

MULTI-SKILL CLUB

AGILITY 1 CHANGING PACE

GETTING SKILFUL - FABBB

Encourage the children to:

Feet

- run on the balls of the feet, lengthening or shortening stride to speed up or slow down.

Arms

- co-ordinate movement of arms with legs, opposite action, matching changes in speed
- wheelchair users place arms in 'Scorpion' position to get hand high and back on the wheel. Long pushes gradually increase speed (same effect as long strides in sprinting).

Body

- lean forward to drive faster, stand tall when maintaining speed.

Brain

- decide when they need to change pace. Look ahead to anticipate when a change of direction may also be needed.

THINK INCLUSIVE

- Use time banding to group people according to their speed. This creates competitions in ability groupings.
- Use change of speed practices to encourage awareness of different ways of moving off other people, e.g. traffic lights where leader continually changes their position.

Encourage the children to:

Space

- think about distance because sustaining pace over a bigger distance requires more stamina, changing pace over a shorter distance needs good agility.

Objects

- practice changing pace when moving in different ways and directions with objects which may affect the movement, e.g. ball, racket, hockey stick.

Speed

- try to change up and down pace more frequently within a period of movement
- practice in pairs experimenting with a guide and one person with eyes closed.

Strength

- move up and down slopes while changing pace adding to the physical challenge.

GETTING BETTER - SOSS

ALL ROUND DEVELOPMENT, LINKS WITH:

Balance

- maintaining good position when changing pace.

Co-ordination

- moving something by asking for a noticeable change of speed.

EXTENDING SKILLS

Encourage the children to try:

- moving fast as skills are sometimes harder to complete when there is less time
- practise performing skills at different speeds
- to think about their sport or activity. When might they need to change pace quickly?
- combining changing pace with changing direction improving their agility
- practising the movements using playground markings
- practising the movements in a team practice, dance sequence or gym routine.



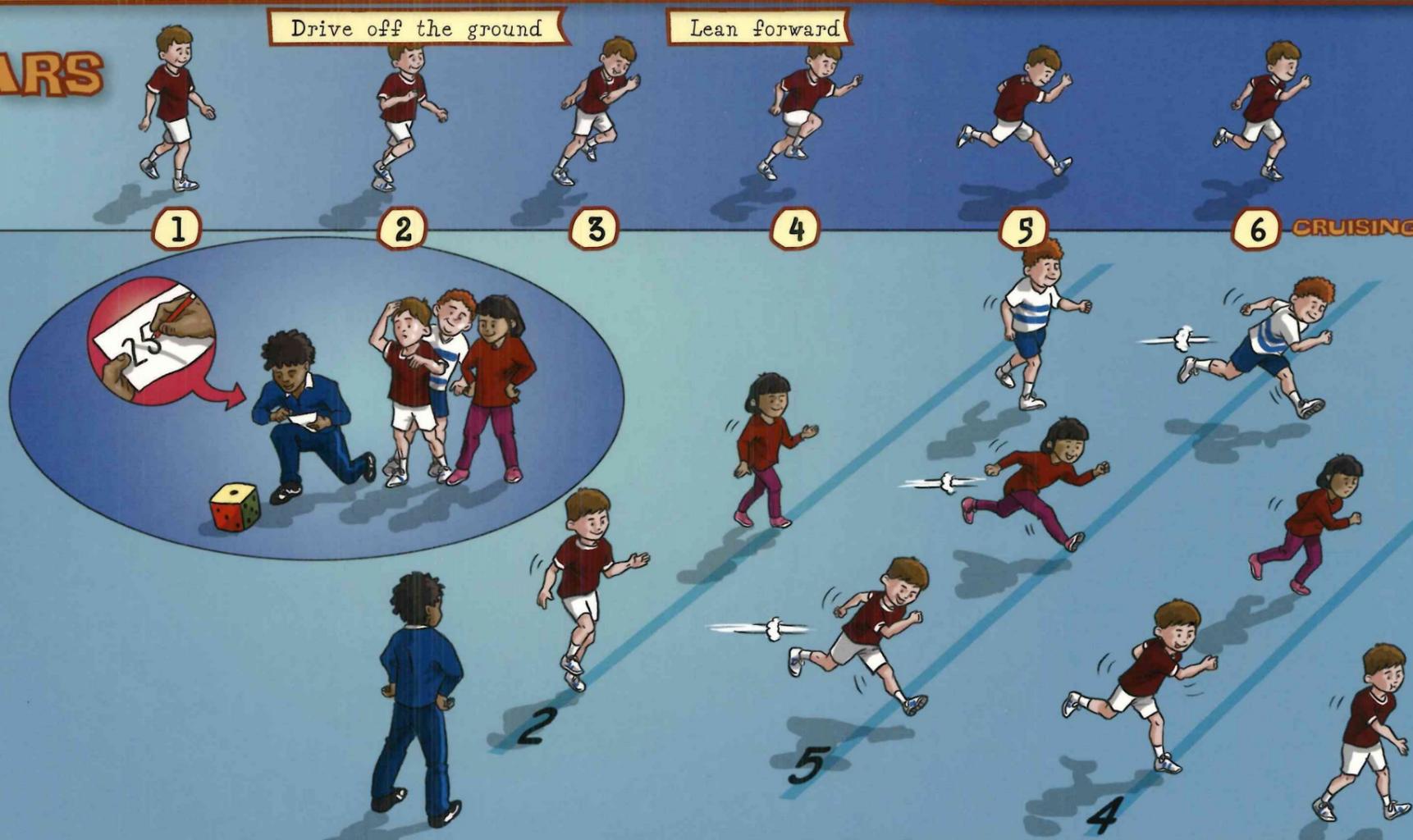
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GEARS



GRAND PRIX RUNNING

- Ask children to demonstrate different styles of running to correspond with gears 1 to 5.
- Try different types of change, e.g. 1 to 2, 2 to 5, 5 to 4, 5 to 1.
- Throw a dice and shout out the number, children then have to move in that gear.
- The number 6 means a free choice.
- Introduce another dice with the words, run to the left and run to the right written on it.
- This time call the number and the direction.



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