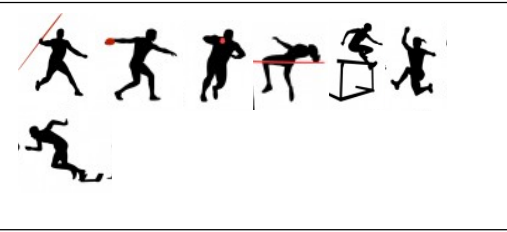


### ACTIVITY:



### EQUIPMENT REQUIRED:

Cones, batons (or substitute), bag/potato sack

### INTRODUCTION:

Introduce topic - techniques, skill progression, background info of 4x100

### WARM-UP:

Baton race game – have two teams equally numbered, when a number is called the corresponding member from each team must race to the baton and take it back to their team.

Run through basic stretching - high knees, butt kicks, sumos, in/out, lunges

### SKILL DEVELOPMENT:

Start, running, handoff

Handoff zone

### TEACHING CUES:

4 phase of sprinting -start, acceleration, max velocity, speed maintenance

Technique on handing off

Space of hand off zone

### CULMINATING ACTIVITY:

Standing handoff progression

Short relay

Large fun relay – potato sack relay

### TEACHING CUES:

Focus on proper handoff technique

-hand position/form

-start technique

### COOL DOWN/ CLOSURE:

Recap main skills

Light cool down – arms, legs, etc.

### SAFETY ELEMENTS:

During first game beware of people going into one place with many people

Stay on feet with bag race.