



## Warm up:

# RUNNING



Traffic lights –

**Red:** STOP, **Yellow:** skip/jog, **Green:** run/sprint

\* Use objects in the house / garden corresponding to colours, examples:

\* **Red:** tin of tomato soup, tomatoes, apple

\* **Yellow:** banana, lemon, dish cloth

\* **Green:** washing up liquid, washing line pegs

Can add another colour (blue: ice pack, towel / white: socks, milk) and introduce side stepping / jumping



## Main activity



\* Set out 5-10m length – mark each end with either socks, shoes, or anything you can use to see each side

\* Complete continuous shuttle runs (running from one end to the other non-stop) for 3 minutes, see how many you can do

\* Repeat this at the end of your session and see if you can improve the number of shuttles



## Sprint start

Using your 5-10m length, practice your sprint technique

Start at one end and run as fast as you can to the other side, then walk back to the start

**Key points:** Stand up tall, use your arms (make sure your hands brush your cheek and as you drive them back they should brush your hip), lift knees up so they are in line with your hips, run on the balls of your feet

If you run faster you will notice a change in the distance between each foot landing, the faster you go the more distance you will move!

## Competition time:



Time how fast you can run from one end to the other – try and beat it!

You can also add obstacles within your length and jump over them to make it more challenging, this will test speed and power