This activity is an introduction to hurdles. It aims to provide the young person with activities to develop the basic techniques associated with the track event.

- Basic hurdling technique
- General warm up
- Creativity

**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
- What household items can you use to act as hurdles? (Eg. Cardboard boxes, pizza boxes, bags-for-life)

**Task**
- To make the task easier – run beside the hurdles to try the hurdling action first to improve confidence
- You can also increase the distance between the hurdles to make the task easier
- The distance being travelled can be adapted to make the task easier / more difficult
- Try switching your lead leg to make the task more difficult
- Can you apply a sprint start to the beginning of this activity (you need appropriate space to do this)

**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?

**Learning intention**
- **Physical:** To develop the basic technique for hurdles
- **Personal:** Creativity, Confidence

**Learning questions:**
- What happens if you miss time your hurdling technique?
- What advice would you give someone else performing this activity?
- What is the correct height of a hurdle for your age group if you are competing?
- What are the current world records for Hurdle events?