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| ***Class: Y5*** |
| ***Lesson:*** Sprinting |
| ***Lesson Objective:***To sprint correctly  |
| ***Resources:*** Running track, cones  |

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| ***Warm Up:*** Participants will be following the instructions of the coach. Jogging, skipping, ETC. They will then complete dynamic stretches (stretching whilst moving) **Coaching Points:*****Safety Points:*** |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***Children will be grouped as of their first race. Each child will run a short distance to get used to the correct technique. Children will be group so they are running against someone of the same speed.Challenge at the end to see who can win each heat. **Coaching points:** fingers together, cheek to cheek, hips to hips with the arms, long strides with the legs, head facing forward, chest pushed out, shoulder relaxed. ***Safety Points:***Stay in the correct lane |
| ***Warm Down***: light jog into Static stretches **Coaching Points:*****Safety Points***: |
| ***Plenary:*** |

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| RED:Shorten the distance  |
| AMBER:STANDARD SESSION  |
| GREEN:Increase distance  |