



GREAT!  
YOU WERE 20cm  
CLOSER TO THE  
CONE THAN  
LAST TIME!

## DEVELOPING FAST RUNNING

- Working in pairs, stand on a line together.
- One person moves away and places a cone at where the other says they can run to in 5 seconds.
- One person runs as fast as they can towards the cone with the other timing.
- The person timing shouts 'STOP' after 5 seconds and marks where the runner reached.
- Re-position the cone and try again to run past it.
- Swap roles and repeat.
- Have a race first to one cone, then go back to the start and race to the other.
- Once all the cones are in position, pairs can race each other over the various distances.
- Repeat running for 10 and then 20 seconds.



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THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY