

### Content outline

This activity focusses on middle / long distance track events. It aims to provide the young person with activities to maintain a steady pace of exercise for prolonged periods of time.

- Maintained rate of exercise
- Aerobic activity
- Mobility exercises



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; make sure the area is clear of obstacles which could cause harm, and ensure the surface is not slippery



### Task

- To make the task easier – reduce the amount of cards that need to be turned over
- The distance being travelled can be adapted to make the task easier / more difficult
- Add a time limit to also increase difficulty / add performance under pressure



### Equipment

- Suitable space for a run is required
- A stop watch can be used if comparing running times after multiple attempts
- Cones, or any objects which can act as markers
- A pack of playing cards / or numbered paper will be needed for the activity



### People

- If other people are available, the activity can be performed within a small race / competition
- If someone younger is working with you, what tips can you provide them to help them improve at this task?

### • Learning intention

#### Physical:

- To maintain running speed at a steady rate for a prolonged period of time

#### Personal:

- Performing under pressure
- Pacing

#### Learning questions:

- What happens if you start running too quickly at the start?
- What advice would you give someone else performing this activity?
- How do you feel at the end of the activity?
- What has / is happening to your body?
- What are the current world records for 800m track events?
- In the Men's 800m world record, what was the average running speed per 100m?