#ThisIsPE
Athletics — Running / Endurance
SECONDARY KEY STAGE 3 PE /// ATHLETICS

Content outline
This activity focuses on middle / long distance track events. It aims to provide the young person with activities to maintain a steady pace of exercise for prolonged periods of time.
- Maintained rate of exercise
- Aerobic activity
- Mobility exercises

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 maintain running speed at a steady rate for a prolonged period of time

Personal:
- Performing under pressure
- Pacing

Learning questions:
- What happens if you start running too quickly at the start?
- What advice would you give someone else performing this activity?
- How do you feel at the end of the activity?
- What has / is happening to your body?
- What are the current world records for 800m track events?
- In the Men’s 800m world record, what was the average running speed per 100m?

Space
- If space is available, the distance that is being sprinted can be increased.
- If this activity is being performed indoors; make sure the area is clear of obstacles which could cause harm, and ensure the surface is not slippery

Equipment
- Suitable space for a run is required
- A stop watch can be used if comparing running times after multiple attempts
- Cones, or any objects which can act as markers
- A pack of paying cards / or numbered paper will be needed for the activity

Task
- To make the task easier – reduce the amount of cards that need to be turned over
- The distance being travelled can be adapted to make the task easier / more difficult
- Add a time limit to also increase difficulty / add performance under pressure

People
- If other people are available, the activity can be performed within a small race / competition
- If someone younger is working with you, what tips can you provide them to help them improve at this task?

More resources
www.youthsporttrust.org/this-is-PE