Content outline
This activity focuses on the track event, Sprinting. It aims to develop the basic knowledge of how to perform a sprint start.

- Low to high body position
- Reaction time
- Drive

This resource and supporting video have been created by: Stewart Orton, Fortismere School

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education.

Learning intention
Physical:
- To develop the correct technique of a sprint start

Personal:
- Performing under pressure

Learning questions:
- Identify 3 coaching points when describing the sprint start
- What advice would you give someone else whilst performing a sprint start?
- Why is it important to lean your body forwards during the sprint start?
- Explain why it is important to stay low during the early drive phase of a sprint event?
- What are the current world records for 100m and 200m sprints?
- The Sprint start is used in both 100m and 200m sprints, can you think of any other events where it is used?

Task
- To make the start easier – the young person can begin in a crouched position
- The activity can be repeated multiple times to attempt to improve starting performance
- The technique can be mirrored so the young person can compare pushing from their dominant and non-dominant leg

Equipment
- Suitable space for a short sprint is required if the young person is to try a short sprint
- If indoors, the young person is only to practice the body position in the first two phases
- A stop watch can be used if comparing running times after multiple attempts
- Cones, or any objects which can act as markers

Space
- If space is available, the distance that is being sprinted can be increased.
- If this activity is being performed indoors; the young person should only practice the body positions required

People
- If you have another person in your house, you may be able to coach someone else the correct sprint start technique
- If other people are available, short sprints could be performed within a small race / competition

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