SPRINTS

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