

Spar Lancashire School Games PB Sports Day

Sports Day Activity 5: Long Distance

ACTIVITY/SKILL		OVERVIEW
<p>LONG DISTANCE</p> <p>Video Demonstration</p>	<p style="text-align: center;">TOP VIEW</p>	<p>Equipment:</p> <ul style="list-style-type: none"> Any object to mark out the start and finish line as well as a turnaround marker (e.g. cones, toys etc) Stop Watch <p>Tips to Improve:</p> <ol style="list-style-type: none"> Long distance running is about pacing yourself and trying to jog/run the whole way without stopping. Find your comfortable pace, increasing this pace, if you can towards the end. Control breathing - concentrate on trying to breathe in through your mouth and out through your nose. <p>Set Up and Take Part:</p> <ol style="list-style-type: none"> Set up your track area by marking down a start and finish line as well as turnaround markers. This could be in your garden or at your local park or green space.. The distance of the run will be determined by the space you have available. Approx. 30/40m for Year 3-6 and 20/30m for Reception to Year 2. Children stand at the start line with the timekeeper on the finish line. Timekeeper shouts 'go' and child sets off at a steady pace. Travel down the lane, around the turnaround cone/object and back up, around that turnaround cone/object, this equals 1 lap. Complete 6 to 8 laps for KS2 and 4 to 6 laps for KS1. When completed the laps, travel back down and through the finish line. For example, this will mean the children complete 6 ½ laps. Timekeeper stops the timer as the child crosses the line. Make a note of their first time. Allow a long rest period before allowing another attempt to see if they can beat their time. Each child has two more opportunities to improve their time (you can move onto another activity before repeating this activity). See how much of an improvement they have made by comparing the original time and the PB time. The better the improvement the better they have done Challenge you a parent/carer or sibling and work out what their improvement is.