

# Athletics Walk and Jog

Resources :

Tops cards: Walk and Jog

Elevating Athletics: Running

Age 5-7 - Bean Bag Balance and Follow the Leader

Age 7-9 - Run Tall and Gears



# Athletics: Walk and Jog

Lesson Focus and Cross-curricular ideas	Activity 5-7	Activity 7-11	Objectives
Introduction	<p>How many different ways can you travel?</p> <p>What's the slowest way you can travel? What's the quickest way you can travel? Talk about difference between a jog and a sprint.</p>	<p>Thinking of jogging and sprinting which style of running would be the best for long distance runs? Can you name any famous long distance runs?</p>	<p>Provide wider understanding of skill/activity</p>
Warm-up	<p>10 seconds on each travel : Walk, gallop, side step, skip,jump,hop and jog. Then 10 giant steps, how stretched can you make your legs, how low can you go? Follow this with 20 counts of tiny fast steps.</p> <p>Just for fun, try out each of these running styles ( not all at once)....jog:with head looking down; on heels; sides of feet; toes; with knees locked; arms glued to your sides. After each shout out if you think they were RUBBISH or REALLY GOOD ways to run.</p>	<p>Chooses 2 points to move between and on each lap ( or every 2 or 3 )change your action- Fast walk, skip, side step, jog, jogging with bottom kicks, jogging with high knees, lunge walks, walk with high leg toe touches, walk with knee lift and open out bent leg to side before placing down, walk as if stepping over a high fence with leg coming from behind ( alternate legs on last 2)</p>	<p>To think about different traveling actions whilst raising the heart rate and warming up the muscles.</p> <p>5-7's start to experiment with ways not to run.</p> <p>7-11's add in some basic dynamic stretches to mobilise.</p>

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Heads	Balance a sock/ a pair of socks/a small soft toy on your head and walk around your space. Can you keep it on your head? Start to travel a little bit quicker progressing to a jog and then add in some changes of direction. Count how long you can keep your object on, try and beat your score.	Run Tall (EA) In your own space on command: RUN TALL- pupils heads high and shoulders back; RUN SMALL- pupils heads down, and hunched shoulders Increase the time spent in RUN TALL to promote good practice.	5-7 to keep head up when travelling. Keep shoulders back to keep very tall.  7-11 To demonstrate good running posture with focus on head up/shoulders back.
Feet	Go for a walk around your area, focus on placing your heel down first and pushing off the step from front of foot. Increase your speed gradually to a jog. Don't forget to keep your head up too!	Gears (EA) In your own space move at the correct pace for the following gear commands: 1=Walking 2=Jogging 3=Striding 4=Sprinting.	5-7 Placing of the foot from heel to toe. Feel a roll in foot. Keep feet soft and quiet.  7-11 size of step/ knee height in relation to speed.
Arms	March on the spot without using your arms. Bring in the arms what happens? Trying jogging on the spot without arms and then bring the arms in? Do you get faster? Trying jogging around your space without and then with arms. Do you get faster when your arms are added. Check correct arm action. Don't forget your head and feet!	Arms- hip to lip action alternating arms. 1. Jog on the spot with no arms for 10 sec, then 10 sec with arms and repeat for 1m /2m . 2. 10 sec no arms and 20 sec with arms for 1min/2min Jog around your space following commands of 'arms' / 'no arms'	5-7 arms assist speed  Arms bent, alternate hands, hip to lip with elbows pushing back.  7-11 feeling the difference in speed when the arms are active.

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Knees	Walking around your space again think about your knees, are they high or low. Now gradually increase your speed bit by bit. What's happening to your knees and also what's happening to your footsteps ( bigger or smaller).	On my whistle - follow the travelling commands: 1 whistle= small steps and low knees 2 whistles= bigger steps higher knees Keep a safe distance from others.	5-7 Low knees and smaller footsteps = slower and vice versa.
Walk and Jog	Either:Walk for 10 sec then jog for 20 sec and repeat several times. OR another person shouts out the commands of walk and jog and you respond accordingly OR shadow a leading partner who will change from walk to run ( change roles) Think about the knees alongside your head, feet and arms!	Using the thirds on a netball court: $\frac{1}{3}$ walk $\frac{1}{3}$ jog/ $\frac{1}{3}$ walk repeat for 5 mins. ( harder jog/walk/run)  Or with 2 cones/markers walk to cone 2, return jog to cone 1 and repeat for 5 mins ( harder 1 walk to 2 jogs)	5-7 putting together all of the movement focus points.
Cool Down	Walk around your space, gently swinging your arms for 30 sec. When still stretch up as tall as you can and hold for 5 counts, crouch down small for 5 counts and then back up into a wide shape for 5 counts.	Walk around your area, swinging and shaking arms. Then walk with gentle bottom kicks, slow high knees touching opposite knee back to walking with arms stretched above/ to side/ behind.	Relaxing the body and the mind. Bringing down heart rate Simple stretches for 7-11

# Athletics: Walk and Jog

Cross- curricular ideas	Activity 5-7	Activity 7-11
English	<p>Can you say/write 10 W for Walking words? Can you say/write 10 J words for jogging? Read a children's book about a character who likes to run: <a href="https://www.runnersworld.com/runners-stories/a20863107/childrens-books-running/">https://www.runnersworld.com/runners-stories/a20863107/childrens-books-running/</a></p>	Create a 'travelling' wordsearch for a someone else to complete. Use as many words as you can that are describing a way of travelling.
Mathematics	<p>Can you make a collection of 26 things?</p> <p>A marathon run is 26 miles. Can you make as many sums as you can with the answer 26 using plus and minus.</p>	Mathematical word problem solving.
Music	Using the tune of Heads/ Shoulders sing your own version using the body parts we need to focus on for good travelling.	The Blaydon Races - listening, singing, moving and researching.
Other	Can you design a keep fit outfit for our athletes Wendy Walk and Roger Run?	Quiz - Long distance runs in the North East.

# Athletics: Walk and Jog

Can you find 10 words for beginning with W and J?

## Words beginning with W

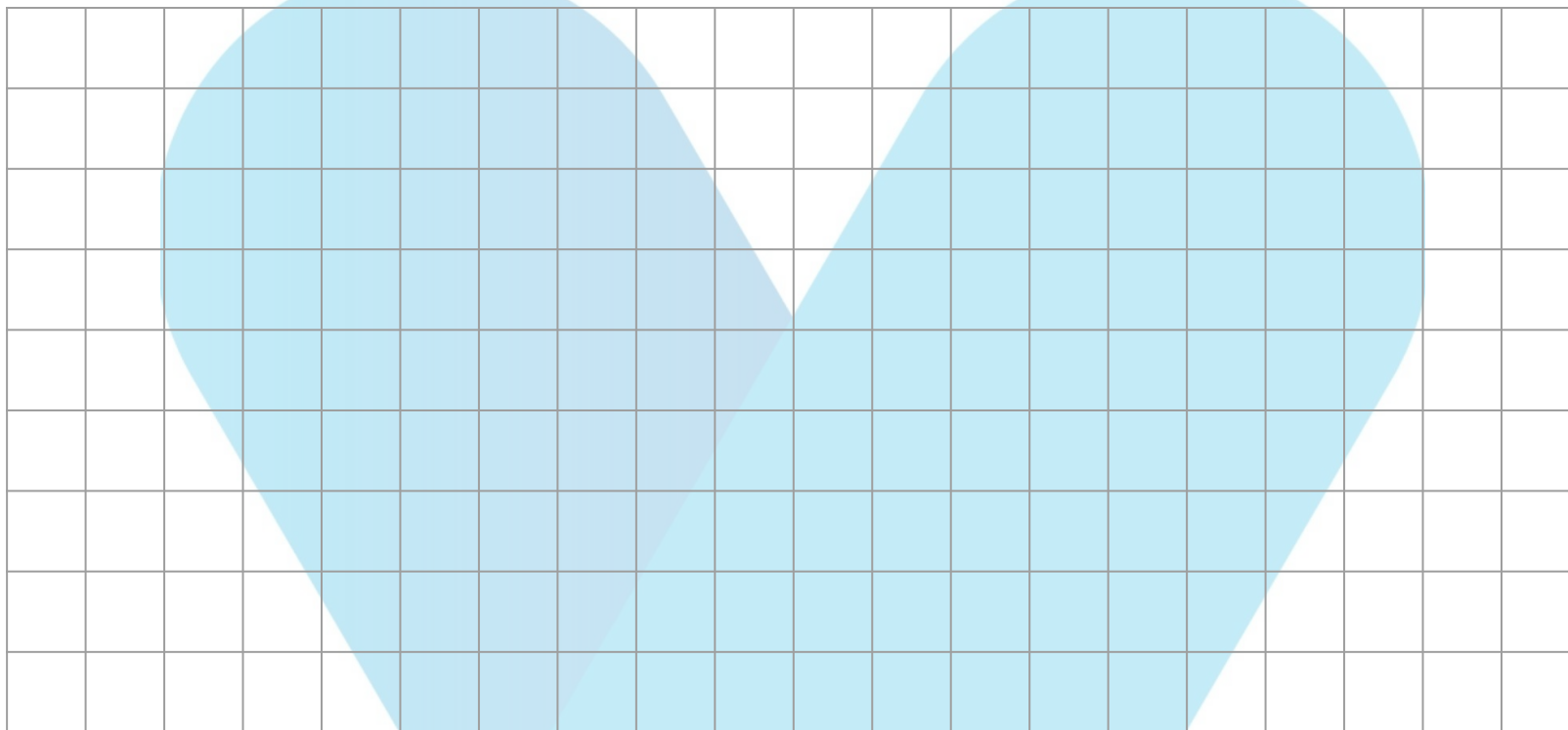
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## Words beginning with J

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

# Athletics: Walk and Jog

Ways to travel on foot word search



List the words to find:

# Athletics: Walk and Jog

## 26 is the Magic Number

There are 26 miles in a long distance run called a marathon.

Can you collect 26 items? Count them to make sure there's 26. You might collect cuddly toys, interesting leaves, tiny pebbles, coins or pencils/pens

Can you group them into 2 groups of 13

Into 4 groups of 6, how many are left over?

Into 3 groups of 8, how many are left over now?

What about if you put the objects in pairs, are there any left over?

Can you make some sums that have the answer as 26 using addition and takeaway?

Use your objects to help you

Here are some examples:  $19 + 7 = 26$

$3 + 3 + 10 + 10 = 26$

$30 - 4 = 26$

$46 - 10 - 10 = 26$

Good luck with your sums!



# Athletics: Walk and Jog

## Mathematical Problem Solving with the number 26.

A marathon is 26 miles long. Lyn is running her marathon at an average speed of 5 miles an hour. How long will it take her to run the marathon?

There are 26 children in the class: 15 have school dinners; 7 play a musical instrument; 19 go to after school clubs.

How many pupils don't have school dinners?

How many pupils don't play a musical instrument?

How many don't go to after school clubs?

Andy wants to set himself a fitness goal of covering 26 miles by walking over a period of 7 days. If he spreads this challenge out equally over the 7 days, how many miles a day does he have to walk to complete the challenge?

Can you write your own mathematical problem/s with a 26 theme?

# Athletics Walk and Jog

## Action Song

Head, feet, arms and knees, arms and knees  
Head, feet, arms and knees, arms and knees.....  
And jog right round the space you are in  
Head, feet, arms and knees, arms and knees!

( Touch your body parts as you say them.  
Each time can you get faster)

# Athletics Walk and Jog

## The Blaydon Races

The Blaydon Race is a 5.4 -mile athletics race from Newcastle to Blaydon that takes place on 9th June every year and starts off with the singing of 'The Blaydon Races', a Geordie folk song, as the words are used as the basis for the whole race.

If you are able can you search for and listen to the Blaydon Races song. Listen to the words and start to sing along, learn it if you can. Can you jog on the spot/ dance for the length of the song, it plays for about 3 ½ minutes.

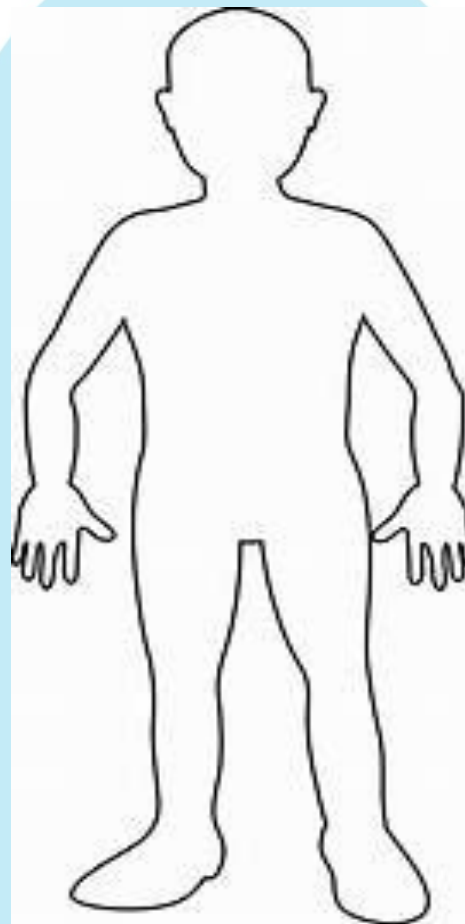
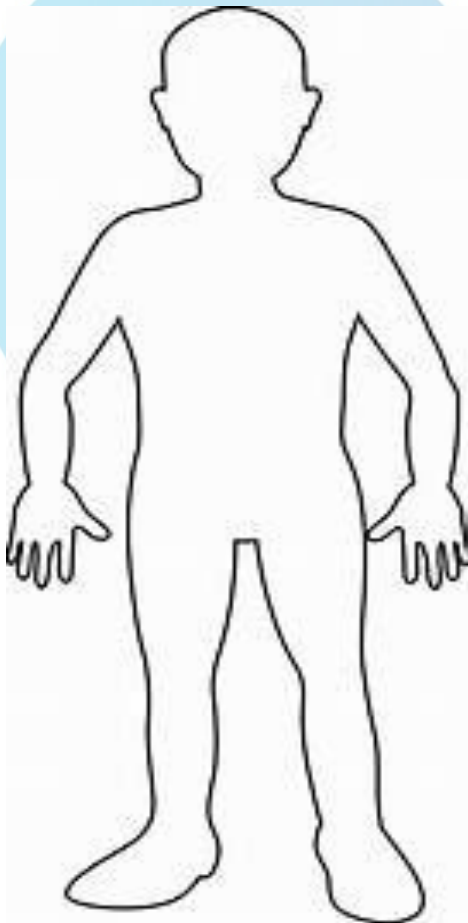
Can you find out when this famous folk song was written and by who?

If you have access to a map or online map look up Newcastle Upon Tyne where the race starts and Blaydon where it finishes. Can you trace the route on a map?

If you were to run a 5.4 mile race from your house, where would the route go and finish? Use a map, talk to an adult to help you.

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Design an exercise outfit for Wendy Walk and Roger Run



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## Quiz- Running, events and people

1. The Great North Run started in 1981, nearly 40 years ago. Where does it start and where does it finish?
2. The Great North Run is a half marathon, how many miles is this?
3. After leaving the starting city which towns does the Great North Run pass through?
4. Northumberland has hosted its own marathon fnow or 10 years, where does this take place?
5. Park Run and the Race for life both set their adult runs at a 5km distance, how far is this in miles?
6. Complete the names of these famous long distance runners:



M.....F.....



P.....R.....



M.....J.....



K.....H.....



L.....W.....