

## Learning Objectives

- Students will demonstrate a variety of sprints and jumps using proper technique.
- Students will accept challenges to complete tasks without prompting.
- Students will engage in activity with responsible interpersonal behavior.

## Learning Targets

- I can complete a series of sprints and jumps safely and with proper form.
- I can accept challenges to complete tasks without giving up.
- I can work safely and cooperatively with a partner.

## Teaching Cues

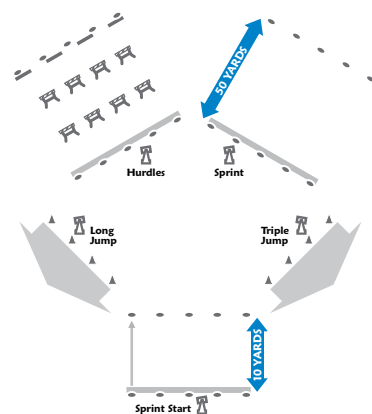
- At each station, follow the appropriate cues for that event.
- You should perform at least 3 trials for each event.
- After you perform a trial, place an X on the checklist for each cue you used.

## 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

## SET

- Place skill cards around perimeter on cones 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 task card, a clipboard, and a pencil.



## TEACH

### 1. Lesson Objective

- The object of **Sprints and Jumps Circuit** is to participate in 5 stations to practice track and field skills at your own pace and at your own level.

### 2. Instructions

- (Teach and have students demonstrate all stations. Cover instructions on the task card.)
- 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.
- On signal, rotate clockwise to the next station and repeat (3-5 minutes per station).

### 3. Challenges

- Can you follow all of the cues on your task card?
- Can you help others with their skills?



# Sprints and Jumps Circuit

## Key Standards Addressed

### Standard 1.8.1

Demonstrates correct technique in a variety of outdoor activities.

### Standard 1.8.4

Demonstrates appropriate form in a variety of skill-related fitness activities.

### Standard 2.8.11

Implements the principles of exercise for different types of physical activity.

### Standard 2.8.12

Applies knowledge of skill related fitness to different types of physical activity.

### Standard 2.8.18

Analyzes skill performance by identifying critical elements.

### Standard 3.8.2

Demonstrates consideration for others and contributes positively to the group or team.

### Standard 4.8.5

Examines individual and group challenges through movement.

*(The complete set of standards for this lesson can be found in the Curriculum Resources section on SPARKfamily.org)*

## SEL Competencies

### Self-Awareness

Peer interaction

### Self-Management

Self-discipline

### Social Awareness

Respect for others

### Relationship Skills

Cooperation

### Responsible Decision-Making

Analyzing situations, evaluating

## Reflection Questions

- Which event was easiest for you? Which was the hardest? Why?
- Which do you prefer, sprints or jumps? Why?
- If you were participating in the Olympics which event would you choose to compete in?

## SPARK It Up!

### 1. Pedometer

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

### 2. 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.

## Teaching Suggestions

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

## 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.

## Teacher Reflection

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