



SPRINTING - INTERMEDIATE	
Equipment	
	Pylons, jump ropes, hula hoops, up to 6 mats, bean bags, 6 index cards, a marker, checklist, pencil/pen
Safety Issues	
	To prevent injury, space the kids at least arms-width apart.
Objectives	
	At the end of the lesson plan, kids will: <ol style="list-style-type: none"> 1. Understand why arm movement is important to sprinting 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	
	In the last sprinting lesson, we learned how important leg action is to sprinting. Today we are going to focus on arm action. Q: Who remembers what we learned about arm action last week? A: Arms should be moved in opposition to legs. In today's lesson, we are going to learn: <ol style="list-style-type: none"> 1. Why arms are important to sprinting 2. Correct arm and hand form 3. Correct arm and hand action
Warm Up	
	The Coach Says "Warm Up!" <ol style="list-style-type: none"> 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. Warm up 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 warm up exercises wins.
Skills	

1. Arm action is an important part of sprinting because when they move in opposition to the legs, they generate velocity and can increase the turnover of the legs.
2. Correct arm and hand form:
 - a. Elbow angle should remain around 90°.
 - b. Hands should be open or cupped, and relaxed.
3. Correct arm and hand action:
 - a. Arm swinging should occur from the shoulder and flow naturally with shoulders relaxed. Hands should move from hip to lip.
 - b. Hands should approach the midline of the body, but not cross it.

Drill

Arm Action Drill

1. Instruct the kids to sit on the ground or floor with their legs stretched out in front of them.
2. Instruct the kids to hold their heads and arms in proper position for sprinting.
3. Instruct the kids to slowly move their arms in the correct motion.
4. Instruct the kids to increase their arm speed until they reach the speed necessary to lift their legs off the ground.

FUNDamental

Arm Action Game

1. Divide the kids into teams.
2. Instruct the kids to sit on the ground or floor with their legs stretched out in front of them.
3. Instruct the kids to hold their heads in the proper position.
4. Instruct the kids to slowly move their arms in the proper motion for sprinting.
5. All kids should perform the exercise until they reach the speed necessary to slightly lift their legs of the ground.
6. The first team to get all of its team members to lift their legs off the ground wins.

Cool Down

Pairs Stretching

1. Divide kids into pairs.
2. Kids should sit on the ground, back to back.
3. Kids should lock elbows.
4. One kid pulls forward, while the other stretches.
5. Arms should be vertical, and pull forward.
6. Repeat so each kid gets 4 stretches.

Conclusion

Q: Why is it important to use correct arm and hand action when sprinting?

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

Q: In what other sports can you use these arm action techniques?

A: Soccer, basketball, baseball, football, lacrosse, and hockey.



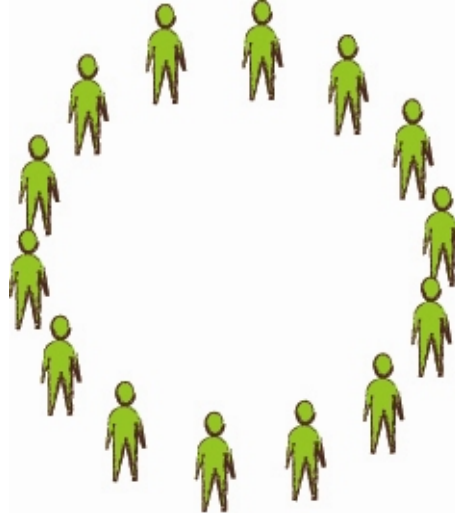
Assessment

Checklist

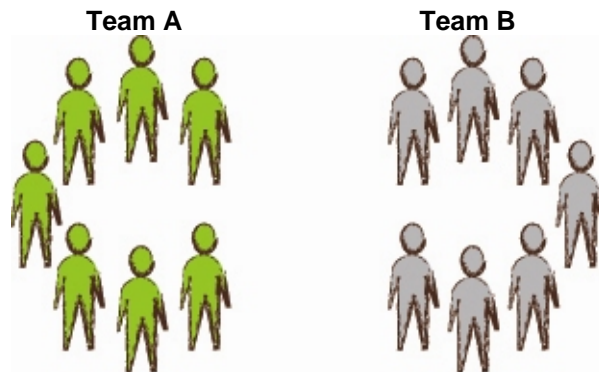
- | |
|---|
| <ol style="list-style-type: none">1. Limbs in opposition2. Elbow angle at 90°3. Hands open or cupped and relaxed4. Arm swing from shoulder, flow naturally and shoulders relaxed5. Hands approach midline of body |
|---|



**Set Up Diagrams
Arm Action Drill**



Arm Action Game FUNdamental





Sprinting – Intermediate Checklist						
Group _____			Date _____			
Name	Limbs in Opposition	90° Elbow	Open Hands	Arm Swing	Hands at Midline	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	