Year 3 PE task

Athletics – Sprinting Experiment

Task – Sprinting

Practise sprinting over a short distance between 20m and 60m if possible. Try to go as fast as you can for the full distance. Remember not to slow down before the line. Time your sprints and write these down.

Next, experiment with different head positions, arms behind your back, arms locked by your side, really big stride lengths and small stride lengths. How do these affect your sprinting? Use a timer to help you explain any changes.

Then, think about a good sprinting technique; low starting position, explosive start from low to high, head upright looking ahead, relaxed jaw, arms pumping, heel-toe action and knees pumping up. Practise these key points in your sprint. How do these affect your sprinting compared to the other experiments above?

Now, complete your sprints with your practised technique and time them. How have your times changed from the start of the activity? How could you improve even further?

Please see the list of useful PE resources if you would like some additional support.