

Head to Head Sprint Competition

Brief Description:

In pairs, students run in opposite directions around a course. First back wins.

Aims and Objectives:

Students will:

- Experience competition against students of a similar ability

Resources:

HEAD TO HEAD SPRINT MAPS 1, 2 and 3 (one each), control cards (one each), score sheet (see below), answer sheet (see below), sticky labels, pens and marker pens.

Preparation:

Print maps and control cards as required

The Session:

Head to Head Map 1

1. Arrange the students into pairs (try to put them into equal ability pairings). Give out maps, control cards, pens and stickers (students stick these to themselves).
2. Each pair will run the race head to head, i.e. starting at the same time. One will run clockwise, the other anti-clockwise round the course (See diagram 1).
3. Students need to be told which way that they are going (clockwise or anticlockwise). Circle the 1st number on the control card they are to start at.
4. Start the pairs off at 1 minute intervals **OR** when the first pair has had sufficient time to reach the first control.
5. The first student back from each pair with the correct controls visited is the winner and gains 3 points; the other is the runner up and gains 1 point. If they both finish together give them both 3 points. (If the controls are incorrect the 3 points is awarded to the one with the correct ones, if both are wrong, both get 1 point.)
6. When students return from their run they can mark up their sticker with either a "3" for winner or a "1" for the runner up. This will make it easier to keep track of the number of points they have got.

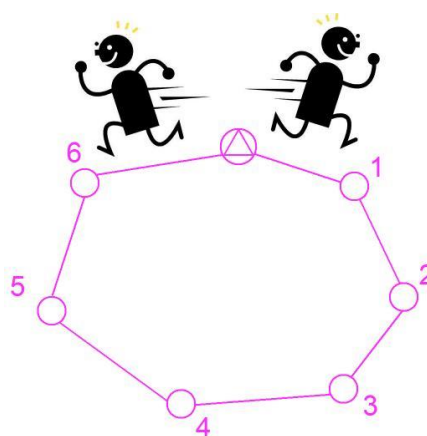


Diagram 1

Head to Head Map 2

7. Based on the results of the first race pair up the students again, winners against winners and runners up against runners up. (Any students who are left over, match as far as possible on ability).
8. Repeat the race again on course 2.

Head to Head Map 3

9. Based on the results of the second race pair the students again, winners against winners and runners up against runners up. (Any students who are left over, match as far as possible on ability).
10. Repeat the race a final time on the course 3.
11. Record race results on the crib sheet below. If there is more than 1 person with 9 points, they could be given a final sprint to find the overall winner.

Extension Activities:

Run more sprint competitions.

Head to head map 1 Answers

| Number on map | Code letters green | Code number red | Code letters black |
|---------------|--------------------|-----------------|--------------------|
| 1 | E | 28 | CH |
| 2 | D | 30 | CK |
| 3 | C | 32 | GH |

Head to head map 2 Answers

| Number on map | Code letters green | Code number red | Code letters black |
|---------------|--------------------|-----------------|--------------------|
| 1 | Y | 33 | NG |
| 2 | B | 35 | SH |
| 3 | A | 36 | TH |

Head to head map 3 Answers

| Number on map | Code letters green | Code number red | Code letters black |
|---------------|--------------------|-----------------|--------------------|
| 1 | I | 40 | WH |
| 2 | W | 42 | NK |
| 3 | L | 44 | LK |

