

### Content outline

This activity is an introduction to hurdles. It aims to provide the young person with activities to develop the basic techniques associated with the track event.

- Basic hurdling technique
- General warm up
- Creativity



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### Space

- If space is available, the distance that is being sprinted can be increased.
- If this activity is being performed indoors; make sure the area is clear of obstacles which could cause harm, and ensure the surface is not slippery



### Task

- To make the task easier – run beside the hurdles to try the hurdling action first to improve confidence
- You can also increase the distance between the hurdles to make the task easier
- The distance being travelled can be adapted to make the task easier / more difficult
- Try switching your lead leg to make the task more difficult
- Can you apply a sprint start to the beginning of this activity (you need appropriate space to do this)



### Equipment

- Suitable space for a run is required
- A stop watch can be used if comparing running times after multiple attempts
- Cones, or any objects which can act as markers
- What household items can you use to act as hurdles? (Eg. Cardboard boxes, pizza boxes, bags-for-life)



### People

- If other people are available, the activity can be performed within a small race / competition
- If someone younger is working with you, what tips can you provide them to help them improve at this task?

### • Learning intention

#### Physical:

- To develop the basic technique for hurdles

#### Personal:

- Creativity
- Confidence

#### Learning questions:

- What happens if you miss time your hurdling technique?
- What advice would you give someone else performing this activity?
- What is the correct height of a hurdle for your age group if you are competing?
- What are the current world records for Hurdle events?