**Repeaters**

**KEY SKILLS(S) and CONCEPT(S):** Improved conditioning

**SUGGESTED GRADE LEVEL(S):** 4-8

**DESCRIPTION:**
Students will run repeat 400 meter runs on a measured track. Students run a 400, walk a 400, focusing each time on sustaining maximal effort. Students should run 4 400’s and walk 4 400’s in the lesson.

**OBJECTIVES(S):** Students will be able to:
• Run repeat 400’s in an attempt to improve conditioning.

**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:**
• Measured track

**TEACHING SUGGESTIONS/TIPS:**
• You may want to start training by running repeat 200 meter runs.
• Focus students on putting forth their best effort each time.
• A track works the best for accurate distances and ease of running

**VARIATIONS AND/OR SUGGESTIONS:**
• May be done in relay form
• Students will run repeat 400 meter runs on a measured track. Students run a 400, walk a 200, focusing each time on sustaining maximal effort. Students should run 4 400’s and walk 4 200’s in the lesson.