

KEY STAGE 3

100m/200m BASIC RULES & SKILLS



Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in 100m/200m

Basic Rules

Objective of 100m/200m

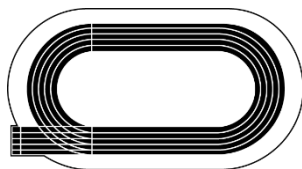
The object of a sprint is to get from the start line across the finish line in the fastest time possible ensuring you obey the rules of the race.

Competition & Equipment

Sprinting does not need much equipment, but spikes are recommended to help you run faster. A stopwatch is required to time the races. Competitors start behind the start line in one of eight lanes. They need to react quickly to the starter's gun, but not before to avoid disqualification. They should accelerate quickly from the starting position. They maintain mental focus and concentration throughout the race to compete against other athletes and try to finish with the fastest time possible.

Scoring

You are placed 1st – 8th according to your time. You can qualify for a final competition or earn medals and recognition for outstanding performance.



Start Technique

On Your Marks

For a down start, place the left foot behind the line, put the right foot behind the left. Remove the left foot and place the left knee adjacent to the right ankle. The toe of the left foot should be turned under. Hands should be slightly wider than shoulder-width. Arms should be straight but not locked at the elbow. The fingers must be behind the line. The fingers should form a bridge, with the thumbs pointing toward one another. When viewed from the side, the shoulder should be above the start line. The head and neck should be in line with the spine.

Set

Hips raised to a position slightly higher than the shoulders. There should be an angle of 90 degrees at the front knee. There should be an angle of 120 degrees on the rear knee. When viewed from the side, the shoulder should be above the start line. The head and neck should be in line with the spine. Remain still till the gun.

Acceleration Phase

When the gun sounds, runners explode off the line in a low forward drive with a positive shin angle, powerful strides and punching with the hands.

Transition Phase

The Transition Phase

This is the time during acceleration where the sprinter goes through the process of transitioning from horizontal force to vertical force. The transition is the part of acceleration that has qualities differing from the drive phase in terms of the mechanics involved.

Maximum Velocity Phase

In this phase, you are reaching maximum speed, typically somewhere between the 40-80 metres mark. At this point, you are using a combination of momentum and muscle power to carry you through to the end of your sprint.

Running Action

Body Position

Run tall with your head, neck, and shoulders in line with your hips. Keep your head still.

Arm Action

Move your arms front-to-back; do not let them cross your torso, keep your elbows bent 90 degrees and drive arms from cheek to cheek.

Leg Action

Let your feet land directly beneath you, do not try to step too far forward. Run with a high knee lift and land on the ball of your foot, as opposed to your toes. At the start of your sprint, keep your strides short and quick. Lengthen your strides as you gain speed and momentum.

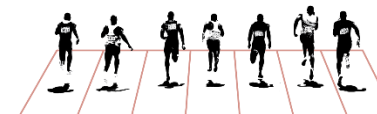
Running Action

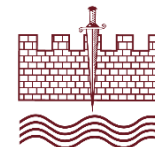
While moving through the drive and recovery phases, the head should be kept in its normal alignment with the trunk and the torso and shoulders should be kept steady to avoid rotation. The body angle should remain between 80° and 85°, and the muscles of the head, neck, shoulders, and upper extremities should remain relaxed. The arm swing should start with the lead arm bent to 70° opposite the trail leg, with the hand beside the cheek on that side, and end with the rear arm bent to 130° opposite the lead leg and positioned slightly past the hip on that side.

Finishing

Finishing the Race

Maintain your top speed as long as possible. Maintain proper form to avoid slowing anymore than you have to in the final 10 or 20 meters. Lean forward with your shoulders and chest a few meters before the finish line. Continue past the finish line and come to a gradual stop.





KEY STAGE 3

HOMework / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

Key Questions

Have I correctly applied the technique for a down start?

Have I stayed low during my acceleration phase?

How can I improve my technique and form?

Am I driving my knees high enough?

Are my arms pumping in a natural, reciprocal motion?

Am I landing on the ball of my foot or midfoot?

Am I staying in my lane?

Am I keeping my head still and arms in a forward motion during my race?

What happens if I move before the starting gun goes off?

Why do I run faster in sprints?

What happens if I run out of my lane?

What are the 3 phases of a race?

Am I leaning forward at the finish line?

Do I slow down before the finish line?

Key Vocabulary

Acceleration – The rate of change of velocity, or how quickly an athlete can increase the velocity of the motion.

Arm action – The movement we apply with our arms.

Body position – A pose or movement that can be broken down into a series of specific kinetic movements.

Down start – A racing start that requires the athlete to lower their body on the start line.

Heats - Is one of a series of races or competitions. The winners of a heat take part in another race or competition, against the winners of other heats.

Finish line – The solid line at the end of the track.

Leg action – The movement we apply with our legs.

Lane officials – The referees responsible for judging the competitors are in the correct position to start the race.

Maximum speed – This is the highest rate of speed an athlete can attain.

Personal best – An individual's best performance in each sporting discipline, the fastest time they have run.

Qualify – The competitor may be required to finish within the top 8 to qualify for the finals race.

Spikes – a specialist running shoe, with small spikes that grip the ground.

Stride – The distance you take with your feet during your leg action.

Starting gun – The equipment used to start a race.

Technique – The action we use when we run.

Assessment Levels

Things to look for when assessing:

Can they analyse their own technique or a peer's technique and time?

Do they demonstrate/evaluate technical performance across a variety of sprints?

Do they apply/evaluate tactical awareness that enables the achievement of good performance?

Can they execute the running technique effectively with consistency, speed, control, and fluency?

Do they show a secure knowledge of the basic rules, regulations of competition, including: starting, timing races, and following the official's instructions?

Do they effectively apply the 3 phases of a sprint?

Grade 3

- Remember the rules and regulations of sprints.
- Understand the importance of a warm up and cool down for sprinting.
- Understand how to time accurately.
- Recall techniques which are effective in sprint performance.

Grade 4

- Apply sound techniques in all 3 phases of a sprint race.
- Apply goal setting to training programmes.
- Recognise/apply factors relating to effective performance in a sprint race.
- Apply a sound understanding of the rules, regulations, and timing of a sprint race.
- Apply understanding of how exercise affects the body and can apply the principles.

Grade 5-6

- Analyse your own technique or a peer's technique.
- Demonstrate/evaluate technical performance across the 3 phases of a sprint race.
- Execute technique effectively with consistency, precision, control, and speed.
- Secure knowledge of rules, regulations of competition, including: starting and timing races.
- Can lead a general warm up for others in preparation for sprint training or a race.

Grade 7-9

- Create a training plan to achieve own goals.
- Create race tactics for competition.
- Analyse basic rules, regulations of competition, including: starting, timing races and the measurement of field events.
- Secure knowledge of rules, regulations, different starts, and finishing.
- Can develop practices in training sessions confidently.
- Can assess and improve other pupils' performances.
- Create their own athletic warm up drills.