

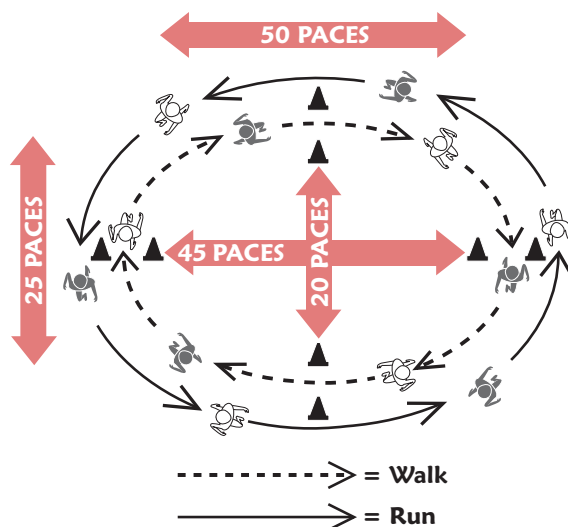


Prep

- 8 cones (to create 2 tracks)
- 1 pedometer per student (or 1 per 5 students if not enough available)
- Music and player (optional)

Set

- Create 2 tracks, 1 inside the other. Outer track 25X50 paces, inside track 20X45 paces.
- Pair students, each with a pedometer. One partner begins on inside track and other on outside track.



Teach

1. In the *Daytona 2000* you will practice pacing and interval training by moving around the tracks. Your goal is to total at least 2000 steps. (*Choose more or less steps depending on variables for your class.*)
2. The outside track is the racing track. You may run at a smooth, steady pace. When passing others, pass on the outside. Move counterclockwise.
3. The inside track is the walking track. Move clockwise and walk at an even, steady pace.
4. On signal (every minute), find your partner, give them a high-five, then switch tracks.
5. Continue until stop signal.
6. **Cues**
 - Pace yourself so you can run/jog for at least 1 minute continuously.
 - Switch directions when you switch tracks.
 - Pass on the outside.
7. **Challenges**
 - How many cones can you pass before the signal to switch tracks?
 - Can you get more than 2000 steps?
8. **Think About...**
 - What zone did you feel like you were in most of the time? Why do you think you were in that zone?
 - Did you concentrate on speed walking or just resting while on the inner track? Why?

DAYTONA 2000

EXTENSIONS

Soccer/Basketball

(Need 1 soccer and/or basketball per pair.) Choose a ball and dribble (either soccer or basketball-style) while on the outside track. On signal, pass the ball to your partner and switch tracks.

Partner Power

(Pair students; need 1 pedometer per pair.) The partner on the outer running track wears the pedometer. (Signal to switch every 3 minutes.) Your goal is to get as many combined steps as possible.



WELLNESS INTEGRATION

Foot fact: 25% of the bones in the human body are located in the feet! Take care of those bones with the right tires. Different shoes are made for different purposes and a good pair of running shoes should have soles built to absorb force and provide plenty of arch support. Your feet are your most important mode of transportation – lace up and get moving!



STANDARDS ADDRESSED

NASPE

#3, 4 Aerobic capacity, interval training

#5, 6 Accepting challenges

Your State (Write in here)



TEACHING TIPS

- Use music to motivate and/or as a start and switch signal.
- Pre-plan so a single class is organized in the same format from beginning to end. Have students work in pairs throughout the lesson. (Fewer transitions=more practice and activity time.)

NOTES
