Session Guide: Team Races

Session Outline

Description

In this session, teams will compete against each other in a series of races defined by themselves. They should include a type of 20 metre sprint, a stationary exercise followed by a second type of sprint back. Each team will design a race and members of the team take it in turns in the order they choose, without knowing who the order of the other teams and hence who will compete against whom.

Session Objectives

The objectives of this session are to:

- Carry out a series of physical exercises.
- Be able to design races with a combination of sprints and stationary exercises.
- Build team working and strategic thinking skills.

Expected Outcomes

By the end of the session learners will have:
- Competed against each other in a series of races.
- Created races to compete on.

Areas involved

- Games and fitness
    - Running Games
    - Aerobics
- Life skills
    - Making Decisions

Activity: Warmup

Objectives

To warm up before exercising.

Expected Outcomes

Learners will have jogged for a small number of laps and stretched properly in preparation for the physical activity.

Teaching Instructions

Maintaining social distancing, learners should jog twice around a lap or around a compound (about 600-800 metres). They should stretch thoroughly the key leg muscles. They then repeat the laps and stretch the abdominal muscles and the upper body muscle. If required, this can be repeated until learners have a good comprehensive warmup.

Activity: Team races

Objectives

- To carry out a series of physical exercises.
- To be able to design races with a combination of sprints and stationary exercises.
- To build team working and strategic thinking skills.

Expected Outcomes

Learners will have competed against each other in a series of races created by members of the group.

Teaching Instructions

Split the learners into groups of 3 or 4, making sure all teams have mixed genders and ages. Learners stand on a straight line 1.5 metres apart from each other, with 2.5 meters between different teams so that there is distinction between the teams and social distancing is maintained.

Teams will take part in a series of races composed of a 20 meter sprint of any kind (normal sprint, backwards, skipping, hopping on two feet, running on the side, etc.), followed by a stationary exercise (15 sit ups, 20 pushups, 3 star jumps, etc.) and completed with a sprint back of another kind.

Teams will have to select the order in which 3 members will compete in without knowing what the other teams are selecting (if teams have 4 members they will have to take it in turns to stand out of a race). The first team then designs a race by selecting the type of sprints and stationary exercise for the first member to compete in. A winner is selected, giving the team a point. The second team then designs another race and it takes place by the second runner. The next team then creates a third race and the third competition takes place.

Teams then select a new order (or the same if they prefer) and the next team designs the next race.

Repeat until all learners have taken part in at least 3 races (9-12 repetitions at least).

By the end, the team with the most points is the winner.

Activity: Cool Down and Stretches

Objectives

- To ensure that learners cool down and stretch at the end of their physical activity.

Expected Outcomes

- Learners will have safely cooled down and stretched after their exercise session.

Teaching Instructions/Student Instructions

Lead comprehensive stretching routine for 5-10 minutes ensuring you state the importance of stretching and cooling down after exercising. You can use any combination of stretches or you can find plenty of cooldown stretching routines online. Some examples are below.

- https://www.youtube.com/watch?v=IVt1KqKcYZk
- https://www.youtube.com/watch?v=u5Hr3rNUZ24
- https://www.youtube.com/watch?v=Ufmhww_7XNo
- https://www.youtube.com/watch?v=t9NInqDhGv4