SPRINTS

Age 12 - 13 Lesson 1 Sprint starts

Learning Outcomes

• Demonstrate the correct movement sequence for a crouch start
• Drive the lead knee forward fast during the sprint start

Suggested Resources

• Cones
• Batons

Activities

1 Revise and practise starts from lying and standing: two teams, students 2m apart, race 20m from the following positions:
   - front lying
   - standing
2 Practise starting from the following positions:
   - front support [press up]
   - all 4s – hands behind line, feet parallel
   - kneeling
   - hands behind line, one foot forward, one back (i.e. crouch start)
3 Discuss the effectiveness of each position – decide that 'crouch start' is best
4 Demonstrate the crouch start with students practising the following routine:
   - stand one foot width back from the starting line
   - place one foot a further foot width (or slightly more) back
   - kneel down and place thumbs and first fingers just behind the line
   - make a sideways bridge with your hands but keep them behind the line
   - rise into the ‘set’ position with hips higher than shoulders, both legs still bent

Differentiation and Variation

• Race more able students over longer distances
• Allow students to vary the start position to suit their own strengths
• Set up a shuttle relay with four teams, each split in half. Waiting runner moves into ‘set’ and sprints when tapped on the shoulder by the incoming runner
• Integrate this lesson with a hurdles lesson and practise starts with and without hurdles

Learning Point

• In the set position, keep arms straight with shoulders above hands
• Focus on reacting to the sound of the gun (or ‘go’ command)
• Drive the knees forwards in first 8 strides
• Drive the elbows backwards