



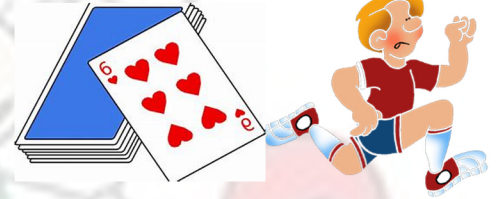
## TRAVELLING

### Warm up:

#### Cone Drills

- \* Set up 5 cones (or objects) approx. 1 metre apart. We are going to travel in different ways through the cones.
- \* First we are going to walk. Approach the first cone and walk in between the cones (without touching them) and then travel back down to the start. 2nd Jog. 3rd side step. 4th skip and 5th run. Repeat each different travel 3 times.

### Equipment: Cones or objects / Pack of playing cards



### Main activity: ACTIVITY – Pack of Cards

- \* Set up 2 cones (or objects) 5 metres apart. Shuffle a pack of playing cards without the jokers, jacks, queens or kings.
- \* We are going to focus on 2 different ways of travelling – jogging and running.
- \* Pick out a card from the pack. Whatever number is on the card you need to complete this many jogs.

**Example** – if you pick out as number six you jog to the opposite cone and touch it (that is one) and then repeat until you have completed 6.

You can take a one-minute rest and then pick another card. This time you are going to run.

Repeat until you have 3 separate jogs and 3 runs.



### Coaching points:

- When jogging make sure your knees are low, arms are soft and shoulders relaxed
- When running make sure your knees are high, your arms are driving and you look tall
  - The importance of cooling down. Reduces heart and breathing rate
- Gradually cool down body temperature and helps to relax you and your muscles

### Differentiation:

**EASIER** – Only use numbers 1 to 5 from the pack.

Do 2 sets of jogging and 2 sets of running.

**HARDER** – Increase the distance between the cones.

Complete 4 sets of each jog and run.

Only have 30 seconds rest.



### COOL DOWN – Static stretching

One stretch for each body part starting at head and down to toes.

HEAD SHOULDERS ARMS HIPS KNEES LEGS FEET