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