



For The Teacher

Upper Primary Years 5 & 6

Week 12

Title Sprint Drills

Theme Flexibility

Overview

Students participate in dynamic sprint drill warm up activities that allow the joints and muscles of the legs to perform full range of movements that enhance flexibility and joint mobility through the hips, knees and ankles. Students will discuss what flexibility is, why it is important and how they can improve their own flexibility through stretching and by participating in slow dynamic movements to encourage joints to move smoothly through the full range of motion. Students will also identify the muscles and joints involved in a sport or activity that they participate in and then complete the activity.

Time Required

50 minutes

Background information and possible discussion points

Flexibility is the ability of the body's joints to move through the full range of motion, enabling the body to move limbs freely and without restriction. The best way to increase range of movement is through stretching muscles and joints when they are warm to improve joint flexibility and elongate muscle fibres. Therefore, **stretching should only be performed after muscles have been adequately warmed up.**

Another way to assist flexibility is through slower repetitive dynamic warm up movements that mimic the movements of large muscle groups through the full range of joint mobility during sports and activities. It is important that these movements are done slowly and evenly.

As we get older our levels of flexibility naturally decline, so it is very important that we continue to move our joints through their full range of motion and to stretch regularly to enable us to move freely. When stretching, it is important to only stretch to a point of slight discomfort and not pain – if a stretch is painful it should be released.

Learning Tasks

- Have students discuss what they think flexibility is.
- Complete the Sprint Drill Activity.

After completion of all of the activities, have students discuss:

- How these activities might assist our performance when sprinting?
- What joints and muscles were involved in the activities?
- How might these activities assist in joint mobility and flexibility?
- What muscles and joints are involved in a sport you play?
- Why is joint type important?





Have students complete the student activity by researching the joints of the body and labelling the joints and their type on the diagram. For example, the Elbow joint is a Hinge Joint.

Sprint Drills Activity

Warm up - Partner Shadow

Area: flat, clear and even surface

Equipment: marker cones to mark area, *CD player and music (optional)*

Description

Students in pairs: one is the leader; the other is the shadow.

Leaders move around the designated area using different kinds of locomotor movements and arm movements,

Shadows must follow their Leader remaining a metre behind.

The aim is for the Leader to keep their shadow close by and not to lose it.

Leaders and Shadows change over frequently. Remind students that this is not a chasing activity and that Leaders should not try to lose their Shadow.

Safety

- Remind students to watch where they are going at all times.
- Encourage leaders to begin by moving slowly and gradually increasing speed and intensity of movement.
- The aim is for the shadow to mirror the leader, not for the leader to lose their shadow.

Flexibility Activity - Sprint Drills

Area: flat, clear and even surface

Equipment: marker cones to mark drill area, CD player and groovy music (optional, assists rhythm in movement)

Description

Set marker cones approximately 20 metres apart to mark drill area.

Students, in pairs, take turns to perform the following sprint drills.

Remind students that these are warm up activities to improve the flexibility of the joints and muscles involved in sprinting and therefore the activities should be done at a much slower pace than sprinting to ensure the full range of movement is covered.

High Knee Skips

Students take large slow strides across the drill area and back, emphasising the high knee lift of the skip, using arms to assist in the lift by reaching up high with alternate arm to leg.

Heel Flicks

On the spot, students bend alternating knee to lift heel up behind to almost reach gluteals. Have students place their hands behind their gluteals to ensure that they don't accidentally kick themselves. Have students do this for approximately 20 second rounds.

Bounding/Leaping

Students take giant strides or bounds across the drill area and back, using an exaggerated alternate arm to leg action to assist movement. Encourage student to develop a flowing action with even length of stride.





A Step

On the spot, students lift one knee then stretch it out as if taking a stride, students then bring the foot down touching the ball of the foot to the ground and then pulling the ball of the foot back along the ground (similar to a horse pawing the ground). Have students do this, alternating legs for approximately 10 second rounds.

Safety

- Encourage students to make actions smooth and flowing.
- Ensure allocated times for students to re-hydrate.

Stretching

Click Here: [Muscle Stretching Resource](#)

When stretching, it is important to only stretch to a point of slight discomfort and not pain; if a stretch is painful it should be released.

Support materials and references

For Kids

1Seven article: [What is Physical Fitness?](#)

1Seven article: [Play it Safe](#)

1Seven article: [What About Yoga](#)

For Teachers & Parents

1Seven article: [Turn Your Mind to Yoga](#)

Lesson Author: Lee Anton-Hem

Thinking Strategies

Bloom's Taxonomy

| Remember | Understand | Apply | Analyse | Create | Evaluate |
|----------|------------|-------|---------|--------|----------|
| • | • | • | | | |

Gardner's Multiple Intelligences

| Verbal/ Linguistic | Bodily/ Kinesthetic | Musical | Logical/ Mathematical | Interpersonal | Visual/Spatial | Intrapersonal | Naturalist |
|-----------------------|------------------------|---------|--------------------------|---------------|----------------|---------------|------------|
| • | • | • | | | • | • | |

Edward De Bono's Six Thinking Hats

| White Hat Information | Red Hat Feelings | Black Hat Judgement | Yellow Hat Benefits | Blue Hat Thinking | Green Hat Creativity |
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