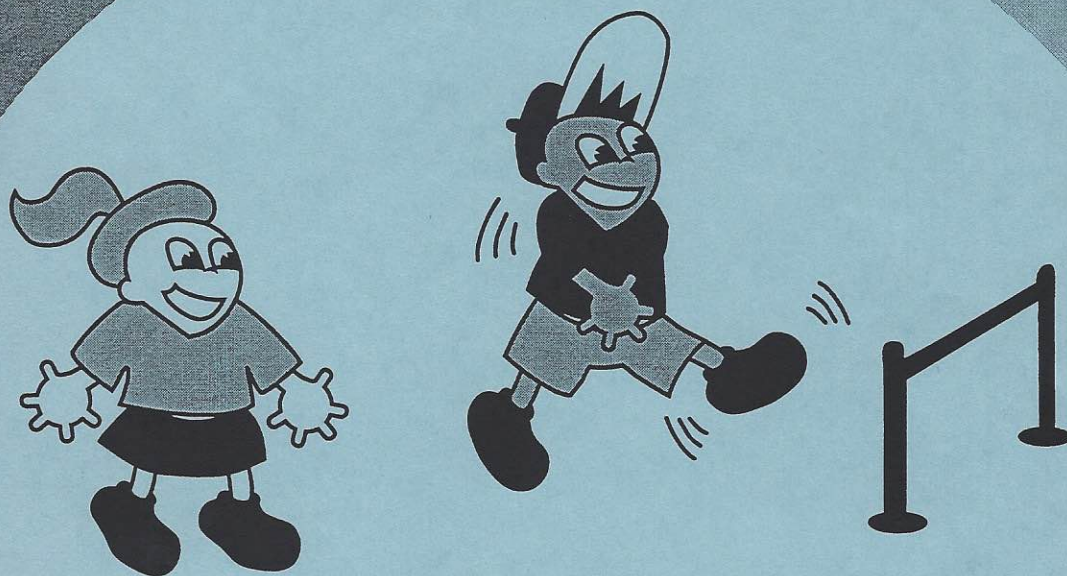


TRACK AND FIELD



HURDLES

TRACK AND FIELD

SAFETY, MANAGEMENT, AND TEACHING HINTS

- Not all lessons in this unit are clearly classified as individual, partner, or group.
- Grass field is preferred, even for sprinting.
- Relay batons may be made inexpensively by cutting PVC pipe into 12 inch sections.
- Proper warm-up and cool-down is especially important in this unit.

SKILLS

MAJOR DRILLS/GAMES

Sprints and Sprint Starts

Sprint Start Practice
5-Second Sprint
10 Yard Sprint
50 Yard Dash

Hurdles

Hurdle Practice

Shuttle Run

Shuttle Run Practice

Jumps

Standing Long Jump Challenges
Running Long Jump Challenges

Relays

Baton Passing Walk Through
Baton Shuttle Relay

Throws

Partner Softball Throw
Softball Throw for Distance

EQUIPMENT NEEDS

22 cones (ten 18", twelve 12"), 10+ hurdle bars, 1 stopwatch, 1 rag softball/student, 6 batons, 1 whistle

UNIT: TRACK & FIELD

LESSON: 1

OBJECTIVES

Sprinting

EQUIPMENT

Start and finish lines marked on field, stopwatch, whistle, 2 cones

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-INDIVIDUAL DAY-</u>		
Warm-Up: Track and Field Stretch	-Students walk/jog around area for 2 minutes. - <u>Students form a circle</u> and follow teacher's stretches.	<u>Stretch slowly and smoothly:</u> -Gastrocnemius (calf) stretch -Hamstrings -Quadriceps
Sprint (From Standing Start)	- <u>Students start behind a line</u> , and sprint through "finish" line about 25 yards away. -Repeat	-On signal, run as fast as you can through the other line. <u>Tips for sprinting:</u> 1) Drive your knees up high. 2) With elbows bent, move your arms rapidly. 3) Lean forward. 4) Look straight ahead. 5) Do not swing your hands across the midline of your body.
Sprint Start (Demo)	-As above -Teacher or student demonstrates sprint start.	-There are three commands for the sprint start: 1) " <u>Take Your Mark</u> " - Place your hands just behind the starting line. Turn hands so thumbs point in toward each other, and fingers point away. Crouch down with one knee touching the ground. The other knee is up (the stronger of your legs), with that foot in line with the knee on the ground. 2) " <u>Get Set</u> " - Lift hips, shift weight to hands, lift head, focus eyes 10 ft. down the track. 3) " <u>Go!</u> " - Push off front foot, keeping body low and leaning forward. Raise to full height gradually.

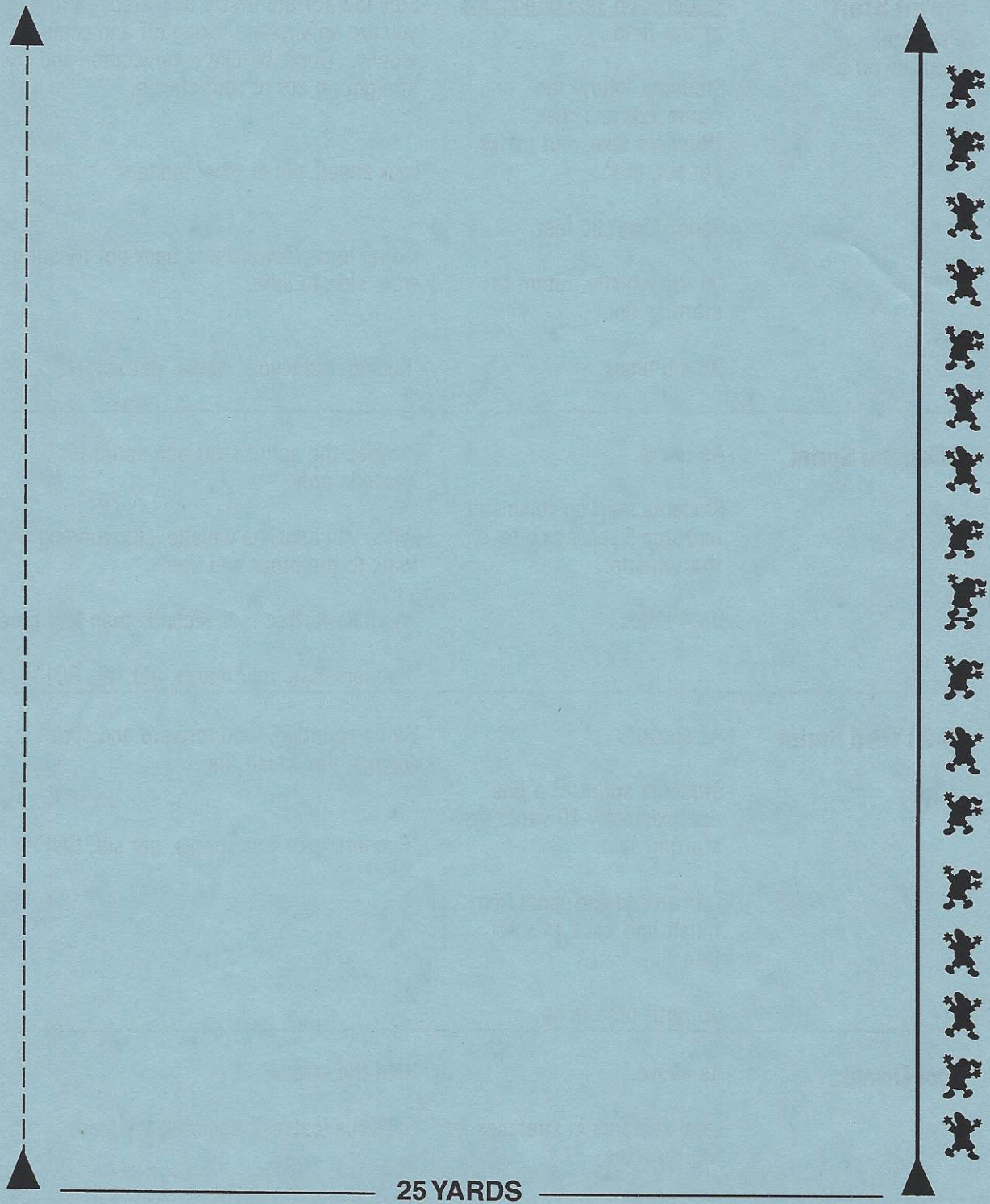
UNIT: TRACK & FIELD

LESSON: 1 (Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
Sprint Start (Practice) <i>Diagram on back</i>	<ul style="list-style-type: none"> -<u>Students on side or end line</u> of the field. -Students follow the commands and cues: "Runners take your marks, get set, go!" -Sprint about 30 feet. -On the whistle, return to starting line. -Do 4-5 times. 	<ul style="list-style-type: none"> -Stay low for the first 4 or 5 steps. Pretend you are an airplane taking off and come up slowly. Don't be like a helicopter and fly straight up out of your stance. -Look ahead, not at other runners. -Swing arms forward and back not twisting from side to side. -"Runners take your marks, get set, GO!"
5-Second Sprint	<ul style="list-style-type: none"> -As above. -Students start on command, and stop 5 seconds later on the whistle. -Do 4 times. 	<ul style="list-style-type: none"> -Practice the sprint start and sprint for 5 seconds only. -When you hear the whistle, stop running and walk to the other end line. -Try to go farther in 5 seconds than last time. -"Runners take your marks, get set, GO!"
10-20 Yard Sprint	<ul style="list-style-type: none"> -As above. -Students sprint to a line approximately 20 yards from starting line. -Turn around and sprint from finish line back to start line. -Do until time is up. 	<ul style="list-style-type: none"> -While sprinting, lean forward and sprint <u>through</u> the finish line. -"Runners take your marks, get set, GO!"
Cool-Down	<ul style="list-style-type: none"> -As above. -Lead students in stretches for leg muscles. 	<ul style="list-style-type: none"> -Hold the stretch. -Gastrocs (calves), hamstrings, quads.

SPRINTS

----- = IMAGINARY LINE
STUDENTS SPRINT FROM LINE TO LINE ON COMMAND



UNIT: TRACK & FIELD

LESSONS: 2 & 3

OBJECTIVES

Sprinting

EQUIPMENTStart and finish lines 50 yards apart marked on field,
whistle, stop watch

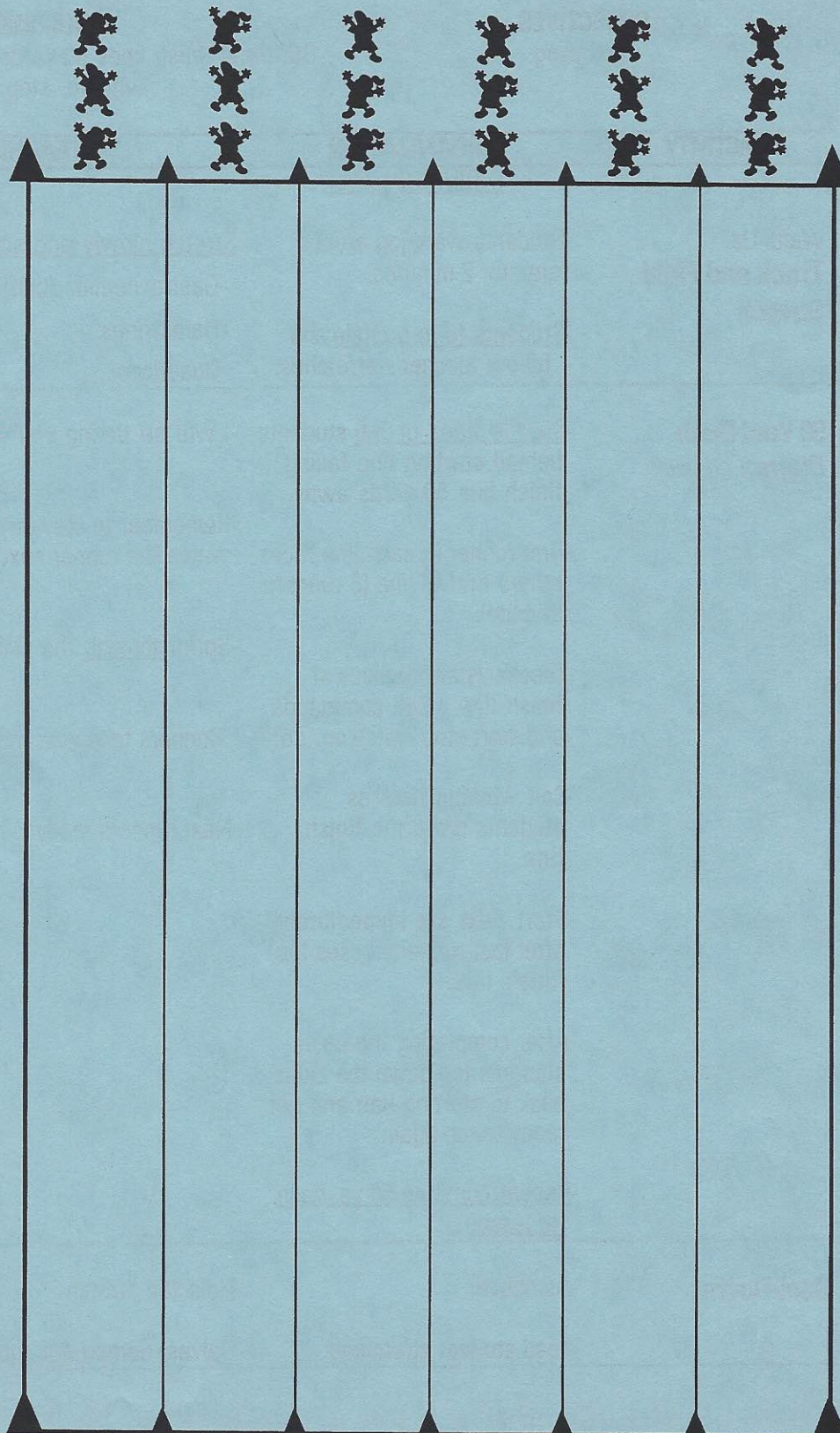
ACTIVITY	ORGANIZATION	TEACHING CUES
	<u>-INDIVIDUAL DAY-</u>	
Warm-Up: Track and Field Stretch	<ul style="list-style-type: none"> -Students walk/jog around area for 2 minutes. -Students form a circle and follow teacher's stretches. 	<p><u>Stretch slowly and smoothly:</u></p> <ul style="list-style-type: none"> -Gastrocnemius (calf) stretch. -Hamstrings -Quadriceps
50 Yard Dash <i>Diagram on back</i>	<ul style="list-style-type: none"> -<u>Six file lines of 5-6 students</u> behind starting line facing finish line 50 yards away. -First runner in each line races others first in line (6 runners at once). -Teacher/starter stands at finish line. Call commands and start stop watch on "go!" -Call winning time as students cross the finish line. -Start next six immediately after last runner crosses the finish line. -After completing the dash, students jog down the sides back to starting line and get ready to run again. -<u>Repeat/continue 50 yd. dash for lesson 3.</u> 	<ul style="list-style-type: none"> -I will be timing you with my stopwatch. -Remember to stay in your own lane and not watch the runner next to you. -Sprint <u>through</u> the finish line. -"Runners take your marks -- get set -- GO!" -Next runners ready!
Cool-Down	<ul style="list-style-type: none"> -As above. -Lead student stretching. 	<ul style="list-style-type: none"> -Hold the stretch. -Calves, hamstrings, quads.

50 YARD DASH

**RUNNERS
STAY IN
THEIR LANES**

▲ = 18" CONE

▲ = 6" CONE



UNIT: TRACK & FIELD

LESSONS: 4, 5, & 6

OBJECTIVES

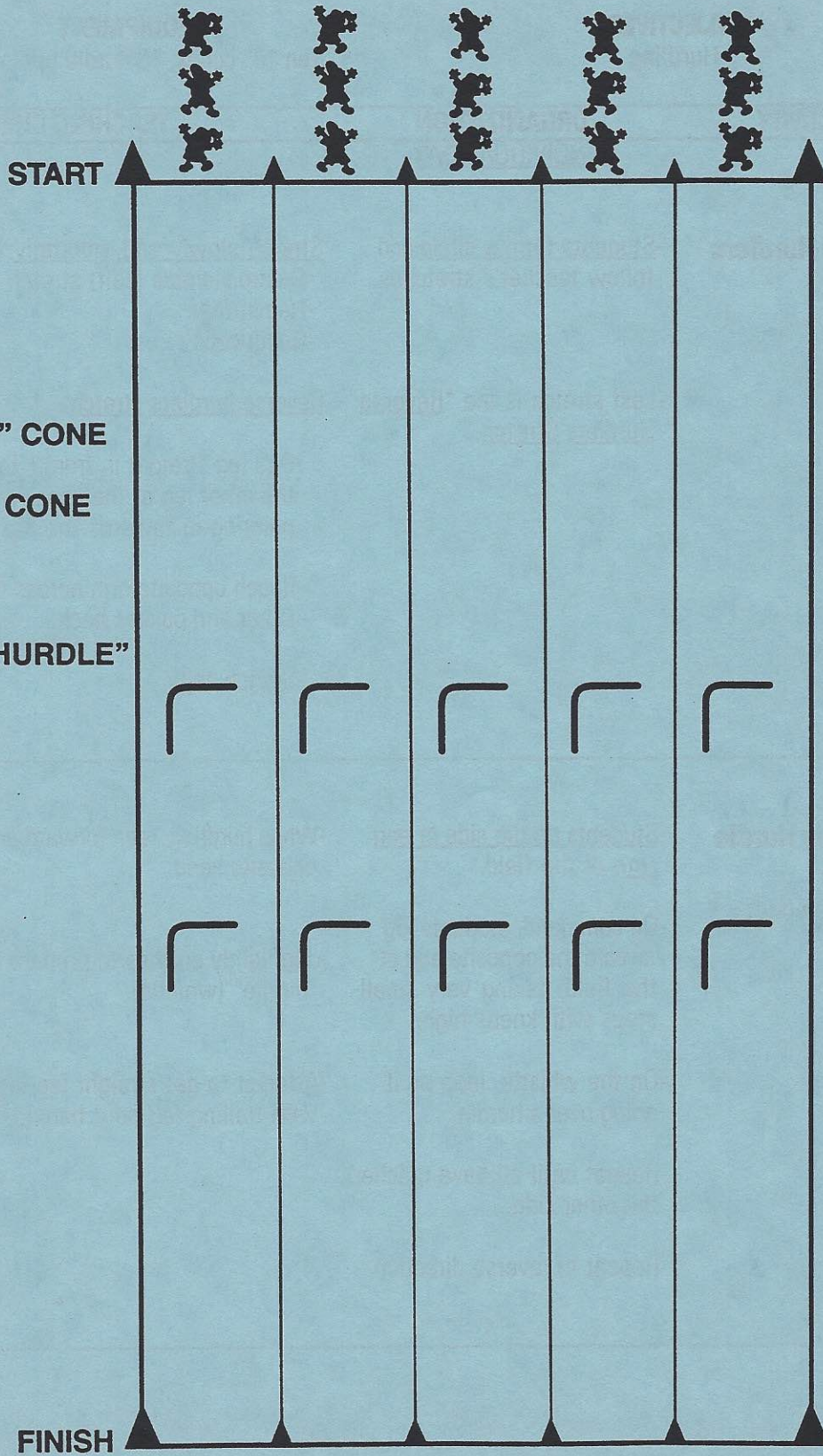
Hurdling

EQUIPMENT

Ten 18" cones, 10 hurdle bars, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-INDIVIDUAL DAY-</u>		
<p>Warm-Up: Reverse Hurdlers Stretch</p>	<p>-Students form a circle and follow teacher's stretches.</p> <p>-Last stretch is the "<u>Reverse Hurdlers Stretch</u>."</p>	<p><u>Stretch slowly and smoothly:</u></p> <ul style="list-style-type: none"> -Gastrocnemius (calf) stretch -Hamstrings -Quadriceps <p><u>Reverse hurdlers stretch:</u></p> <ul style="list-style-type: none"> -One leg straight in front ("lead leg"), bend the other leg at the knee, with the foot pointing in towards the hip ("trail leg"). -Reach opposite arm across to straight leg. Other arm pushes back. -Switch legs.
<p>Imaginary Hurdle Practice <i>Diagram on back</i></p>	<p>-<u>Students on the side or end line</u> of the field.</p> <p>-On command, students jog toward the opposite end of the field, taking very small steps with knees high.</p> <p>-On the whistle, leap as if going over a hurdle.</p> <p>-Repeat until all have reached the other side.</p> <p>-Repeat in reverse direction.</p>	<p>-When hurdling, lean forward and reach with opposite hand.</p> <p>-Jog lightly on toes to prepare for next "hurdle" (whistle).</p> <p>-Attempt to get straight leg high in the air, with trailing leg bent behind.</p>

HURDLE PRACTICE



▲ = 18" CONE

▲ = 6" CONE

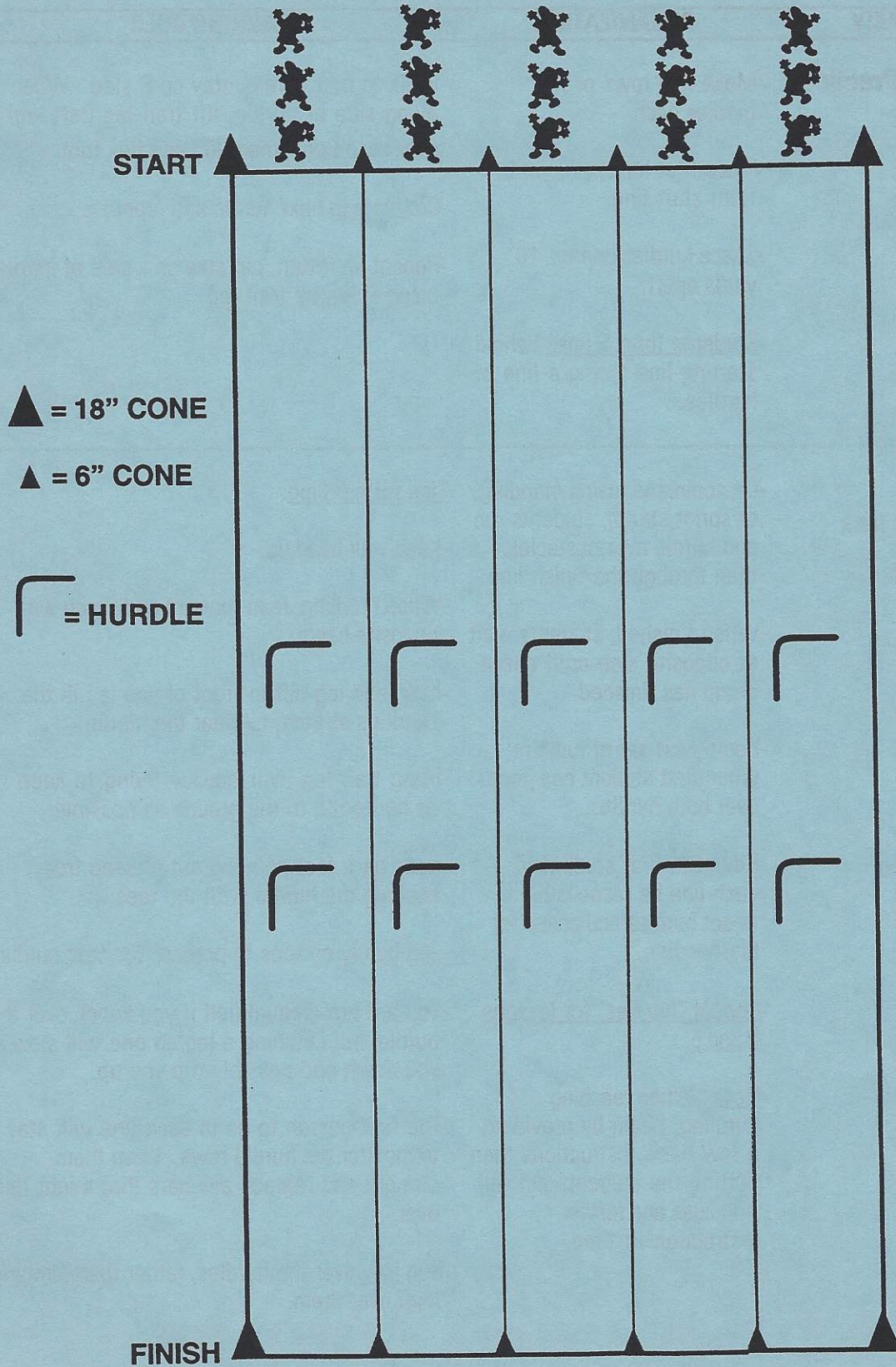
┌ = "HURDLE"

UNIT: TRACK & FIELD

LESSONS: 4, 5, & 6 (Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
Trail Leg Practice	<ul style="list-style-type: none"> -Make five rows of two hurdles each. -Place first hurdle 20 yards from start line. -Space hurdles approx. 10 yards apart. -<u>Students form 5 lines</u> behind starting line facing a line of hurdles. 	<ul style="list-style-type: none"> -Walk to first hurdle, stay on R side. When along side of hurdle, lift trail leg (left leg) over bar. Bend knee 90° and flex foot. -Continue to next hurdle and repeat. -Repeat on return, but stay on L side of hurdle using R leg as trail leg.
Hurdles <i>Diagram on back</i>	<ul style="list-style-type: none"> -On command (using standing or sprint starts), students run and hurdle over obstacles, then through the finish line. -When finished, students wait at opposite side until entire group has finished. -Begin next set of runners when first student has gone over both hurdles. -Have the first student in each line be responsible to re-set hurdles and cones for his/her line. -<u>Repeat "hurdles" for lessons 5 and 6.</u> -<u>Note:</u> When teaching hurdling, begin by providing a few basic instructions then getting the students active. Add cues and further instruction in time. 	<p><u>Tips for hurdling:</u></p> <ul style="list-style-type: none"> -Keep your head up. -When hurdling, lean forward and reach with opposite hand. -Kick lead leg out in front of you (as in the Hurdlers stretch) to clear the hurdle. -Bring trail leg over quickly trying to keep it as horizontal to the ground as possible. -Keep back foot pointing out to keep from hooking the hurdle with the toes. -Jog lightly on toes to prepare for next hurdle. -You are not disqualified if you knock over a hurdle, but catching a leg on one will slow you down and possibly trip you up. -The first person to go in each line will stay to monitor the hurdle rows. Keep them straight and replace any bars that might fall over. -Run <u>low</u> over the hurdles, rather than jumping high over them.

HURDLES



UNIT: TRACK & FIELD

LESSON: 7

OBJECTIVES

Shuttle run

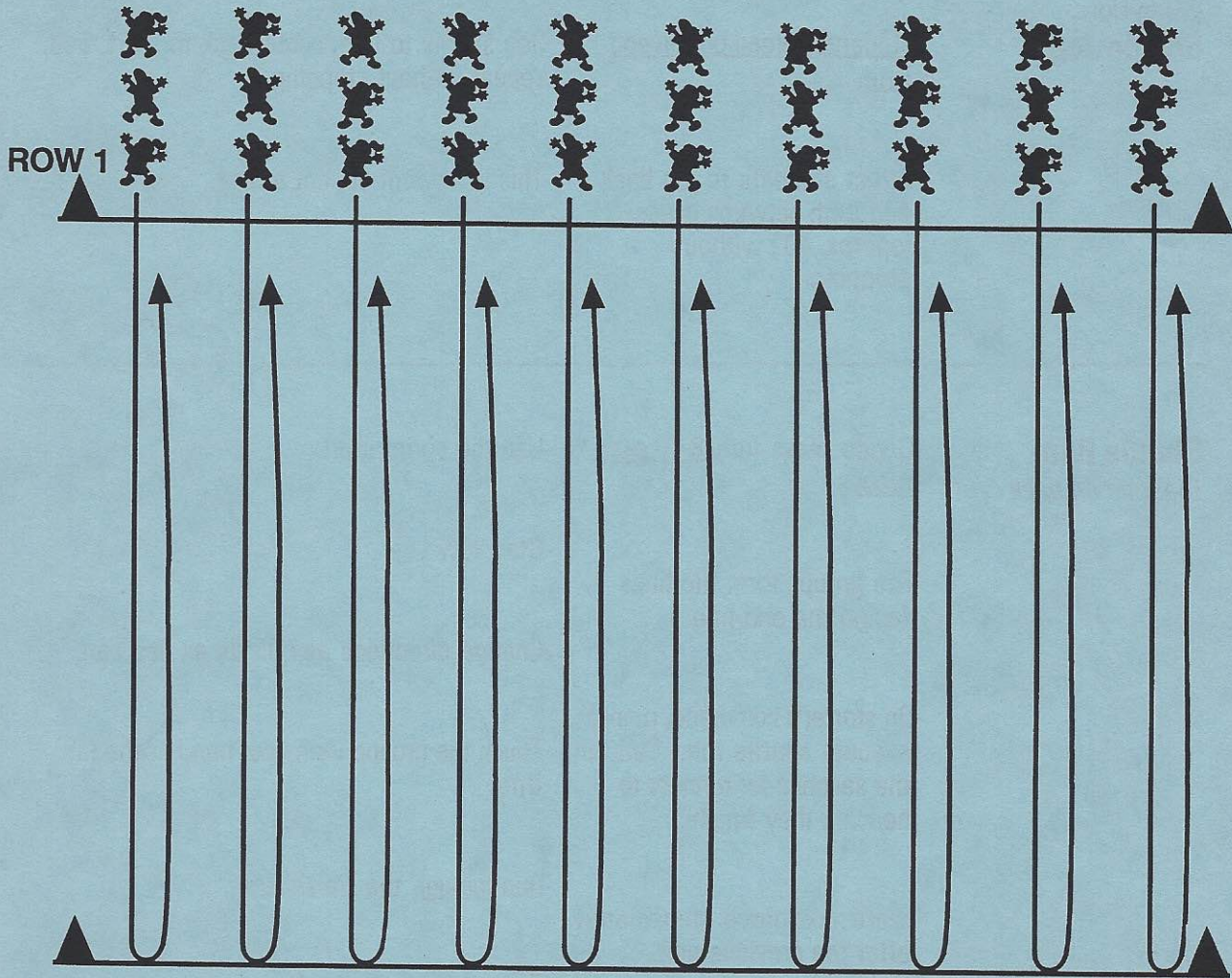
EQUIPMENT

Cones, whistle, stopwatch

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Warm-Up: Shuttle Jog	<ul style="list-style-type: none"> -<u>Students spread out on end line.</u> -Direct students to jog back and forth between cones (approx. 40') without stopping. 	<ul style="list-style-type: none"> -Jog slowly to line, come back to start, and repeat without stopping. -This is a warm-up, not a race.
.....		
Shuttle Run <i>Diagram on back</i>	<ul style="list-style-type: none"> -Divide class into <u>8-10 even groups.</u> -The groups form file lines facing the end-line. -On starter's command, runners execute shuttle run. Call out the seconds for runners to hear as they finish. -Start next group immediately after the previous one finishes. 	<ul style="list-style-type: none"> -Use the sprint start. -Stay low. -Change directions as quickly as you can. -Touch the ground with your hand at the far line. -Run <u>through</u> the finish line. -Try to beat your previous time.
.....		

SHUTTLE RUN

ALL STUDENTS IN ROW 1 GO ON COMMAND



UNIT: TRACK & FIELD

LESSONS: 8 & 9

OBJECTIVES

Long jump/lower body strength and power

EQUIPMENT

1 marker per student (flag, cone, bean bag, rope, etc.),
whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-INDIVIDUAL DAY-</u>		
Warm-Up: Standing Long Jump	-On line, facing teacher. -Demonstrate standing long jump. -Students jump 5-6 times on their own.	-Place feet shoulder width apart. -Swing arms backward as the knees bend. -Swing arms forward and extend legs when you jump. - <u>Two foot takeoff and two foot landing.</u> Land on the balls of both feet, leaning forward.
Standing Long Jump Challenges	-As above. -Direct students in various challenges. -Mark each jump at the back of the heels or the closest point to the take-off line.	<u>Challenges:</u> -Lie on your back with your feet touching the line. Measure your height and mark it on the ground. -Can you jump your own height? (landing on both feet). -How far can you go using 2 jumps in a row? (3 jumps?) -How far can you go using a hop and a jump?
Running Long Jump Challenges	-As above. (Or, practice where students can land safely in a sand pit if available.) -Use sideline line as the take-off board. -Students take about a 30 foot run. -Repeat running long jump for lesson 9. You may choose to measure student jumps with a measuring tape.	<u>-One foot take off, two foot landing.</u> -How far can you do the running long jump? -With a running start, how far can you go using 2 jumps? (two foot landing). -With a running start, how far can you go using a hop and a jump? (take-off on one foot, land on that same foot, then jump to two feet.) -With a running start, how far can you go using a hop, a step, and a jump? (e.g., take-off on left foot, land on left, step onto right, and then jump to two feet).

UNIT: TRACK & FIELD

LESSONS: 9, 10, & 11

OBJECTIVES
Baton passing

EQUIPMENT
8 batons, 4 cones, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
-GROUP DAY-		
Warm-Up: Baton Passing Walk Through <i>Diagram on back</i>	<ul style="list-style-type: none"> -Groups of 5 in single file lines on side of field. -Students at back of the squad have a baton in their <u>left hand</u>. (Passers hold the baton at the "bottom".) -They cue the person in front of them by saying "hand." -The receiver extends <u>right hand</u> back. (Palm up, thumb out.) -Passer places baton down into the palm. -After receiving the baton, change hands, and pass in the same manner (give with the left, receive with the right) to next teammate. -Relay is complete when baton is at the front of the line. -All students in line turn around and begin passing back in the other direction. 	<ul style="list-style-type: none"> -<u>Pass the baton</u> with your left hand. -As you approach the receiver say "HAND!" to signal them to reach back with their right hand. -Place baton in their right hand from high to low (not underhand.) -To <u>receive a baton</u>, start moving as your runner approaches. You don't want to receive the baton standing still. -When you hear "HAND!," reach behind with your right hand, palm up. -Take baton and immediately switch to your left hand to pass to next runner. -Do not look back at the person passing you the baton. <p><u>Note:</u> Begin instruction with stationary lines to practice exchanges, then progress to having lines:</p> <ol style="list-style-type: none"> 1) Jog in place. 2) Jog forward slowly as a group. 3) Run to the next person in their line (30 feet away) to make the exchange. 4) When students are ready, increase the distance between teammates making exchanges until class is ready for the "Baton Shuttle Relay." (Continue to next page)

BATON PASSING

 = BATON





UNIT: TRACK & FIELD

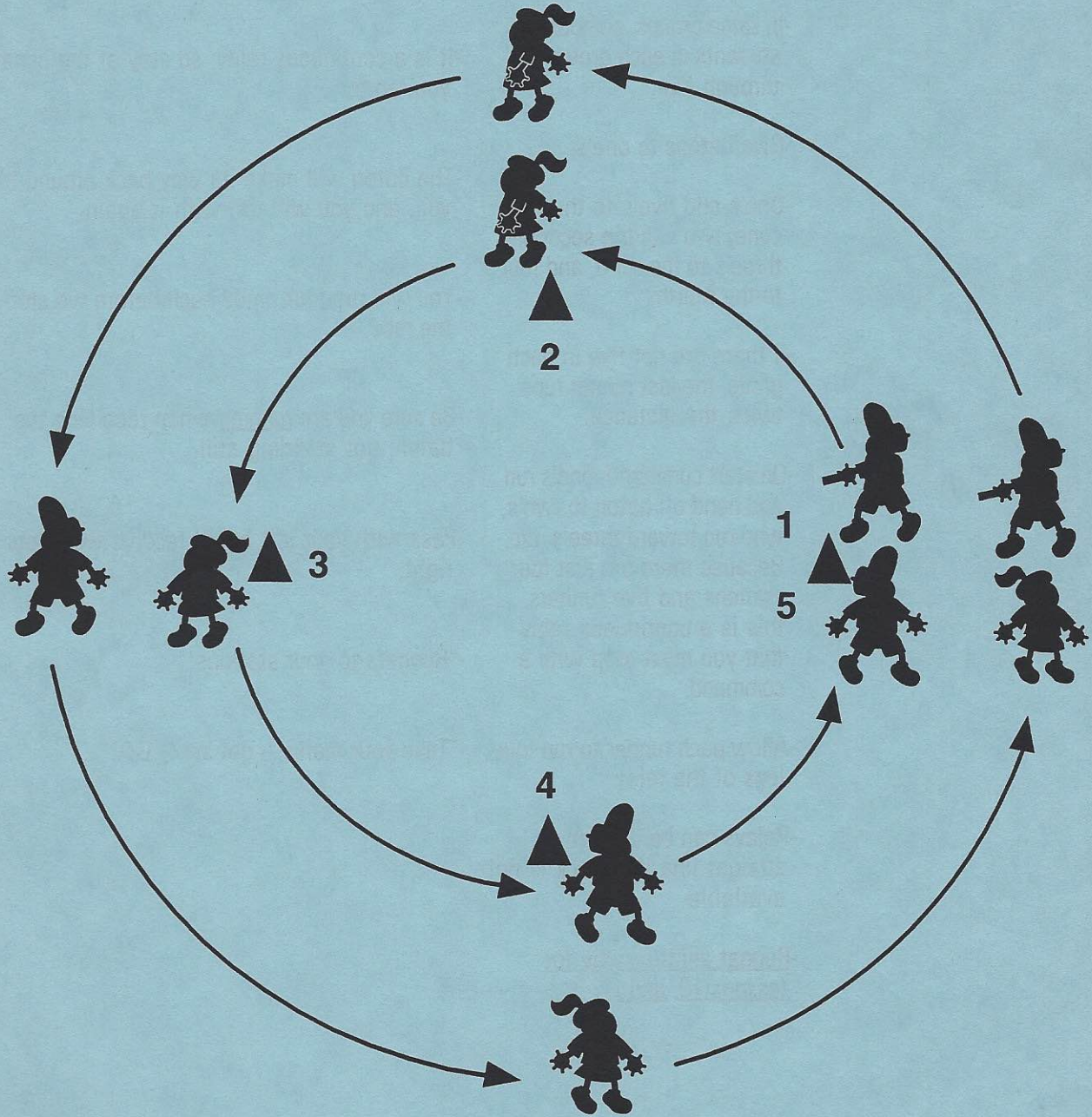
LESSONS: 9, 10, & 11 (Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
<p>Baton Shuttle Relay <i>Diagram on back</i></p>	<ul style="list-style-type: none"> -Set four cones in a large circle (the size of half a soccer field). -In same groups, number students in each group one through five. -Give batons to one's. -One's and five's to the first cone, two's to the second, three's to the third, and four's to the fourth. -If there are not five in each group, the last runner runs twice the distance. -On start command, one's run and hand off baton to two's, who run toward three's, etc. Because there are just four stations and five runners, this is a continuous relay that you must stop with a command. -Allow each runner to run four legs of the relay. -Relays can be done in a straight line if a track is not available. -<u>Repeat shuttle relay for lessons 10, and 11.</u> 	<ul style="list-style-type: none"> -We will run a relay around the circle. (You may also relay in straight lines if a circle with lanes is not available.) -It is a continuous relay, so stay at the cone you ran to. -The baton will make its way back around to you, and you will run with it again. -You will run four times each before we stop the race. -Be sure you are <u>running</u> when receiving the baton; not standing still. -Pass with your left hand; receive with your right. -"Runners to your stations!" -"Take your marks -- get set -- GO!"

BATON SHUTTLE RELAY

 = BATON

 = CONE



UNIT: TRACK & FIELD

LESSON: 12

OBJECTIVES
Softball throw

EQUIPMENT
1 softball per student, 1 beanbag per pair, 4 cones,
whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
	<u>-PARTNER DAY-</u>	
Warm-Up: Upper Body Stretches	-Scattered in designated area. -Direct upper body stretches.	-Shoulder shrugs and circles; arm circles; body twists.
Lead-Up: Partner Softball Throw	- <u>Note</u> provided to serve as a lead-up to shot-put activities and because many elementary track meets offer softball throw. - <u>Partners face-off formation</u> , all students throwing in the same direction. -One ball per pair. -Start close (5-10 yards apart). -Throw back and forth, moving back as players warm up.	-Throw to partner using overhand throw. -Step forward with your opposite foot. -Release ball when your hand is pointing to target. -Start close and move back as you get warmed up. -Throw to partner only when partner is looking and ready. -Be aware of other balls.
Softball Throw for Distance	- <u>Partners face-off</u> with 2 lines of students (one line A, one B) approx. 30 yards apart. Partner A with ball, partner B with beanbag. - <u>Partner A</u> throws ball for maximum distance 3 times. - <u>Partner B</u> allows ball to drop, marks it with a bean bag, throws it back to A. (Switch after 3 throws.)	-When ready, partner (A) throws for distance using overhand throws only. -Non-throwing partner (B) allows ball to land, marks the furthest of the 3 throws with their beanbag. Mark where ball hits, not where it rolls to. -After 3 throws, switch with your partner. -Try to throw further each time.