



## Repeaters

**KEY SKILLS(S) and CONCEPT(S):** Improved conditioning

**SUGGESTED GRADE LEVEL(S):** 4-8

### **DESCRIPTION:**

Students will run repeat 400 meter runs on a measured track. Students run a 400, walk a 400, focusing each time on sustaining maximal effort. Students should run 4 400's and walk 4 400's in the lesson.

**OBJECTIVES(S):** Students will be able to:

- Run repeat 400's in an attempt to improve conditioning.

### **SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):**

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 3 - Participates regularly in physical activity.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **MATERIALS NEEDED:**

- Measured track

### **TEACHING SUGGESTIONS/TIPS:**

- You may want to start training by running repeat 200 meter runs.
- Focus students on putting forth their best effort each time.
- A track works the best for accurate distances and ease of running

### **VARIATIONS AND/OR SUGGESTIONS:**

- May be done in relay form
- Students will run repeat 400 meter runs on a measured track. Students run a 400, walk a 200, focusing each time on sustaining maximal effort. Students should run 4 400's and walk 4 200's in the lesson.