

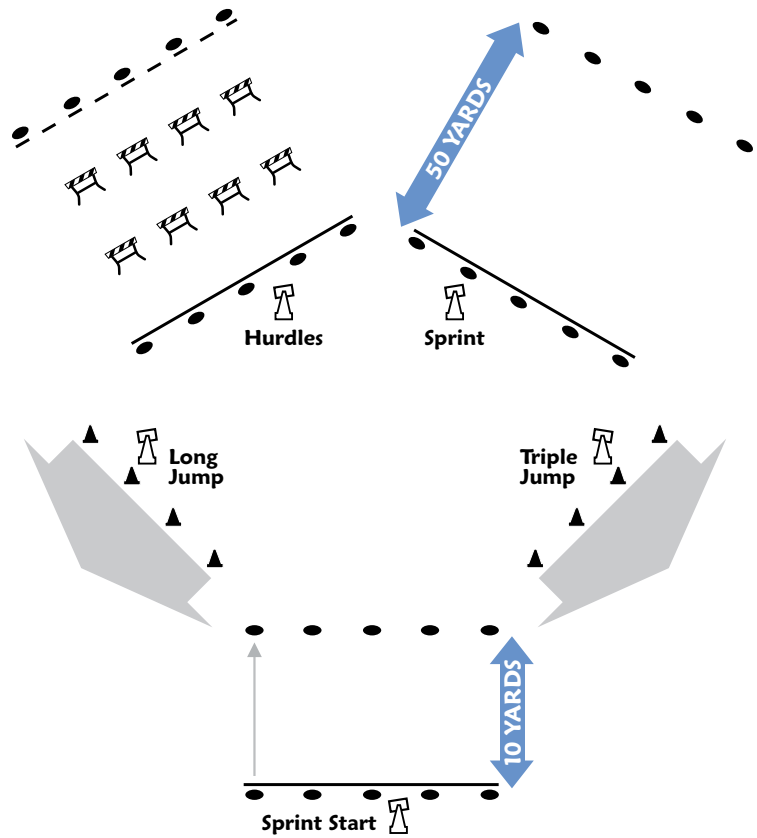


Prep

- 24 cones
- 1 *Sprints and Jumps Circuit Task Card* per student (*SPARKfamily.org*)
- *Sprint Start, Sprint, Hurdle, Long Jump, and Triple Jump Skill Cards* (*SPARKfamily.org*)
- 1 clipboard and pencil per student
- 4 Shoulder Folders (optional)

Set

- Create circuit by placing Skill Cards around perimeter on cones and in Shoulder Folders to form stations.
- **Long Jump, Triple Jump:** create start and jumping lines using 8 cones. Provide safe landing surface.
- **Sprint:** need at least 50 yards of straightaway. **Sprint Start:** need line and 10 yards of straightaway.
- **Hurdling:** create 4 lanes of hurdles.
- Distribute students evenly at all stations, each with a *Sprint and Jump Circuit Task Card*, a clipboard, and a pencil.



Teach

1. Today you will move through a *Sprints and Jumps Circuit* where you participate in 5 stations to practice track and field skills at your own pace and at your own level.
2. (*Teach and have students demonstrate all stations. Cover instructions on the Task Card.*)
3. On signal, practice the skill shown on the skill card at your station. Follow the directions on your Task Card, practice the activity, and check your cues at each station.
4. On signal, rotate clockwise to the next station and repeat (*3-5 minutes per station*).
5. **Challenges**
 - Can you follow all of the cues on your Task Card?
 - Can you help others with their skills?
6. **Think About...**
 - Which event was easiest for you? Why?
 - Which was the hardest? Why?

SPRINTS AND JUMPS CIRCUIT

EXTENSIONS

Pedometer

(Need 1 pedometer per group at stations.) Clear your pedometer at each station. See which station promotes the most steps.

Design a Triple Jump

Design a jump that involves 3 steps like the triple jump. You may use any locomotor movements you know like skipping, jumping, hopping, sliding, galloping or leaping. Write down the steps to your jump on the back of your Task Card; then teach it to another student.



HOME INTEGRATION

Sprinters get their speed from the power generated by the hamstring, gluteal, and quadriceps muscles. One exercise that helps build strength in these muscles is the lunge. Doing just 2 sets of 20 (1 set for each leg) every other day is a great way to build stronger leg muscles. Feel the need for speed and lunge every day.



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Running, jumping, analyzing and correcting movement errors

Fitness:

Participation in physical activity, conditioning application

Personal/Social:

Self-responsibility, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Print Task Cards on cardstock if you don't have clipboards.
- Use music to increase enjoyment and motivation.

NOTES
