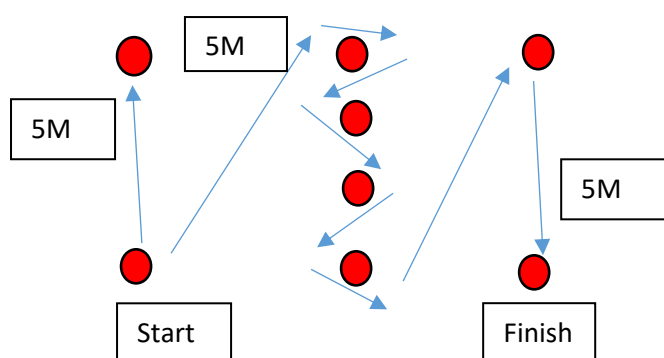


Year 4 PE task 3

Athletics – Sprinting straight vs Agility running

Task – I would like you to explore the key differences between a sprinter, who runs in a straight line, and an agility runner, a runner who runs with lots of short sharp turns. Set up a short straight sprint between 10m and 30m long. Time how long it takes you to sprint this distance. Next, set up a short agility run like this one below:



Again, time this and see how long it takes you. What were the differences between the 2 runs? What techniques did you have to use for each to make sure you were really quick? What can you now change to each technique to make them quicker?

Sprinting straight

- Start low
- Explode high
- Head up, look forward
- Pump arms
- Relax jaw
- Pump knees

Agility running

- Explode on straights and after corners
- Slow early using smaller strides
- Low centre of gravity
- Use hips to counter balance in corners
- Use bigger strides on straights
- Keep low in the corners

Practise again using what you have learned and try to beat your time. As an extension, you can create your own agility course. Remember, agility courses have some straights and some turns. Don't make the straight sections too long. Short and sharp is the key.

Good Luck

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