

ATHLETICS: Running

Year 5+ (under 10 & above)

LESSON: Three Individual Lessons / Units

NUMBERS: 25+

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ACTIVITY TIME: 25-45 mins

LEARNING OUTCOMES

KNOWLEDGE:

The principals of 'Continuous', 'Interval' and 'Fartlek' training methods.

COMPREHENSION:

How athletes implement different training methods for various sports.

PERFORMANCE:

'Continuous', 'Interval' and 'Fartlek' training methods in various running events.

THE USE OF THIS LESSON PLAN AND THE CONTENT OF THIS LESSON PLAN IS AT YOUR OWN RISK.
The information on this Lesson Plan is presented for the purpose of educating participants on coaching and playing of various sports, and participation in various physical activities. No physical activity should be engaged in without first consulting a physician. Furthermore, Inclusive Learning Systems makes no claims about the safety or appropriateness of any information found on this Lesson Plan, nor about the results to be obtained from using this Lesson Plan or any content contained on this Lesson Plan and consequently cannot be liable for any resulting loss, damage or injury.

EQUIPMENT: Flat cones, Marker poles, Bibs, Stopwatch, Whistle, Time sheet, Clipboard, Pen.

ASSESSMENT

Understanding of training methods via Q&A.
Running times.

RISK ASSESSMENT

Hazard: Falling over. Pre-existing medical conditions.

Control: Ensure running tracks are free from debris and slip hazards. No pupils sitting / waiting on running tracks. Check footwear. Research school medical records before vigorous exercise.

LESSON SUPPORT: Non-participants can help record times.

PURCHASE FOR FULL LESSON PLAN