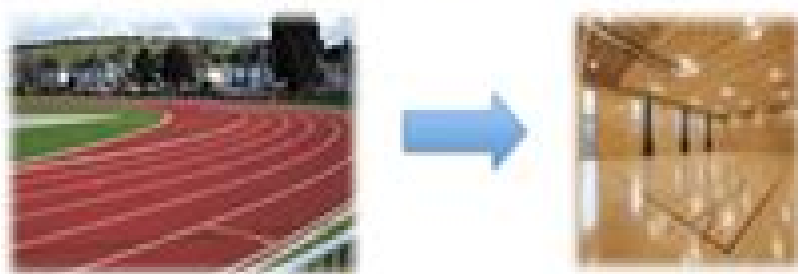


Indoor Running Track Lesson

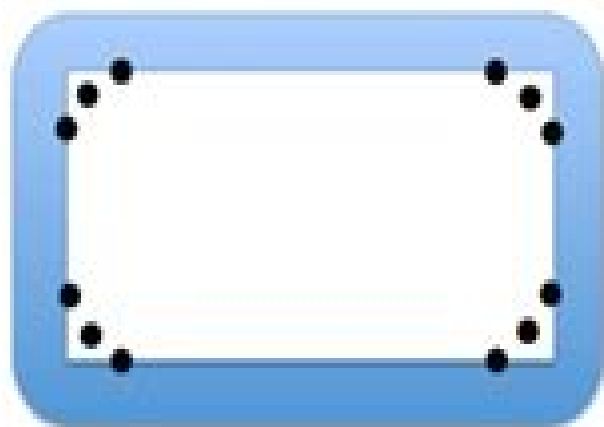


Warm Up

- Option 1 – Teacher leads a SAG warm up. This might be more appropriate for younger pupils.
- Option 2 – Depending on the number of students in the class get students into six to eight mixed ability groups. Students then perform their own student led SAG warm up. This might be more suitable for pupils who may have a higher level of independence.

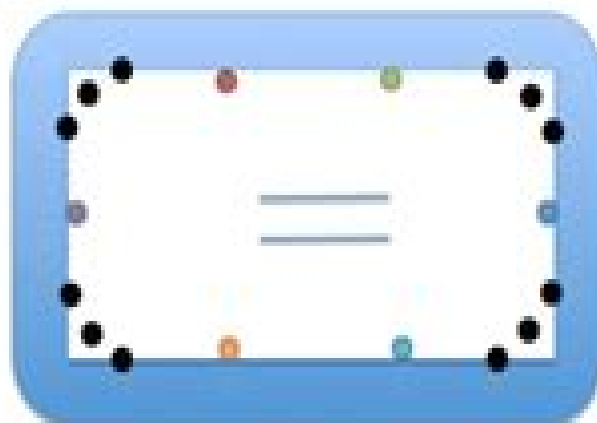
Running Track

Place a curved line at each corner of the gym or sports hall using cones to create the bends of the running track. The blue area on the picture below signifies the running track/area.



Then place cones where each team will start. If there are six teams then place six different starting positions around the running track. Each team sits in single file behind their cone facing the track. The first person in their teams completes their lap and passes a baton to

the next person in the team to conduct their lap. The last person to run completes their lap runs past their cone and runs to the middle of the sports hall and gets into the finishing lane in the order in which they finished. When all teams are in they return to their team and the next race begins.



Variations

- 1 lap each sprint
- 2 laps each
- 3 laps each
- Team challenge – You have to complete 30 laps how you achieve this is up to your team but everyone must run at least one lap.
- Race walking version
- Chase – The objective is to catch the teams in front of you if you catch them their team is out this continues until one team is left. Each lap one runner retires and one joins the race.

Safety

Make sure all students know the direction to run in before the race starts. Overtaking is permitted but must be done with care moving past the person on the outside. Alternate running direction to change inside running foot.

Scoring System

If there are eight teams for example the team that finishes first will gain 8 points, 7 points for second and so on.

Cool Down

- Option 1 – Teacher leads a whole class cool down.
- Option 2 – Teams conduct their own cool down in a designated space.

Always Running Lesson Plans

**Inez Rovegno, Professor Emeritus
University of Alabama Tuscaloosa Inez
Rovegno, Dianna Bandhauer**

Always Running Lesson Plans:

Lesson Plans for Teaching Spoken Word Poetry in Alberta Grayson Thate, Nisha Patel, BiCurious George, 2021-08-11 In this Alberta based teacher's guide spoken word poems from Nisha Patel and BiCurious George are paired with lesson plans to help Alberta high school teachers implement lessons on the topic Developed by Alberta teacher Grayson Thate the lesson guide references sample poems and accompanies them with relevant teaching plans for high school level discussion and assignments

Lesson Plans Judson G. Everitt, 2017-12-21 In *Lesson Plans* Judson G. Everitt takes readers into the everyday worlds of teacher training and reveals the complexities and dilemmas teacher candidates confront as they learn how to perform a job that many people assume anybody can do Using rich qualitative data Everitt analyzes how people make sense of their prospective jobs as teachers and how their introduction to this profession is shaped by the institutionalized rules and practices of higher education K 12 education and gender Trained to constantly adapt to various contingencies that routinely arise in schools and classrooms teacher candidates learn that they must continually try to reconcile the competing expectations of their jobs to meet students' needs in an era of accountability *Lesson Plans* reveals how institutions shape the ways we produce teachers and how new teachers make sense of the multiple and complicated demands they face in their efforts to educate students

The First-Year Teacher's Survival Guide Julia G. Thompson, 2013-06-20 Thoroughly revised edition of the bestselling resource for new teachers complete with discussion questions downloadable handouts and a staff development guide This award winning book gives beginning educators everything they need to survive and thrive in the classroom The third edition covers new material including working as a part of a professional learning community PLC teaching media literacy and social responsibility incorporating Common Core State Standards handling homework push back from parents changes in classroom technology techniques for motivating students seeking feedback and much more A fully revised edition of a trusted resource offering solutions to challenges and typical scenarios encountered by new teachers Bonus CD features downloadable versions of the book's checklists forms worksheets and self assessments Includes Discussion Questions and a handy training guide for Professional Development providers This popular resource offers teachers an essential guide for knowing what to expect when they begin their career and ideas for solving classroom problems

Lesson Plan & Record Book from Susan Winget Teacher Created Resources Staff, 2004-02-27 This one book has it all artwork from Susan Winget inspiring words of wisdom weekly planning pages for a 40 week school year student record sheets seating charts and substitute teacher information 8 1/2 x 11 Spiral bound

Fair Isn't Always Equal Rick Wormeli, 2006 Differentiated instruction is a nice idea but what happens when it comes to assessing and grading students What's both fair and leads to real student learning *Fair Isn't Always Equal* answers that question and much more Rick Wormeli offers the latest research and common sense thinking that teachers and administrators seek when it comes to assessment and grading in differentiated classes Filled with real examples and gray areas that middle and high school

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Elementary Physical Education: Student Assessment and Lesson Plan Workbook Inez Rovegno, Professor Emeritus University of Alabama Tuscaloosa Inez Rovegno, Dianna Bandhauer, 2012-03 The Student Assessment and Lesson Plan Workbook includes additional resources to complement the contents of Elementary Physical Education Curriculum and Instruction Students will benefit from additional assessment tools to evaluate and improve their teaching In addition students are provided with over 30 lesson plans and learning experiences to build their teaching tool box

Learning to Teach in the Secondary School Susan Capel, Marilyn Leask, Sarah Younie, Elizabeth Hidson, Julia Lawrence, 2022-07-29 The market leading text for beginning teachers on all undergraduate postgraduate and school based routes to QTS this is an essential introduction to the key skills and knowledge needed to become a successful teacher Offering advice on all aspects of teaching and learning this ninth edition has been thoroughly updated to reflect changes in the field and covers key new topics including the science of learning online pedagogies and working with your mentor There are also expanded units on diversity and inclusion and teacher wellbeing The text includes a wealth of examples and tasks to support you in successfully applying theory to practice and in critically reflecting on and analysing your practice to maximise pupil learning The wide range of pedagogical features supports both school and university based work up to Masters level Written by experts in the field the 41 concise units are underpinned by evidence informed practice and focus on what you need to know to thrive in the classroom including lesson planning curriculum managing behaviour online lessons and digital resources effective communication with pupils how pupils learn assessment marking and feedback diversity and inclusion special educational needs and disabilities SEND managing stress workload and time applying for jobs developing as a professional and networking The book is extended and enhanced through a companion website that includes Animated explainer videos to introduce and summarise key topics A selection of downloadable and editable tables and figures from the book so that the most practical elements can be taken out of study and into practice Additional material and interactive features to support selected units such as focus questions for lesson observations and flashcards to help analyse student behaviour Bonus content including Starting to Teach chapters and a mapping document supporting you to make links between the ninth edition chapters and key teaching standards Supported

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Level Outcomes for K 12 Physical Education Part II offers plans in these categories Outdoor pursuits Individual performance activities Net and wall games such as badminton and tennis Target games Dance and rhythms Fitness activities such as Pilates resistance training and yoga Personal fitness assessment and planning Each category contains modules of 15 or 16 lessons each of which incorporates various National Standards and Grade Level Outcomes For example you can address Standard 4 outcomes which are about personal and social responsibility during lessons on net and wall games lessons on dance and rhythms and so on With the high quality lesson content and the many tools and resources provided Lesson Planning for High School Physical Education will help teachers foster their students physical literacy and help students develop physically active lifestyles that they can maintain throughout their adult lives

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