

Sprints Lesson Plan #1 for Athletes Ages 5-8

Introduction & Cues:

The following exercises are geared to young children (5-8) aiming to develop proper running techniques.

Ensure that the students know the importance of not actually touching each other during the warm up tag games.

Warm-Up:

The students can warm up with a quick game of shadow tag, modified for social distancing purposes.

In order to tag someone, the students will have to step on the head of another's shadow. This works best outside on a sunny day.

If indoors, the students can play a quick game of red light-green light to get warmed up.

Cool Down:

As a cool down, the kids can do a full body shake out.

Shake one arm, the other, both. Shake one leg, the other, both, head, hips then the whole body.

Main Part:

Displacement/ Arms

The first exercise they can do will help them learn the stride motion when running.

They can line up 2m apart and run across the area to a finish line, taking large bouncy running strides to get there.

You can make it more of a fun competition by seeing who can get to the finish line in the least number of steps.

Next, you can add a cone at about 5-10 meters from the start line and get them to take their smallest steps all the way to the cone and then transition into their big steps to the finish line.

This can also be made into a race.

Finally, they will look at the importance of their arms when running.

Have the students cross their arms across their chests and run to finish line. They'll quickly notice that they feel wonky without them!

When they add in the arms, ensure that they move straight from hip to lip and not across their bodies.

With these new techniques, they can try some races on their own.

Games:

Animal Relay: Have athletes in teams of 5. Each athlete gets assigned the role of an animal (Cheetah, Antelope, Ostrich, Human, Sloth); these animals can also be practiced as a group first in case there are athletes who don't know what certain are.

Athletes will be given 2-3 minutes to decide the order of their relay (i.e. Sloth starts vs ending with the cheetah).

At the start of the race, athletes must run to the opposite side of the gym (or 20m) and then back. Once past, the next animal will then begin their leg of the relay. Repeat the relay as many times, with variations.

Variations:

Have athletes change their animals on their teams; change the animal order;

Sprints Lesson Plan #2 for Athletes Ages 5-8

Introduction:

Learn about different ways athletes can move across the field of play.

Warm-up:

Running around the general area, can add some rhythmic music to emphasize change of speed/direction while moving around in space, can stop the music to have the students stop as well

Light stretching, preferably dynamic

Cool Down:

The students can do "copy cat" stretches to cool down afterwards. They can take turns demonstrating their favorite stretch while the rest copy it.

Main Part:

Basic Shuttle Relay:

Step up a pylon at the start line and then another one 20m away. Split the athletes into 2-3 groups.

To eliminate touch points, once a student crosses the start line, the next goes instead of giving a high five.

Round One: Fast pace walk—Arm Focus

Second Round: Jog

Third Round: Run/Sprint x 2-3

Can challenge the students to find new ways of locomotion for the next round of relay. They will figure out which are most efficient and easiest to do

To start the relay, you can alternate between visual and auditory cues. Exposes them to different stimuli which will broaden their reaction capabilities

Games:

Rock, paper, scissors relay: Split up into two teams (or if there are too many students, can have more teams with smaller numbers). Set up a course with hoops which connects the start point of 2 opposing teams. Have each student come up with a different mode of locomotion and use it in the relay (can come from the previous exercise). Have either a visual or auditory cue to start the relay.

First two students from each team moves through the hoops and meet once they are two hoops away from each other (to keep good distance: Play rock, paper, scissors; the winner gets to keep advancing through the hoops towards the other team's start line. Once a player from one team loses, the next on that team moves through the hoops to meet the opposing player. So on so fourth until a team reaches the other's start line to win