

SPRINTING 100M AND 200M

KEEP YOUR SHOULDERS DOWN AND RELAXED AND YOUR HEAD UPRIGHT IN LINE WITH THE REST OF YOUR BODY. KEEP SHOULDERS STRAIGHT AND AVOID LATERAL ROTATION



ARMS SHOULD BE LOOSELY HELD AT RIGHT ANGLES AND DRIVEN BACK AT THE ELBOW AS FAR AS POSSIBLE. ON THE SWING BACK FORWARDS, PUMP YOUR HANDS TO SHOULDER LEVEL

PRETEND YOUR HIPS ARE BEING PULLED UPWARDS BY A STRING AT THE TOP OF YOUR HEAD TO ACHIEVE HIP HEIGHT



WHEN THE FOOT IS COMING TOWARDS THE GROUND, LIFT THE TOES UP TOWARDS THE SHIN SO YOUR FOOT IS HORIZONTAL. YOU LAND ON THE MID FOOT, WITH THE FOOT UNDERNEATH THE BODY

HEELS SHOULD COME OFF THE FLOOR AND TRAVEL IN AN ARC TOWARDS THE BUM, ALMOST FLICKING IT, BEFORE TRAVELLING THROUGH TO THE FRONT

100M KS3 BOYS STANDARDS
GOLD 13.4 SEC
SILVER 15.0 SEC
BRONZE 17.5 SEC

200M KS3 BOYS STANDARDS
GOLD 28.8 SEC
SILVER 32.6 SEC
BRONZE 38.3 SEC

100M KS3 GIRLS STANDARDS
GOLD 14.7 SEC
SILVER 16.5 SEC
BRONZE 18.5 SEC

200M KS3 GIRLS STANDARDS
GOLD 31.4 SEC
SILVER 35.5 SEC
BRONZE 40.0 SEC

PUSH YOUR KNEES FORWARDS AND UP HIGH. THIS WILL GENERATE MORE POWER, ENCOURAGE A LONGER STRIDE AND COVER MORE DISTANCE



100M WR 9.58 SEC

200M WR 19.19 SEC