone else the correct sprint start technique
- If other people are available, short sprints could be performed within a small race / competition

• Learning intention

Physical:

- To develop the correct technique of a sprint start

Personal:

- Performing under pressure

Learning questions:

- Identify 3 coaching points when describing the sprint start
- What advice would you give someone else whilst performing a sprint start?
- Why is it important to lean your body forwards during the sprint start?
- Explain why it is important to stay low during the early drive phase of a sprint event?
- What are the current world records for 100m and 200m sprints?
- The Sprint start is used in both 100m and 200m sprints, can you think of any other events where it is used?