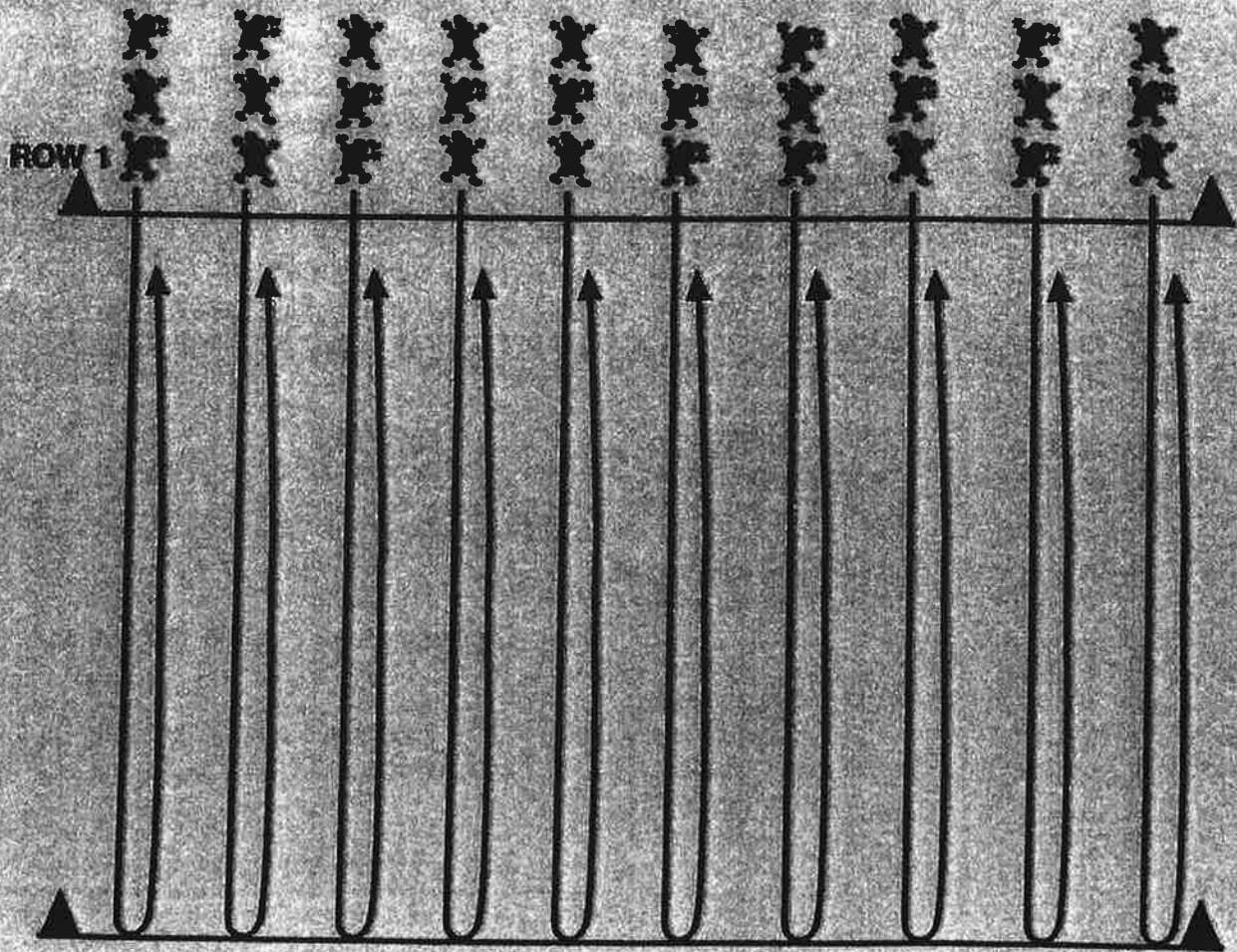


SHUTTLE RUN

ALL STUDENTS IN ROW 1 GO ON COMMAND



UNIT: TRACK & FIELD

AGES: 8-14

OBJECTIVES

Sport skill development, long jump/
lower body strength and power

EQUIPMENT

1 marker/youth (flag, cone, bean bag, rope, etc.),
music/whistle

ACTIVITY	ORGANIZATION <u>INDIVIDUAL DAY-</u>	TEACHING CUES
Warm-up: Standing Long Jump	<ul style="list-style-type: none"> -On line, facing leader. -Demonstrate standing long jump. -Youth jump 5-6 times on own. 	<ul style="list-style-type: none"> -Place feet shoulder width apart. -Swing arms backward as the knees bend. -Swing arms forward and extend legs when you jump. -Two-foot take-off and 2-foot landing. Land on the balls of both feet, leaning forward.
Standing Long Jump Challenges	<ul style="list-style-type: none"> -As above. -Direct youth in various challenges. -Mark each jump at the back of the heels or the closest point to the take-off line. 	<p><u>Challenges:</u></p> <ul style="list-style-type: none"> -Lie on your back with your feet touching the line. Measure your height and mark it on the ground. -Can you jump your own height? (Landing on both feet.) -How far can you go using 3 jumps in a row? (4 jumps?)
Running Long Jump Challenges	<ul style="list-style-type: none"> -As above. (Or, practice where youth can land safely in a sandpit if available.) -Designate an area for a "take-off board." -Youth use 10 pace approach. 	<ul style="list-style-type: none"> -How far can you go using a hop and a jump? -<u>One-foot take-off, 2-foot landing.</u> -How far can you do the running long jump? -With a running start, how far can you go using 2 jumps? (2 foot landing) -<u>Triple Jump:</u> -With a running start, how far can you go using a hop and a jump? (Take-off on 1 foot, land on that same foot, then jump to 2 feet.) -With a running start, how far can you go using a hop, a step, and a jump? (e.g., take-off on left foot, land on left, step onto right, then leap and land on 2 feet).