



## How Far This Time?

### **KEY SKILLS(S) and CONCEPT(S):**

**SUGGESTED GRADE LEVEL(S):** Grades K-8

**OBJECTIVES(S):** Students will be able to:

- Run at a steady pace for a specified amount of time (1 minute, 90 seconds, etc.)
- Improve the distance they cover for a specific time

### **SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):**

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 3 - Participates regularly in physical activity.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **MATERIALS NEEDED:**

- A track or running path

### **DESCRIPTION:**

- On the teacher's signal, the entire group begins to run the predetermined course (track, trail) from the starting line. When one minute elapses, the teacher blows the whistle. Each student identifies a visual landmark of where they ran to and then hustles back to the start line. Repeat the running time and try to improve on the distance.

### **TEACHING SUGGESTIONS/TIPS:**

- It is suggested that students verbalize landmark to increase retention of previous distance

### **VARIATIONS AND/OR SUGGESTIONS:**

- Time can be modified according to fitness level and ability of students