**CROSS COUNTRY LESSONS FROM ELEVATING ATHLETICS: WARM UP, MAIN ACTIVITY, AND COOL DOWN.**

|  |  |
| --- | --- |
| **AGE** | **ACTIVITY** |
| Age  5-7 | Traffic Lights: 4 cones mark off an area 20m square. Run on the spot when your teacher holds up an orange marker. Go on green. Stop on red. Keep your eyes on the signals, but be aware of other runners. |
|  | Beanbag Relay: Stand in files, with a pile of beanbags [or balls, or markers] inside a hoop 25m from each team. On a signal, one player runs to collect one beanbag and bring it back. Once all the beanbags are back, you keep the game going by replacing them in the hoop one at a time. Build up from 5 minute games to 10/ 15 minutes. A score can be kept. |
|  | Windmills: Run around inside the 20m square. When your teacher calls ‘windmills’ keep running, but circle your arms forwards at the same time. On ‘reverse windmills’, circle your arms backwards. |
| Age  7-9 | Squirrels: A hoop is placed in each of the four corners of a field to represent the squirrels’ tree, and a pile of beanbags [or tennis ball, or markers], representing the nuts, are placed in a hoop in the middle. From behind the tree you race out to collect one nut to store in the tree. When all the nuts are stored, the game ends with a count up. A variation is ‘Cheeky Squirrels’. Once all the nuts are stored, the squirrels have 60 seconds to collect nuts one at a time from the other trees. Wait till your team mate returns. |
|  | Shuttle Runs: Stand in files, with the other half of your team 50m away. One at a time, run across and give  your team mate a rubber ring [or baton] to take back across. Find out for how long your team is expected to run – 5/10/15 minutes. A score can be kept on the number of runs. |
|  | Around the World: Four compass points are laid out on a field at north, south, east, west and everyone runs on the spot in the middle of this. When your teacher calls ‘north’ run out to the marker and back, ready for the next call. Next time extra markers can be laid out for NE, SW and so on. |
| Age  9-12 | Foxes and Chickens: Stand facing a partner in the middle of the field in two lines, one named ‘Foxes’ and the other ‘Chickens’. When the teacher calls ‘Chickens’, you race 25m to your den behind the boundary line, chased by the Fox, who tries to tag you. On ‘Foxes’, you chase them. |
|  | Trains: A makeshift track is laid out with a triangle of markers at opposite curves. In fives, jog round as a train following the engine at the front. When you’re at the back, just lift your pace a little to run outside your train and become the new engine, then settle the pace back down to a jog, until everyone has been at the front twice. Your teacher will set the number of times, or the number of minutes’ running. |
|  | Rock, Paper, Scissors: Stand facing a partner in the middle of the field in two lines, and play the game. When you lose, race the 25m to your boundary line to neutralise the point. When you win, chase your partner to secure the point by tagging him before he gets ‘home’. When you both produce the same result e.g. paper, both do two full squats and start again. |
| Age  12-13 | Pacing your Running: A makeshift 200m track is set up with 2 sets of 3 markers. Find a partner and run round together in a set time. Several pairs can run at once while another 2 sets are resting. |
|  | Endurance Game: Two makeshift tracks are constructed, a small one inside a large. Two teams lob beanbags into a hoop 6m away. If successful, run a full lap for a point: miss and you run a penalty lap.  Once learnt, play the game for 15-20 minutes, keeping scores. Score 0 for a penalty lap |
|  | Figure of Eight Runs: A 200m track is set up with a triangle of cones at each end. A team at each corner runs a figure of eight in file, one after the other. Progress to two teams running at once for 5 minutes. |
| Age  13-14 | Shuttle Runs for Style: Teams split in two and stand 30m apart and run across the space one at a time with high hips/ up tall/ arms swinging backwards and forwards/ ankle extension/ rolling onto your toe. |
|  | The Pacing Game: A makeshift 200m track is marked off in 50m quarters. Small teams jog round in a set time. Your teacher will blow a whistle at quarterly times e.g. every 10 seconds for a 40-second lap. Your team scores 10 points for an accurate run, but loses one point for every second out. Run 8- 10 times. |
|  | 3-Man Paarlauf: No1 stands at the half way mark with No 3 behind. Run round to give a baton to No2 on the other side, and wait till No3 brings your baton back round for 15-20 minutes of continuous running. |
| Age  14-15 | Figure of Eight Runs: Teams stand at each corner, and all run steadily at once. You’ll have to jog through a group one at a time, and each time you pass alongside a group, give them a low five. Rest, and run again. |
|  | Cooper’s Twelve Minute Run: Either on a measured 200m/400m track, or on a 100m down and 100m back course, run steadily for 12 minutes to see how far you can run. Call your name after each 200m to have the check sheet recorded as 2/4/6/8 -/32. On the 12 minute whistle, stand still; every 25m counts. |
|  | 2-Man Paarlauf: No 1 stands at the half-way mark with a baton. Run round to No2 on the other straight, and then jog across the centre to be back in position to receive the baton again at the half-way mark. |
|  | **A.C. Robertson, Master Coach, SSAA.** |