



MIDDLE DISTANCE - BEGINNER

Equipment

2 pylons per kid, checklist, pen/pencil

Safety Issues

To prevent collision, warn the kids to be aware of other kids running around them. Remind them to keep their heads up and eyes open. For kids ages 11 – 14, the course should not exceed 800m. For kids younger than 11, significantly decrease the course length to 400m.

Objectives

At the end of the lesson plan, kids will:

1. Understand why form is important to middle distance
2. Demonstrate correct arm and hand form
3. Demonstrate correct arm and hand 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

The object of middle distance running events is the same as sprinting events – to finish the race as fast as possible.

Q: What is the difference between middle distance and sprinting events?

A: Middle distance events are longer, you have to run farther, etc.

Q: Since middle distance events are longer, how do you think this impacts how you run compared to sprinting events?

A: Run slower, have a slower pace, improve endurance, etc.

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

1. Why arm action and head position is important to middle distance
2. Correct arm and hand form
3. Correct arm and hand action

Warm Up

Traffic Light Warm Up

1. Instruct all kids to line up on the start line.
2. The instructor randomly calls out "red", "yellow", or "green".
3. The kids must do the correct movement associated with each color:
 - Red = everyone stops
 - Yellow = everyone jogs on the spot



- Green = everyone jogs toward the finish line
4. If a kid does the incorrect movement, he or she must go back to the start line.
 5. The first person to cross the finish line wins.

Skills

1. Arm action is an important part of middle distance running because the arms move in opposition to the legs and generate velocity. This means you can increase your speed by increasing the turnover of the legs. Head position is important because you need to be focused on the track and the finish line. It's hard to run straight if you are looking at the sky or at the sidelines.
2. Correct arm and hand form
 - a. Elbow angle should remain around 90° and elbows should be tucked in at sides.
 - b. Shoulders should be square with hips.
 - c. Hands should be open or cupped, and relaxed.
3. Correct arm and hand action
 - a. Arm swing should occur from the shoulder and flow naturally with shoulders.
 - b. Hands should approach the midline of the body, but not cross it.

Drill

Arm Action Intervals

1. Kids spread out across the start line.
2. Kids practice the correct middle distance arm action by swinging their arms while standing on the line.
3. On command, the students run around their pylon and jog back to the start line.
4. Repeat drill.

FUNDamental

Indian Run Race

1. Divide kids into equal teams and count off within the teams.
2. Teams run single file toward the turn line, with the last runner sprinting to the front of the line once they complete the turn.
3. Once the team turns around the cone, the last team member must sprint to the front.
4. Repeat until the original first runner resumes position at the front of the line.
5. The first team to successfully complete the course wins.

Cool Down

Everybody's It

1. Instruct all kids to scatter around the gym.
2. All kids are "it."
3. When a kid is tagged, they must move out of the playing area and perform an exercise or a stretch.
4. If two kids tag each other at the same time, they both move out of the playing area.
5. The game is over when there are only two kids left.



Conclusion

Q: What other sports do you play that require longer bursts of speed and endurance?

A: Tennis, lacrosse, football, field hockey, baseball, soccer.

Q: Why is it important to use correct arm and hand form and action when running a middle distance event?

A: Using the correct arm and hand form and action will help you run faster.

Assessment

Checklist

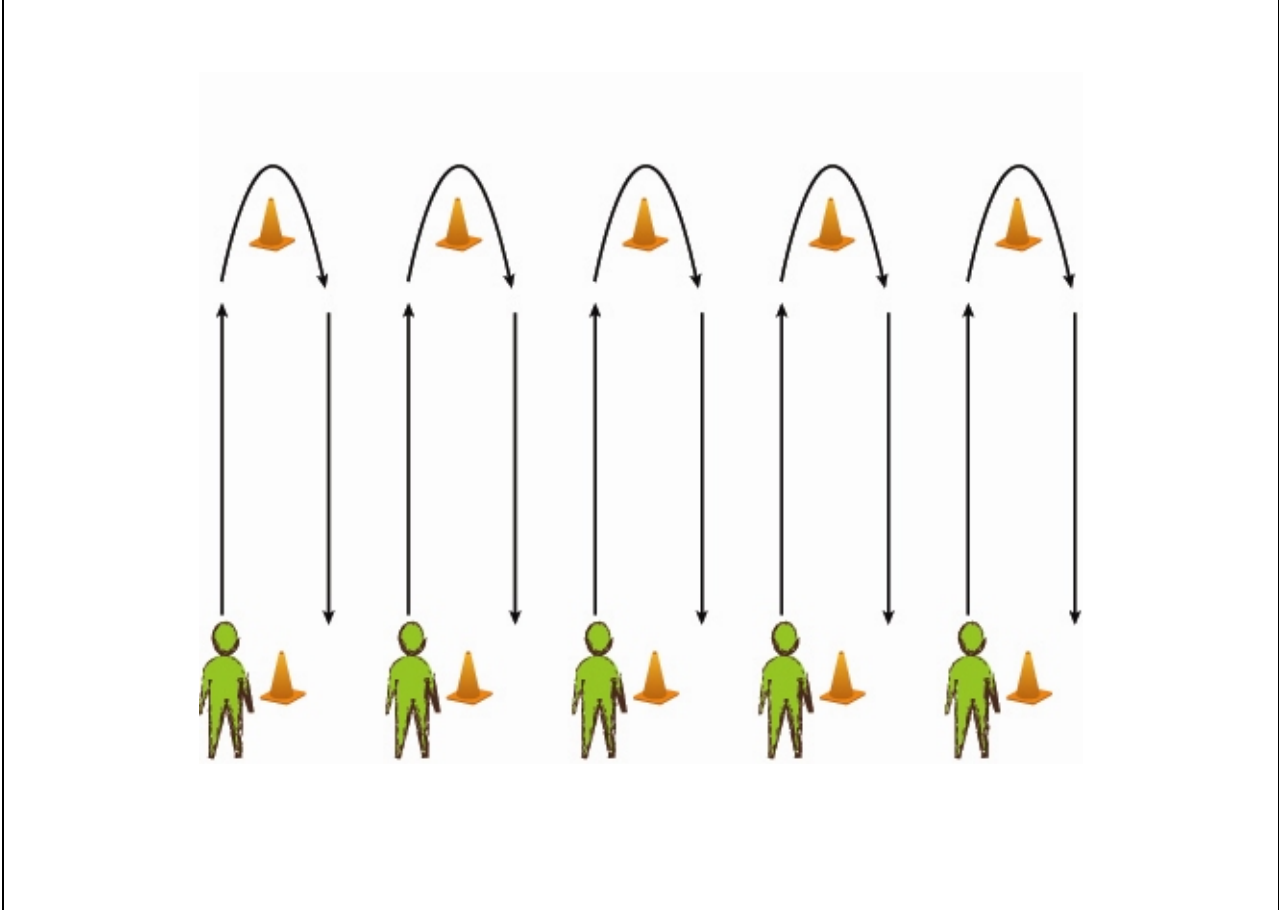
1. Elbow angle at 90°
2. Shoulders square with hips
3. Hands should be open or cupped, and relaxed
4. Arm swing from shoulder, flow naturally and shoulders relaxed
5. Hands approach midline of body



Set Up Diagrams
Traffic Light Warm Up

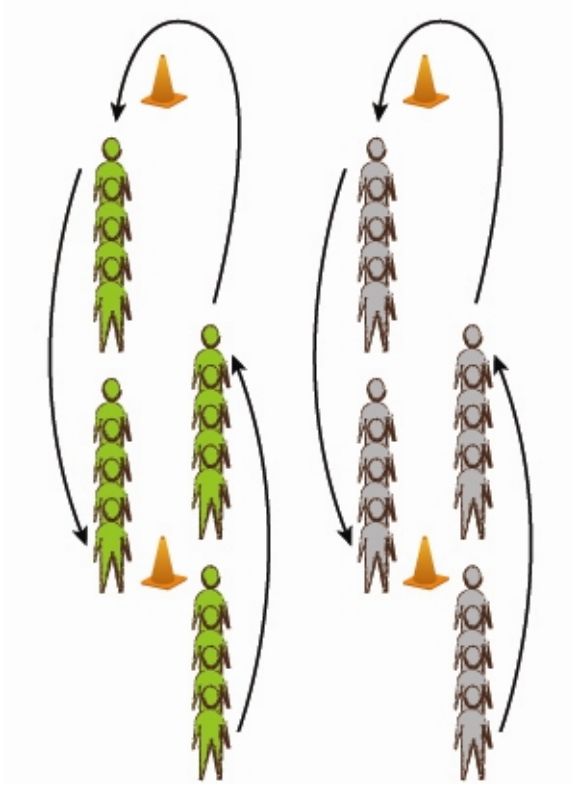


Arm Action Intervals





Indian Run Race FUNdamental





Middle Distance – Beginner Checklist						
Group _____			Date _____			
Name	90° Elbow	Shoulders Square	Open Hands	Arm Swing	Hand Approach	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	