THINK INCLUSIVE!

SPEED PLAY fartlek

YOU WILL NEED
Trees, lamp posts, hills, street junctions. Whistle or loud voice

AIM

To deliver a multi ability activity. Runners to work at a varying efforts maintaining form.

WHAT IS IT?

1. A continuous run with varied pace and effort.
2. The leader determines when and how far or long each effort will be, based on group ability and terrain.
3. Leader to identify the start point for each intensity.
4. Runners vary the pace as directed by the Leader from walk, to run, to fast run, then jog and walk again.

RESOURCES

1. Works well in parks and areas with landmarks to determine efforts.

JOG → WALK → RUN → RUN FAST → (JOG)
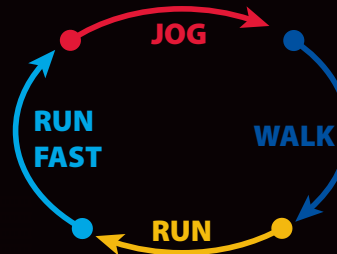
STEP / VARIATIONS

1. The leader can use landmarks, number of paces, time or just judgement to determine each effort.

SAFETY TIPS
1. Check runners are aware of instructions to increase / decrease speed and when to recover
2. Avoid road crossings, where possible
3. Continuous assessment of risk and challenge to whole group

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INDIAN file

THINK INCLUSIVE!

YOU WILL NEED
Loud voice, whistle

AIM

To deliver a multi ability activity. Runners to maintain pace on each effort without losing form.

WHAT IS IT?

1. A group run in a single or double line.
2. On the leader's signal, the runner at the back runs to the front of the group, then slows to an easy pace.
3. Repeat as many times as desired.

RESOURCES

1. Voice, whistle.
2. Safe area for overtaking.

STEP / VARIATIONS

1. Single or double lines.
2. Try front to back.
3. Mix back to front and front to back to target different abilities.
4. Number the runners or pairs and call a number followed by an instruction.

SAFETY TIPS

1. Check runners are aware of instructions to run to front
2. Agree with runners the pace at the front of the group
3. Avoid road crossings, where possible
4. Continuous assessment of risk and challenge to whole group

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THINK INCLUSIVE!

RAID THE goal

YOU WILL NEED cones, hoops, beanbags, stopwatch

AIM

To deliver a multi ability activity. Runners to work at a continuous effort maintaining form.

WHAT IS IT?

1. Athletes run steadily to the opponents' base, one person at a time from each team. They squat down to pick up one beanbag each.
2. Athletes run back to home base and place their beanbags inside the hoop.
3. Teams keep stealing the opposing team's beanbags until the whistle blows.
4. The team with the most bean bags after the whistle blows wins the game.

RESOURCES

1. Set out two bases 50-100m apart.
2. Put 20 beanbags at each base, inside a hoop.
3. Create two teams of equal numbers.

STEP / VARIATIONS

Increase / decrease the:

1. Space: Space between hoops (course).
2. Task: Length of time.
3. Equipment: Number of cones beanbags.
4. People: Number of players and /or teams.
5. Change to a relay to allow for recovery.
6. Task: Some athletes may steal from a different hoop (perhaps closer or where the beanbags are at a higher level).

SAFETY TIPS
1. Check runners are aware of which direction they should run
2. Remind runners to watch and avoid other runners at the 'bases'
3. Continuous assessment of risk and challenge to whole group

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out & back RUNS

YOU WILL NEED
Trees, lamp posts, hills, street junctions. Whistle or loud voice

AIM
To deliver a multi ability activity. Runners are to run out at a steady pace and return slightly quicker, whilst still maintaining form.

WHAT IS IT?
1. All run out for a set time on a set route.
2. At the selected **time**, all turn and retrace the route.
3. All are tasked to return a little quicker than they went out.

RESOURCES
1. Watches that can be read easily.
2. Pairs or groups, for safety.
3. Safe, well-lit route with few crossings and no chance of getting lost.

STEP / VARIATIONS
1. Can be for any length of time from short 10 second reps up to 20 or 30 minute runs.
2. Sets of out and back runs of the same or variable length (e.g. a pyramid 10 sec, 20 sec, 30 sec, 20 sec, 10 sec).
3. Could have a single start point with two or three different runs off.
4. May incorporate hills.

SAFETY TIPS
1. Check runners are aware of the time when to turn
2. Avoid road crossings, where possible
3. Continuous assessment of risk and challenge to whole group

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FIXED point REPETITIONS

YOU WILL NEED
Trees, lamp posts, hills, street junctions. Whistle or loud voice

AIM

To deliver a multi ability activity. Runners to work at varying intensities, maintaining form.

WHAT IS IT?

A warm-up run to a suitable location, then:

1. Using any available fixed landmarks (e.g. trees or lampposts), challenge the group to run quickly to the first point, then jog or walk back.
2. Repeat for the same or further points.
3. Continue for as long as appropriate for the group and the session.

RESOURCES

1. Any suitable fixed points (e.g. trees, lampposts, gates).

STEP / VARIATIONS

1. Same point repetitions.
2. Increasing distance to further points.
3. Pyramid (e.g. 1 tree, 2 trees, 3 trees, 2 trees, 1 tree).
4. Pairs, taking it in turn to run and rest.
5. Different directions (e.g. one flat and one uphill); half the group do each then change over.
6. Faster runners do longer points.

SAFETY TIPS

1. Check runners are aware of the return points
2. Avoid road crossings, where possible
3. Continuous assessment of risk and challenge to whole group

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MEET & retreat

YOU WILL NEED
Trees, lamp posts, hills, street junctions. Whistle or loud voice

AIM

To deliver a multi ability activity. Runners to work at a continuous effort maintaining form.

WHAT IS IT?

1. Runners are paired, ideally with one faster and one slower.
2. Using a round the block course, one runner sets off in each direction until they meet, tag and retreat to the start.

a   b

RESOURCES

1. A suitable loop without road crossings.
2. Distance is not an issue as more than one repetition could be run.

STEP / VARIATIONS

1. A series of loops of different distances.
2. Run first in one direction, then repeat in the opposite direction.

SAFETY TIPS 1 Check runners are aware of the route 2 Check runners are aware of what to do when they meet their partner 3 Avoid road crossings, where possible 4 Continuous assessment of risk and challenge to whole group

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THINK INCLUSIVE!

THE LOOP back

YOU WILL NEED
Trees, lamp posts, hills, street junctions. Whistle or loud voice

AIM
To deliver a multi ability activity. Runners to work at a continuous effort maintaining form.

WHAT IS IT?
1. Faster runners turn at designated points, or on voice command, and return behind the back marker of the group.
2. The leader may direct runners to continue for a further distance or paces beyond the back, and at a quicker pace, before turning to rejoin the rear of the group.
3. Gradually the quicker runners will progress to the front again before repeating.

RESOURCES
1. Clear instruction.
2. Voice.
3. Designated lead runner.
4. Designated location (e.g. any junction or road crossing).

STEP / VARIATIONS
1. Turn faster runners up side streets for a given number of paces and call turn when last runners are approaching the side road.
2. Give lead runners a series of exercise stations (e.g. squats, lunges etc) or repetitions (e.g. up a hill) to complete.
3. Don't give route and instruct lead runners to return at every junction.

SAFETY TIPS
1. Check runners are aware of when to loop back
2. Check runners are aware of where to loop back to
3. Avoid road crossings, where possible
4. Continuous assessment of risk and challenge to whole group

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HILLS running

YOU WILL NEED
Trees, lamp posts, hills, street junctions. Whistle or loud voice

AIM

To deliver a multi ability activity. Runners to maintain pace on each effort without losing form.

WHAT IS IT?

1. Any incline to challenge the runners.

RESOURCES

1. Natural points or markers for distance (e.g. lampposts, trees, gates).
2. Cones or tape.
3. Whistle or stop watch.

STEP / VARIATIONS

1. Using the natural environment.
2. Gradient.
3. Distance or time.
4. Pyramids (e.g. 1 tree, 2 trees, 3 trees, 2 trees, 1 tree).
5. Pairs.
6. Relays.
7. Competition.
8. Rolling hills over a loop run.
9. Steps.

SAFETY TIPS

1. Ensure hills and distances are appropriate for the ability levels of the group
2. Agree a meeting point, or recovery area to bring group back together
3. Continuous assessment of risk and challenge to whole group

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THINK INCLUSIVE!

FIGURE OF eight

YOU WILL NEED
Trees, lamp posts, hills, street junctions.
Whistle, loud voice or cones

AIM

To deliver a multi ability activity. Runners to work at a continuous effort maintaining form.

WHAT IS IT?

1. A continuous looping run with group crossing each other at central point.

CENTRAL ● POINT

RESOURCES

1. Mark a figure of eight course using the natural environment or with cones.

STEP / VARIATIONS

1. Pairs or relays from one point.
2. Pairs or relays from two or more points.
3. Inner and outer figures of eight, with faster runners on the longer route.

SAFETY TIPS

1. Check runners are aware of which direction they should run
2. Remind runners to watch and avoid other runners at the central point
3. Avoid road crossings, where possible
4. Continuous assessment of risk and challenge to whole group

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RELAYS OR pairs running

YOU WILL NEED
Trees, lamp posts, hills, street junctions. Whistle or loud voice

AIM

To deliver a multi ability activity. Runners to work at a continuous effort maintaining form.

WHAT IS IT?

1. Any opportunity for two or more runners to do an effort, followed by a rest period.
2. One runs to a mark and back, the next runs the same distance and back, and so on.

RESOURCES

1. Any repeatable distance or circuit.
2. Teams or pairs of mixed ability.

STEP / VARIATIONS

1. Team competition.
2. Hills.
3. Steps.

SAFETY TIPS

1. Check runners are aware of distances, circuits, or return points
2. Avoid road crossings, where possible
3. Continuous assessment of risk and challenge to whole group

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THINK INCLUSIVE!

TIMED Loops

YOU WILL NEED
Park paths, street blocks, watch

AIM

To deliver a multi ability activity. Runners to work at a continuous effort maintaining form.

WHAT IS IT?

1. A set route of known approximate distance.
2. A continuous run at the runner's own pace.
3. Repeatable, to demonstrate improvement.

RESOURCES

1. Easy-to-follow circuit, without road crossings.
2. Distance measurement by any simple means.
3. A watch to call times.
4. Written record for future reference.
5. Works well in open spaces (e.g. a park), or 'round the block', or on city streets.

STEP / VARIATIONS

1. Different distances for different abilities.
2. Pairs of similar ability for challenge.
3. Set off runners at intervals with fastest last.

SAFETY TIPS
1. Check runners are aware of /familiar with the loop routes
2. Avoid road crossings, where possible
3. Continuous assessment of risk and challenge to whole group

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SESSION feedback

How did the session accommodate mixed abilities?

How did the leader explain the session?

How was the leader able to maintain group management?

What safety or risk factors did you take into consideration?

How might you adapt the session to progress?

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