

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

- 5 Practise the 'on your marks', 'set' routine, coaching one another
- 6 Practise 'go'. Drive rear knee forwards and arm on same side backwards
- 7 Intersperse practice with appropriate sprint activity, e.g. races over 5-10m
- 8 Finish with races from crouch start. Race students of similar ability. Use distances of 20 to 40m



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