

Grade 10

Lesson 2

Lesson plan

Lesson theme	Introduction to 5km walking/running 6-week programme	Grade	10
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none">• Recreation and physical wellbeing• Movement focus: Fitness.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">• Learners are exposed to a running/walking programme.		<ul style="list-style-type: none">• Learners improve their fitness levels.	
Core knowledge			
<ul style="list-style-type: none">• Know how to track progress on a log record• Know how to follow a running/walking programme over a 6-week period.			
Learning activities and assessment			
<ul style="list-style-type: none">• Learners are introduced to a 5km running/walking programme• Warm-up• Running activity• Cool-down.			
Forms of assessment		Resources	
<ul style="list-style-type: none">• Checklist• See ‘Learner assessment’ in the ‘Checklist for evaluation’ at the end of the lesson.		<ul style="list-style-type: none">• Running/walking training programme for 5km run• Physical fitness log records.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">• Encourage learners to join a local running/walking club or to start their own one with friends and family.		<ul style="list-style-type: none">• The activity provides learners with an enjoyable way to get physically active and improve their fitness levels.	

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Lesson 2: Introduction to 5km walking/running 6-week programme

1 Outcomes

By the end of the lesson learners should be able to:

- Implement a programme they can follow to improve their fitness through running and walking
- Work at improving their fitness to a level that will allow them to complete a 5km run at the end of a 6-week period.

2 Teacher's corner

Setting up

- This lesson is ideally carried out on a field marked for rugby, hockey or football so that learners have lines to guide them along a route.

For lesson 2 you'll need the following equipment:

- Running/walking training programme for 5km run (1 for each learner), see 'Your training programme' on page 16
- Physical fitness log records (1 for each learner), see page 17.

3 Activities

Activity 1: Feedback (5 minutes)

1. Give learners their fitness level ratings based on the 2.4km test completed in the previous lesson
2. Divide the class into 5 groups according to their fitness level (use the fitness level rating categories referenced in the previous lesson as a guide).

Activity 2: Introduction to 5km running/walking programme (5 minutes)

1. Provide each learner with a copy of the 5km running/walking programme (see 'Your training programme')
2. Provide learners with log records so they can track their progress. They must hand these in at the end of the 6-week period (see 'Your physical fitness log record')
3. Inform learners that they will be required to complete a running/walking programme over a 6-week period in order to improve their fitness levels
4. Assign each group a starting level in this programme and then inform the class that they are required to follow this programme for a period of 6 weeks, after which time they will have their fitness reassessed.

Activity 3: Warm up (5 minutes)

Plan a warm-up exercise based on the warm up and dynamic stretching exercises found on pages 3 to 7.

Activity 4: Running/walking (20 minutes)

Each group in the class completes the activity session according to their starting level in the 5km running/walking programme.



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Activity 5: Cool-down (10 minutes)

Plan a cool-down exercise based on the cool-down and stretching exercises found on page 8.

4 Wrap-up (5 minutes)

- Encourage learners to continue with the programme by following the guidelines on the sheet provided for them
- If learners would like to complete a similar programme outside of school, advise them how to get into contact with the organisation Run/Walk For Life (visit www.run/walkforlife.co.za)
- Alternatively, learners could set up their own running or walking group with friends or family by simply following the 5km programme guidelines.

5 Assessment

- Complete the 'Learner assessment' according to the mark allocation in the table below ('Checklist for evaluation')
- Mark off participation in lesson on the class list and complete the 'Checklist for evaluation'.

Lesson 2: Checklist for evaluation

Activity	Question	Yes	No
Completing the activity for the 5km programme	<ul style="list-style-type: none"> • Do learners understand how to follow a fitness programme? • Did they manage to complete the activity for their starting level in the 5km running/walking programme? 		
Teacher reflection	<ul style="list-style-type: none"> • Do you think the learners understand the benefits of following a fitness programme? • Do you think that this activity has made them more aware of their physical fitness and ways to improve it? 		
	<ul style="list-style-type: none"> • If you had to repeat the lesson, what improvements would you make to it? 		
Learner assessment	Assess whether learners hand in a physical fitness log record: <ul style="list-style-type: none"> • Learners handed in a complete 6-week training programme (9 to 10 marks) • Learners handed in a complete 3 to 4-week training programme (7 to 8 marks) • Learners handed in a complete 3 to 4-week training programme (5 to 6 marks) • Learners handed in a complete 1 to 2-week training programme (3 to 4 marks) • Learners did not hand in any programme at all (0 marks). 		

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5 Your training programme

"Simple steps to jogging 5km in 6 weeks!"

(5km running/walking programme designed by K Mc Quaide-Little, Sports Science Institute of South Africa)

Week 1		No of repeats	Week 4		No of repeats
Warm-up	15 min walk every session		Warm-up	10 min walk every session	
Monday	2 min jog/2 min walk	6	Monday	6 min jog/2 min walk 4 min jog/2 min walk	2
Tuesday	Rest		Tuesday	Rest	
Wednesday	2 min jog/2 min walk	6	Wednesday	8 min jog/2 min walk 3 min jog/2 min walk	2
Thursday	Rest		Thursday	5 min walk 15 min easy jog	
Friday	3 min jog/2 min walk	5	Friday	10 min jog/2 min walk 3 min jog/2 min walk	2
Saturday	Rest		Saturday	Rest	
Sunday	Brisk 20 min walk		Sunday	Brisk 30 min walk	
Week 2		No of repeats	Week 5		No of repeats
Warm-up	15 min walk every session		Warm-up	5 min walk every session	
Monday	3 min jog/2 min walk	6	Monday	15 min jog/2 min walk 2 min jog/2 min walk	2
Tuesday	Rest		Tuesday	Rest	
Wednesday	4 min jog/2 min walk	5	Wednesday	25 min jog/2 min walk 5 min jog/2 min walk	2
Thursday	Rest		Thursday	Rest	
Friday	4 min jog/2 min walk	5	Friday	15 min jog/2 min walk 2 min jog/2 min walk	2
Saturday	Rest		Saturday	Rest	
Sunday			Sunday	Brisk 30 min walk	
Week 3		No of repeats	Week 6		No of repeats
Warm-up	10 min walk every session		Warm-up	5 min walk every session	
Monday	5 min jog/2 min walk 3 min jog/2 min walk	6	Monday	5 min walk 20 min easy jog	2
Tuesday	Rest		Tuesday	Rest	
Wednesday	5 min jog/2 min walk 3 min jog/2 min walk	6	Wednesday	5 min walk 20 min easy jog	2
Thursday	Rest		Thursday		
Friday	6 min jog/2 min walk 3 min jog/2 min walk	5	Friday		2
Saturday	Rest		Saturday	15 min easy jog	
Sunday	Brisk 20 min walk		Sunday	5km run!	

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Your physical fitness log record

Complete the following log record each week to monitor your fitness programme.

Day	Prescribed programme (eg 30 minutes walking)	What I did (eg 25 minutes walking)	Effort rating (1-5)*	Comment (eg felt ok, just a bit tired)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Comment for the week and how I feel (eg I managed to complete all 3 sessions and coped quite well):

* Effort rating (1 = felt very easy; 5 = felt very tiring)