

MIDDLE DISTANCE - ADVANCED

Equipment

20 pylons or a track, 2 pylons per kid, pinnies, checklist, pen/pencil

Safety Issues

The length of the course should depend on the age and ability of the participants. For kids ages 11 – 14, the course should not exceed 800m. For kids younger than 11, the course length should not exceed 400m. To prevent collision, warn the kids to be aware of other kids running around them.

Objectives

At the end of the lesson plan, kids will:

1. Understand why body position and leg action is important to middle distance
2. Demonstrate correct body position
3. Demonstrate correct leg form
4. Demonstrate correct leg action

Standards

To view the physical education standards that may apply to this lesson plan, you can directly access the state board of education websites by clicking on each of the following states: [California](#), [Florida](#), [Georgia](#), [Illinois](#), [Michigan](#), [North Carolina](#), [New Jersey](#), [New York](#), [Pennsylvania](#), [Texas](#), and [Virginia](#).

Introduction

In the last two middle distanced lessons, we focused on arm action, head placement and running rhythm. Now we are going to take a look at how you can use your lower body to improve your running speed.

Q: When you run, how do you carry your body?

A: Upright, straight, forward.

In today's lesson, we are going to learn:

1. Why body position and leg action is important to middle distance
2. Correct body position
3. Correct leg form
4. Correct leg action

Warm Up

The Coach Says "Warm Up!"

1. Divide the kids into two teams.
2. Instruct a kid on Team A to be the coach and call out a warm up exercise for Team B to perform.
3. Instruct a kid on Team B to be the coach and call out a different warm up exercise for Team A to perform.
4. The coach should alternate between the two teams, calling out the name of a

different kid to pick a warm up exercise.

5. The team that can remember the most warm up exercises wins.

Skills

1. Body position and leg form are important to middle distance running because they impact how fast you are able to run. Think about how you carry your body naturally when you run. Why don't you run with your body twisted or bent forwards or backwards? We don't run that way because it would slow us down and it's not safe. Legs are important because we use them to move and drive us forward. When we run for longer distances, we use our legs differently than short sprinting events.
2. Correct body position:
 - a. Back straight
 - b. Hips carried high
3. Correct leg form:
 - a. Start on balls of feet, with feet pointed straight ahead
4. Correct leg action:
 - a. Heel-to-toe roll
 - b. Reduced foot and knee action

Drill

Foot Action Intervals

1. Kids spread out across the start line.
2. Kids practice the correct heel-to-toe action by jogging in place on the line.
3. On command, the students run around their pylon and jog back to the start line.
4. Repeat drill.

FUNDamental

Team Middle Distance

1. Divide the kids into 2 teams, provide one team with pinnies.
2. Instruct the kids to line up on the start line.
3. Provide the kids with instructions for how many times to lap the track (depends on the kids' ages and the size of the track).
4. On command, all kids should begin the race.
5. The team that has all their members cross the finish line first wins.

Cool Down

Wall-to-Wall Cool Down

1. Instruct kids to run to one wall of the gym.
2. Then they should skip to the second wall.
3. The kids should hop to the third wall.
4. Finally, the kids should walk to the fourth wall of the gym.

Conclusion

Q: How does middle distance leg action differ from sprinting leg action?

A: For middle distance, we use a heel-to-toe roll instead of the pawing action of the foot. Also, middle distance has a reduced foot and knee action compared to sprinting.

Assessment



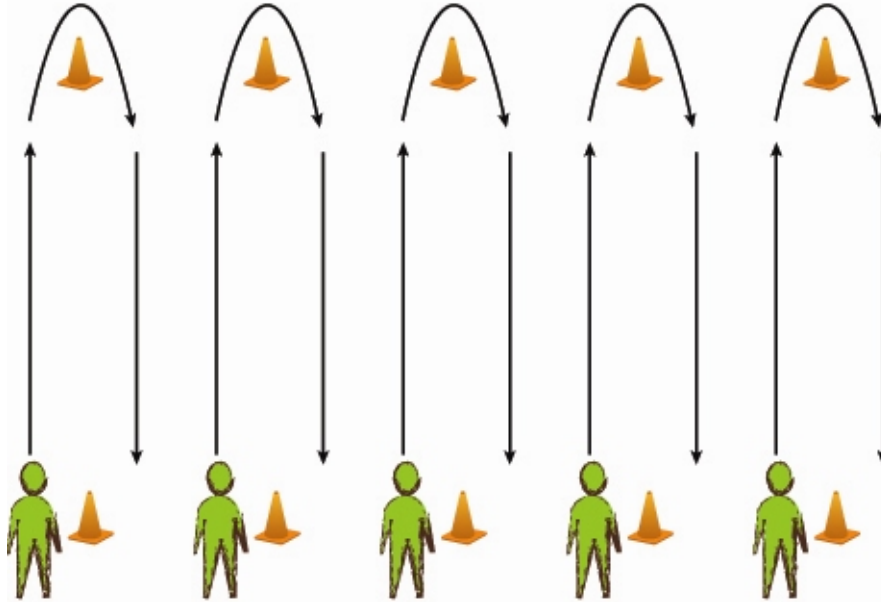
Checklist

1. Back straight
2. Hips carried high
3. Start on balls of feet, with feet pointed straight ahead
4. Heel-to-toe roll
5. Reduced foot and knee action

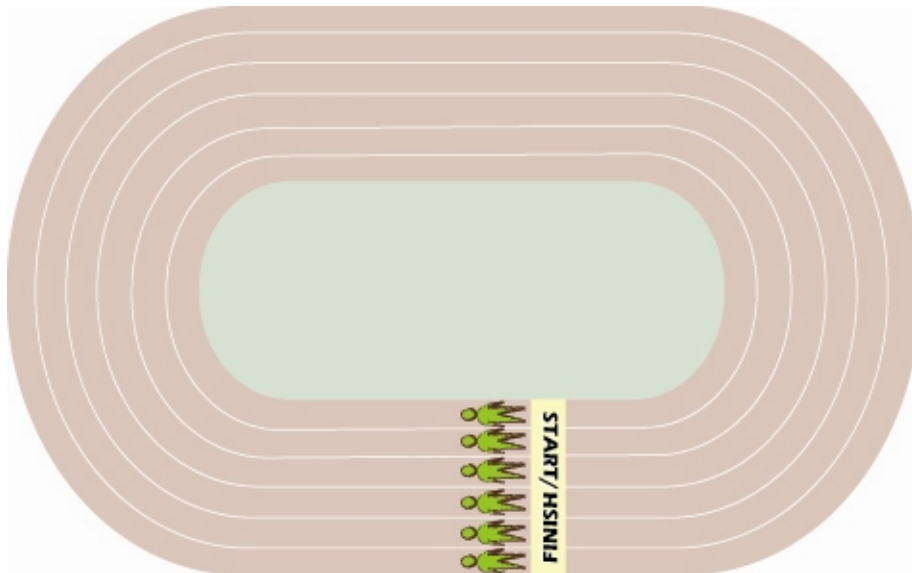


Set Up Diagrams

Foot Action Intervals Drill



Team Middle Distance FUNdamental





Middle Distance – Advanced Checklist						
Group _____			Date _____			
Name	Back Straight	Hips High	Balls of Feet	Heel-to-Toe Roll	Reduced Foot Action	Total
1.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
2.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
3.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
4.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
5.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
6.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
7.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
8.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
9.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
10.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
11.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
12.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
13.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
14.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
15.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
16.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
17.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
18.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
19.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
20.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
21.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
22.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
23.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
24.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
25.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
26.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
27.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
28.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
29.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
30.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
Group Average	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	

Score	Behavioral Measure	Group Areas of Improvement
3	Performs cue correctly all of the time	
2	Performs cue correctly most of the time	
1	Performs cue incorrectly most of the time	
0	Performs cue incorrectly all of the time	