

MIDDLE DISTANCE - INTERMEDIATE

Equipment

20 pylons or a track, checklist, pen/pencil

Safety Issues

To prevent collision, warn the kids to be aware of other kids running around them. If there are several teams, they can start at different positions around the track, or playing area. 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 rhythm is important to middle distance
2. Demonstrate developing a running rhythm
3. Demonstrate correct head placement

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 middle distance lesson, we learned the importance of arm and hand action. Today we are going to focus on rhythm and head placement.

Q: Who knows what rhythm is?

A: Rhythm is a regular, repeated pattern in music, sounds, or movement

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

1. Why rhythm is important to middle distance
2. How to develop a rhythm
3. Correct head placement

Warm Up

Dynamic Warm Up

1. Instruct the kids to line up across the width of the playing area.
2. Kids should be standing shoulder-width apart.
3. Kids should move their bodies in four different directions: forward, backward, left and right.
4. Then kids should form a circle, still shoulder-width apart.
5. Kids should perform stretches that target the different muscle groups.

Skills

1. Rhythm is a regular, repeated pattern in music, sounds, or movement. Even though the pace is slower, middle distance is similar to running a long sprint.

Therefore it is important to have a comfortable rhythm that you can maintain throughout the run. Establishing a rhythm will help you balance speed and endurance – the two things you need to run a middle distance event.

2. Develop running rhythm:
 - a. Demonstrate appropriate running rhythm for middle distance
 - b. Demonstrate inappropriate running rhythm (e.g., sprinting rhythm, a lack of rhythm)
3. Correct head placement:
 - a. Head aligned with neck and spine
 - b. Eyes level and looking forward
 - c. Face relaxed

Drill

Pacing Drill

1. Divide kids into small teams.
2. Instruct kids to line up single file within their teams.
3. Kids jog around the playing area.
4. The last person in line must sprint to the front of the line.
5. When the kid assumes the lead position, the last person in line should sprint to the front.
6. Repeat until the kids resume their original positions.

FUNDamental

Indian Run Relay

1. Divide the kids into teams of 4.
2. Instruct each team to line up single file.
3. Instruct each team to start jogging around a track or substituted area.
4. Instruct the kid at the end of the line to run to the front of the line and take the lead position at the straight away.
5. This should be repeated until the teams are in their original positions.
6. The team with the most rotations in 4 minutes wins.

Cool Down

The Coach Says "Cool Down!"

1. Divide the kids into two teams.
2. Instruct a kid on Team A to be the coach and call out a cool down exercise for Team B to perform.
3. Instruct a kid on Team B to be the coach and call out a different cool down 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 cool down exercise.
5. Cool down exercises can only be used once, and if a kid can't remember an exercise, his or her team forfeits their turn.
6. The team that can remember the most cool down exercises wins.

Conclusion

Q: When running middle distance, what should you do to maintain a balance between



speed and endurance?

A: Develop the correct running rhythm.

Q: When running, where should you focus your eyes?

A: Forward, straight ahead, forward on the track, in front of you, etc.

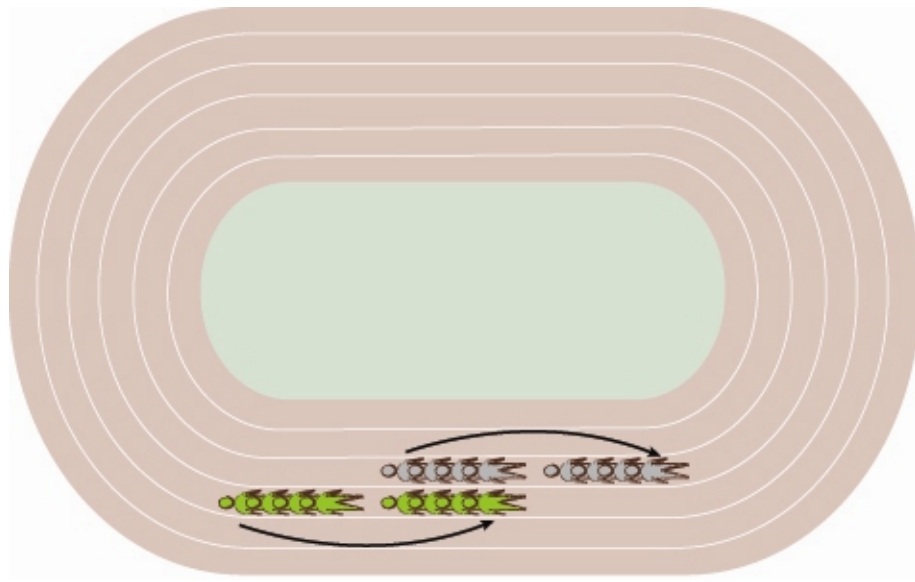
Assessment

Checklist

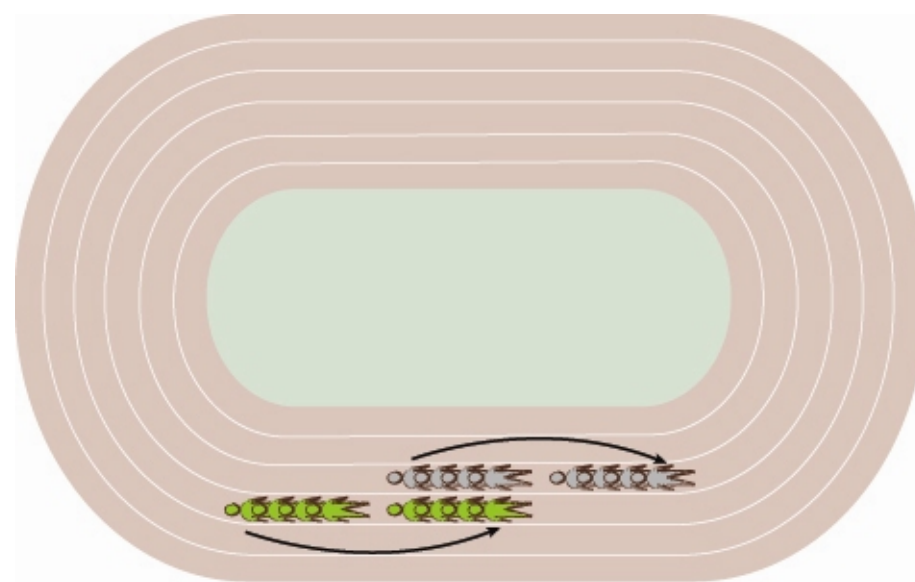
1. Develop running rhythm
2. Head aligned with neck and spine
3. Eyes level and looking forward
4. Face relaxed



**Set Up Diagrams
Pacing Drill**



Indian Run Relay FUNdamental





Middle Distance – Intermediate Checklist					
Group _____			Date _____		
Name	Running Rhythm	Head Aligned	Eyes Forward	Face Relaxed	Total
1.	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.	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	
5.	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	
7.	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	
9.	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	
11.	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	
13.	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	
15.	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	
17.	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	
19.	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	
21.	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	
23.	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	
25.	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	
27.	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	
29.	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	
Group Average	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	