***Cross Country in PE time***

*Discuss with the class the aim to make training fun, social and challenging.*

*The school cross country is a motivation but not the end point.*

*The process of developing a training plan is the end point.*

*Note- feel free to run them relentlessly in sport time!*

**Objectives**

**C1 Identify and compare ways of establishing relationships and managing changing relationship**

*Students will identify how training methods can influence fun, social interactions and the purpose of the activity*

**B3 Participate in describe how their bodies responds to regular and vigorous physical activity in a range of environments**

*Students will describe the way their body (and other hauora based wellbeing factors) are effected when training in different ways)*

**D4 Plan and implement a programme to enhance an identified social or physical aspect of their classroom or school environment**

*Students will plan a training method that is better that is motivating and fun.*

The school cross country is a motivation but not the end point.

The process of developing a training plan is the end point.

**Approach 1**

Run alone for a time around a track that is familiar to the school. Eg. your normal training route. Add a lap counter chart or some system where the fastest kid starts last etc.

You might do this for 3 or 4 sessions and notice what is happening to the class eg. Good kids love it, others walk, some kids are over it because they will never win, lots of excuses, a few kids motivated by the challenge

Mark the enjoyment against aspects of hauora using the chart shown.

Personal challenge, social benefits, sense of purpose, mental benefit ( do you actually feel better) using the hauora spider web

**Approach 2**

Repeat but this time have pairs run around a course in opposite directions, when they meet, they turn 180 and run back until they meet again and turn 180 and so on. As training continues the better runner will run further but you should record the progress as a pairs effort.

Repeat the spider web or try a T chart using hauora headings

|  |  |  |
| --- | --- | --- |
|  | **Approach 1** | **Approach 2** |
| **Social** |  |  |
| **Physical** |  |  |
| **Fun** |  |  |
| **Purpose** |  |  |

**Approach 3**

Cat and mouse - half the class starts at the start line while the other half starts on the other side of the track. On go they both start at the same time. If caught the students continue training on another mini track set up on the inside.

The last one running on original course is the winner.

Discuss running strategy fast at first, or slow and steady or....

Consider PMI

Consider hauora in comparison to the other approaches

**Approach 4**

Winter biathlon training approach

Run a lap, then throw 3 balls at a target (if you miss you must run a penalty smaller lap before continuing on the training lap)

Continue until 4 training laps are completed.

Winner is the person who completes four laps first, the less penalties the faster you will go so aim carefully.

Consider hauora

**Lesson 5**

Now consider all of the formats and design a training plan that is fun, socially rewarding, mentally stimulating and provides a challenge.

Share this with other classes.