



PE Virtual Learning

# Sprinting Off Blocks

April 23, 2020



## 6th Grade PE

Lesson: April 23rd, 2020

### **Objective/Learning Target:**

I will be able to correctly sprint off of blocks like they do in track.

### **NAPSE:**

Demonstrates correct technique for basic skills in 1 self-selected individual-performance activity.

(S1.M24.6)



## Essential Question:

How do I correctly sprint off of blocks like in track?



## Warm-Ups

1. Push-ups x 10 (Do modified on your knees if needed)
  - a. 10 Second Break
2. Sit-ups x 15
  - a. 10 Second Break
3. Air Squats x 15--Video: [Air squats](#)
  - a. 10 Second Break
4. Jog around your house 2 times.



## Practice:

Watch this video on sprinting off of the blocks.

Video: [How to sprint off of the blocks](#)

As you watch it, write down three aspects of the swing you didn't know.

Here is another video on the techniques of sprinting off of the blocks. If attempted sprinting off blocks before, this video is more in depth. It will help you hone in your skills.

Video: [Sprint off the blocks techniques](#)



## Practice:

You will need to use some blocks or substitutes for a block such as a wall and some flat rocks. What you will be doing is practicing the techniques of sprinting off of the blocks, or makeshift blocks. You will need about 25 yards to run the sprint off of the block.

You will start with a couple of warm-up runs to help you understand how to sprint off of the blocks. Once you have done that, you will be running the 25 yards, timing each one. You will sprint five times, trying to improve your time after each run.



## Self Assessment:

How well were you able to run off of the block?

How many times did it take you to correctly sprint off the blocks?

What did you struggle with and what did you do well with?

If you could do it again, what would you do differently?