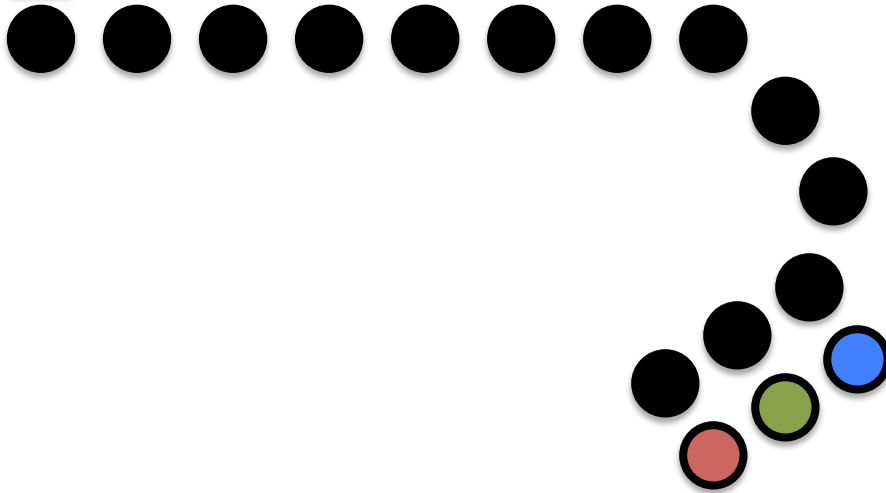
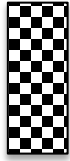


Teaching
Cave

'J' Run

Teaching
Cave



Teaching
Cave

'J' Run

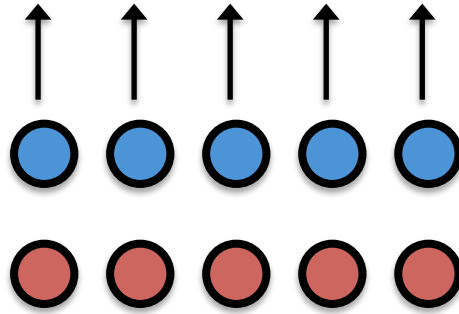
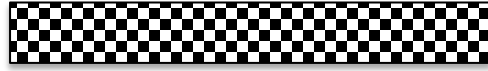
Teaching
Cave

This activity encourages participation to all runners and works to develop speed and running around a bend in athletics. Set out the cones in the shape of a j as shown above. Three runners will go at a time and each runner will be a few metres behind the one in front of them as highlighted by the colours. The children will begin on a three-point start and begin to run when you say go. Because of the head start, all runners have a chance to win.

Teaching
Cave

Chasing Tails

Teaching
Cave



Teaching
Cave

Chasing Tails

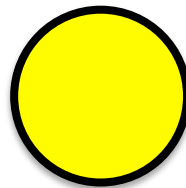
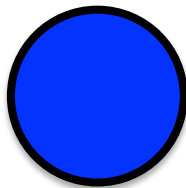
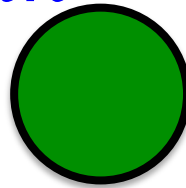
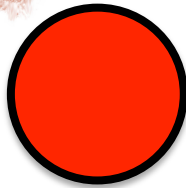
Teaching
Cave

Inform your class that they need a partner who is roughly the same speed as them for this activity. Once they have a partner, they need to number themselves one and two. Number 1s will start two metres in front of their partner and they must have a tail. Number 2s will try to catch their partners before they reach a 'safe zone'. Swap over and play the game again, but this time the number 1s are chasing the number 2s. Reduce the starting distance or increase the distance the children must run to make this activity more challenging.

Teaching
Cave

Colour Run

Teaching
Cave



Teaching
Cave

Colour Run

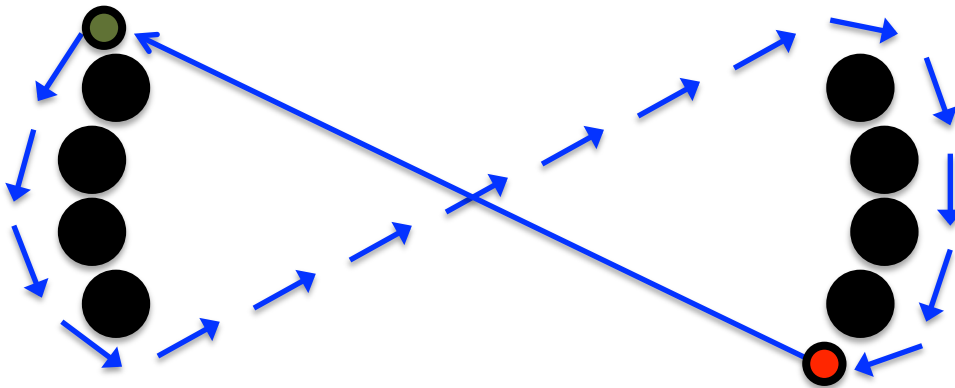
Teaching
Cave

In this game, the children will be listening out for commands given by a partner. Firstly, ask the children to find a partner and instruct one of them to lift four different coloured cones and a spot. Then ask the children to find a space and set the cones out in a square with the spot in the middle. The size of the square will change depending on the age of the children. One player will stand inside the square on the spot. The 'coach' will stand outside the square and will give their partner colours to run to. E.g. Red, blue then green etc. The child in the square will then touch the cones in order and return to the middle spot after touching each cone.

Teaching
Cave

Figure of 8

Teaching
Cave



Teaching
Cave

Figure of 8

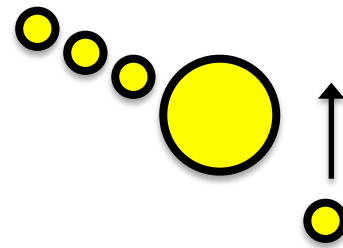
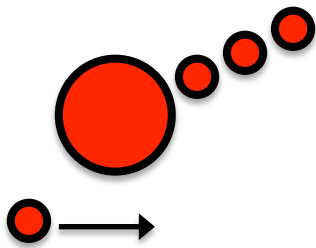
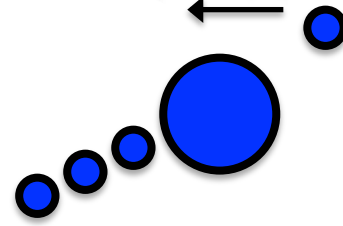
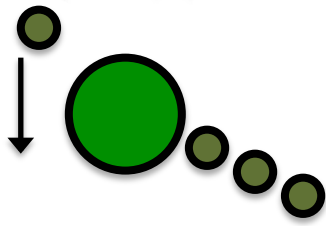
Teaching
Cave

This game is an endurance activity and is completed as a team. Set up two areas as shown above. Split the class into four groups. One team will start at the red spot and the other at the green spot on each figure of 8. The children will run continuously for 2 minutes with a 1-minute recovery. The team with the most children still running after 2 minutes wins. If runners are tired, instruct them to walk until the 2 minutes are up. Repeat 3 times. Remind the children that they must go at their own speed and it is not a race. Also instruct the children to be careful when passing each other in the middle.

Teaching
Cave

Distance Relay

Teaching
Cave



Teaching
Cave

Distance Relay

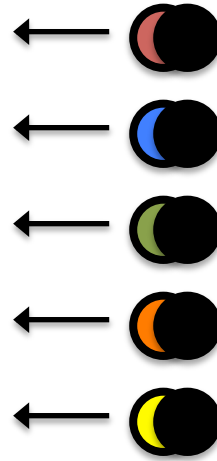
Teaching
Cave

Set out the area as shown above and split the children into four teams. Each large circle is a team's coloured cone. Inform the children that only the runners must be in front of the cone and the rest of the team must stand behind as shown above. The children must complete a lap of the track and arrive back at their team before the next person can run. Once the children have completed their lap, they join on to the back of the queue. You can give the children batons or beanbags to pass to each other to add to the activity.

Teaching
Cave

Beanbag Sprint

Teaching
Cave



Teaching
Cave

Beanbag Sprint

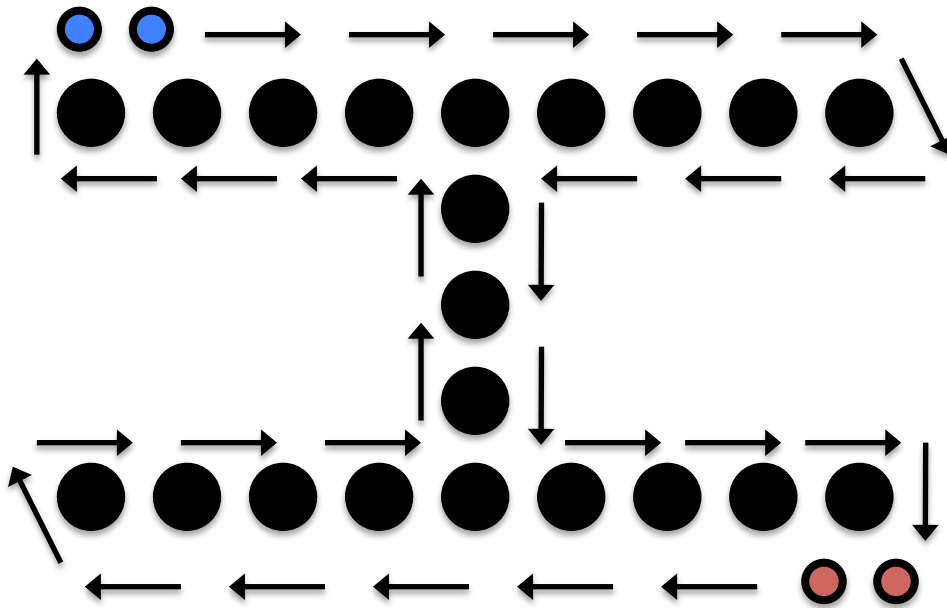
Teaching
Cave

You will need to split the class into teams depending on the size or your area as shown above. The more teams the better. Give each child two beanbags, one for each run. Inform them that they are going to have two 5-second runs. Once the five seconds are up, they must drop the beanbag. On the second run, the children must try to beat their first distance. You will have children throwing their beanbag further once you shout stop, but they will get the hang of it! This is a great individual activity and allows each child to challenge and better themselves opposed to competing with others.

Teaching
Cave

'H' Run

Teaching
Cave



Teaching
Cave

'H' Run

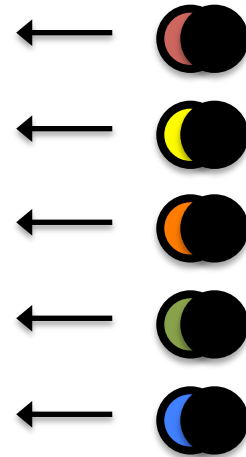
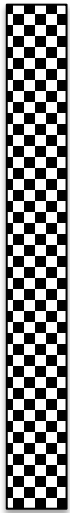
Teaching
Cave

This activity is a long distance, timed run. The children will be running for a total of two minutes without stopping. Set up the activity as shown above and place the children into two teams. You may need to set up more than one 'H'. The black spots are cones and the coloured spots are the two teams. The children will pace themselves and jog around the area until the two minutes are up. The children will get a two-minute recovery and then complete it another two times. Depending on the ability and age of your class, you can modify the running and recovery times.

Teaching
Cave

Sprint Relay

Teaching
Cave



Teaching
Cave

Sprint Relay

Teaching
Cave

This activity works to develop teamwork and communication. Ask the children to find a partner and place themselves in positions shown above. The first runner has a baton or beanbag and will run to their partner straight ahead of them. The second runner must be facing the finish line at all times. The first runner shouts, 'Hand' and the second runner will put out their hand behind them and receive the baton or beanbag. Once they have received the baton or beanbag, the second runner runs to the finish line.