

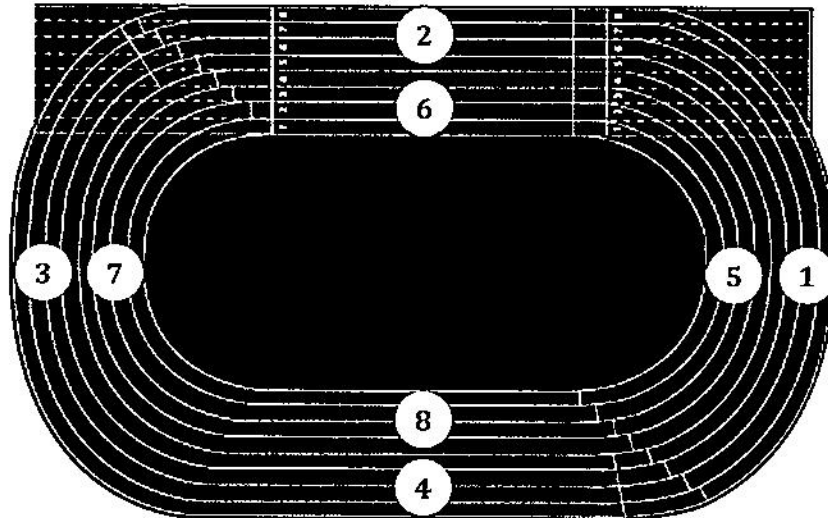
Worksheet (11.1): Energy Races

In your groups of four each of you will take part in one race each. Each race will be an 800 m race against other competitors, but you can only travel each section of the track using the following methods.

- 100% sprint
- Toe-to-heel walk
- Slow jog
- Power walk

Each method can only be used a maximum of twice per race, e.g. you can only sprint two sections of the track.

Use the tables below to plan your race strategy and record your team's results.



Example of athletics track. You may be using the sports hall for your practical lesson.

	Race 1	Race 2	Race 3	Race 4
Track section	Competitor name:	Competitor name:	Competitor name:	Competitor name:
	Method used	Method used	Method used	Method used
1				
2				
3				
4				
5				
6				
7				
8				
	Competitor's Score for Race:	Competitor's Score for Race:	Competitor's Score for Race:	Competitor's Score for Race: