

COLEGIO SAN JOSÉ DE CALASANZ DE BARBASTRO

Subject: Physical Education

Grade: First-Second Grade ESO

Aim of the activity: To provide students a tangible tool to figure out if they are able to run at a uniform pace to manage better their effort.

Language Level: Intermediate

Unit Title: Running. Why?

Materials needed: File cards resources, pens, timers, indicated circuit (every 50 meters), cones.

Attached documents: This teaching resource is used during the endurance unit we realize in Physical Education class. The teaching aid includes three different file cards. The first one consists of a contract that students have to sign, this document compromises them to run at an uniform pace for at least that time they signed for. The second file card is a table where students have to take notes of some data from the five minutes running test, and answer three questions about their feelings during the proof. The last file card is a chart where students have to use the data got it from the five minutes running test, specifically how much time runners took to run every 50 meter. This way, students will be able to see graphically if they run at an uniform pace.

Entry type: Teaching Resource.

Procedure:

- Explain the aim of the activity.
- Split up students in groups of three.
- Set roles: Runner, annotator, timer.
- Run 5 minutes test. Rotate roles.
- Sign contract
- Repeat test at the end of the unit.

Bibliography

Tres Vueltas al Patio. La carrera de larga duración. Generelo, E. Julian, J.A. Zaragoza, J(coord.) Editorial Inde.

File card 1.

RUNNING CONTRACT

_____ compromises to run during at least
_____ minutes in five weeks.

Signature:
Date:

RUNNING CONTRACT

_____ compromises to run during at least
_____ minutes in five weeks.

Signature:
Date:

RUNNING CONTRACT

_____ compromises to run during at least
_____ minutes in five weeks.

Signature:
Date:

RUNNING CONTRACT

_____ compromises to run during at least
_____ minutes in five weeks.

Signature:
Date:

RUNNING CONTRACT

_____ compromises to run during at least
_____ minutes in five weeks.

Signature:
Date:

File card 2.

RUNNER:
CLASS:

ANNOTATOR:
TIMERS:

DISTANCE		TOTAL TIME	TIME EVERY 50M	DISTANCE		TOTAL TIME	TIME EVERY 50M
1				17			
2				18			
3				19			
4				20			
5				21			
6				22			
7				23			
8				24			
9				25			
10				26			
11				27			
12				28			
13				29			
14				30			
15				31			
16				32			

TOTAL METERS	LAP TIME AVERAGE

The test's aim, it is to run during five minutes getting the longest possible distance maintaining a uniform pace.

- The circuit measures 200 meters, it is marked every 50 meters by a cone.
- Take your classmate time every 50 meters (from cone to cone) and write it down on its box.
- If your classmate starts walking, keep timing him and writing his partials times down every 50 meters.
- Once you finish filling this assignment out, you have to use the 50 meters partials to realize your five minutes test chart.

ANSWER THE QUESTIONS:

How tired are you after the 5 minutes test?

<input type="radio"/>	1	2	3	4	5	6	7	8	9	10
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How much effort have you made?

<input type="radio"/>	1	2	3	4	5	6	7	8	9	10
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Was it difficult?

<input type="radio"/>	1	2	3	4	5	6	7	8	9	10
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