

## Development activities for sprinting

### Staggered Start

#### Learning Outcomes

- Demonstrate balance and control during a sprint start
- Take short powerful strides at the start

#### Suggested Resources

- Cones
- Stopwatches

#### Activities

- 1 Practise sprint starts and driving away fast
- 2 Use the correct commands:
  - on your marks
  - set
  - go
- 3 In small groups of 5, nominate a starter and time keeper
- 4 Students take it in turns to start and record a time for a 30m sprint
- 5 Stagger starting positions so that all in the team finish a race at the same time. The team which finishes closest together wins



#### Learning Point

- 'Go on the "b of bang" or the "g of go"'
- Drive the knee forward aggressively
- Drive the elbows back hard

### There and Back

1. Give each student a marker such as a cone or a beanbag
2. Team A race to place markers and return to line in 4 seconds
3. Team B complete the same challenge
4. Repeat the activity with students making appropriate adjustments
5. Increase the time to 6, 8 and then 10 seconds
6. Use different forms of travel over smaller distances

