

## 800-METER TIME TRIAL

### STUDENT TARGETS

- **Skill:** I will demonstrate correct running and pacing technique.
- **Cognitive:** I will run at a safe and challenging running pace.
- **Fitness:** I will rank my rate of perceived exertion after my run and compare that with my heart rate data.
- **Personal & Social Responsibility:** I will use positive language with myself and my teammates for encouragement throughout the time trial.

### TEACHING CUES

- Personal Pace, Personal Best
- Focus on Form
- Find a Comfortable Rhythm
- Positive Self-Talk

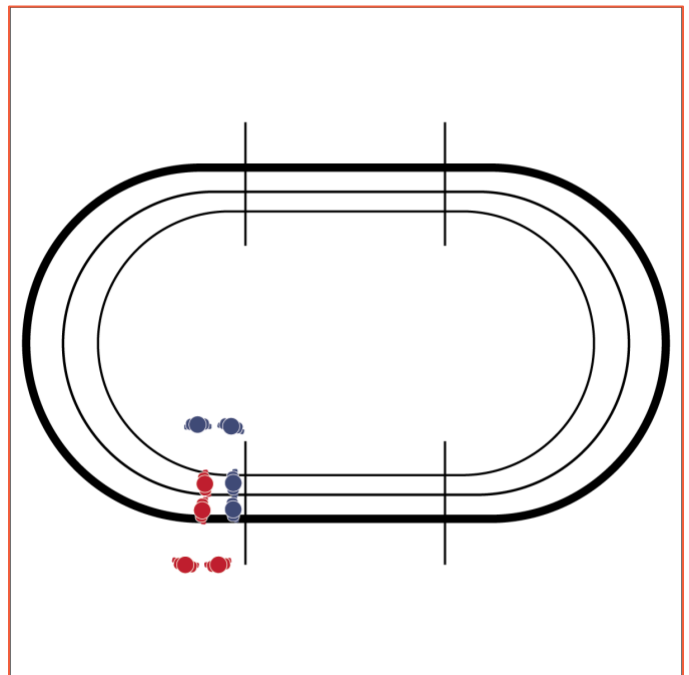
### ACTIVITY SET-UP & PROCEDURE

#### Equipment:

- 1 stopwatch per group of 4
- 1 Time Trial Journal Page per student
- Pens or pencils

#### Set-Up:

1. Create a running loop if you do not have access to a track.
2. Create groups of 4. In each group, pair students. Each pair will run together at an agreed upon pace. They can adjust pacing during the run. However, they must run together.
3. 2 students per group at the starting line ready to race. 2 on the side of the start line with a stopwatch.



#### Activity Procedures:

1. Today's activity is an 800-meter time trial. Think back to our continuous relay. How far was your team able to run in 15 minutes? Use that information to help you estimate how long it might take for you and your running partner to run 800 meters.
2. Keep in mind, each relay interval was 50 meters with a lot of rest in between intervals. Without relay partners, 800 meters will take you longer and you'll need to run at a much slower pace.
3. On the start signal, you and your partner will begin running together. Focus on form and safe pacing as you run. When complete, record your time, RPE and HR data on your journal page and then get ready to time your teammates as they run.

#### Grade Level Progression:

- 6<sup>th</sup>:** On students' first attempt, prompt all pairs to build 2 50-meter walking intervals into their run. This will give all students known rest intervals and will encourage them to keep running until they hit a walk interval.
- 7<sup>th</sup> & 8<sup>th</sup>:** Perform the activity as written.

**800-METER TIME TRIAL**

UNIVERSAL DESIGN ADAPTATIONS

- Use advanced students as support/pacing runners with some in the front, middle, and back of the group. Prompt them to be encouraging and positive as they run alongside their peers.
- Use spot markers or arrow signs to help students stay on course.
- Make the distance shorter.

ACADEMIC LANGUAGE

Challenge, Encourage, Heart Rate, Pace, Optimism, Positive Language, RPE (Rate of Perceived Exertion), Safe, Self-Talk, Teammate, Technique, Time Trial

STANDARDS & OUTCOMES ADDRESSED

- **Locomotor Skills** (6) Safely and purposefully uses mature locomotor skills in rhythms and patterns in dance, fitness, and sport environments. (7) Combines mature locomotor and manipulative skills dance, fitness, and sport environments. (8) Combines locomotor skills with movement concepts in dance, fitness, and sport environments.
- **Personal Challenge** (6) Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feedback, and/or modifying the tasks. (7) Generates positive strategies such as offering suggestions/assistance, leading/following others, and/or providing possible solutions when faced with a group challenge. (8) Develops a plan of action and makes appropriate decisions based on that plan when faced with a challenge.
- **Personal Responsibility & Safety** (6) Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk. (7) Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class. (8) Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

DEBRIEF QUESTIONS

- **DOK 1:** What is self-talk? What is optimism?
- **DOK 2:** How is self-talk related to optimism? How does self-talk affect your effort when faced with a challenge?
- **DOK 3:** How can you change or modify your self-talk in order to stay focused on overcoming a challenge?

TEACHING STRATEGY FOCUS

**Help students practice skills, strategies, and processes:** For many students, 800 meters is a very long distance to run. The thought of the process will set off a variety of self-talk dialogs that will range from excitement to disgust. Most students (and adults) allow their self-talk to reinforce gut-level reactions and do not have the skills or experience to take control of the voices and words in their heads in an effort to promote personal optimism and courage in the face of challenge or discomfort. The 800-Meter Time Trial provides an opportunity to make this process explicit for all students and will give them practice and opportunities to truly think about a process that all humans experience.