

# FMS- Sprint Run

Week 1- Explicit Teaching of Skill- (Sessions 1&2)

Verbal Cues- Head up, pump arms for speed, keep looking at the destination eg, tree, post, run in along a line, lift your knees, big steps.

Week 2- Practise of Skill- (Sessions 3,4 &5)

Warm up- running on the spot practising pumping arms, lifting knees, running and changing directions/speed, funny running like keeping arms still, straight legs, stiff body, running like going up steps/down steps.

Obstacle Course- set up can involve running around cones/objects, run around boundaries, run and jump over objects, run and climb under objects, etc.

Circuits- relays, run to an object and back, try running with a sheet of newspaper on chest and keep it on, quick starts

Consolidating, generalising, applying and integrating skill:

Week 3- Games-(See Activities on Running) (Sessions 6,7 &8)

- Simon Says eg, run on the spot, run slowly/quickly, in a circle, etc

- Firefighter buckets, City Gates, Fast Cars, Tag, Rob the Nest- These games are good when there are a few people in the family available to join in.

Creative Thinking- Can you create your own obstacle course, circuit or game to involve running?

Week 3- Assessment – Video your child performing a sprint run and post this onto the portfolio.

