

**Name/Title:** Running Speeds with Dice

**Purpose of Event:** It is to help students understand the different speeds of running and then using that knowledge to pace themselves in a longer distance run.

**Prerequisites:** None

**Suggested Grade Level:** all

**Materials Needed:** 4" or 6" Plastic or Foam Dice

### Description of Idea

Explain to the students that when a person runs, they run at a certain speed. We are going to learn how to run at different speeds today by using the dice to help us understand the different speeds.

Then explain that a level 1 (show the 1 on the dice) is a SLOW walk (lollygag or saunter) and demonstrate this speed. Next is level 2 (show the 2 on the dice) which is a normal walk speed. Demonstrate. Then speed 3 is power walk (walking with a purpose). Speed 4 is slow jog. Speed 5 is run (but not their fastest). Speed 6 is a sprint.

Start the students off with a level 1 walk and gradually increase the level as one sees that the students are grasping the concept.

Then after the demonstrative lesson, have the students run/walk around the gym or other lap course where the teacher or a student can roll the dice and have the students practice the different speeds with direct supervision.

Word of Caution: Depending on the size you your area you might have a couple of students demonstrate sprinting, but not have them actually sprint in the gym.

**Assessment Ideas:**

After having the students run all the levels, use the dice or one's own imagination to check for understanding of the levels of running switching between different levels.

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Submitted by **Debra Laulainen** in Longview, WA. Thanks for contributing to PE Central! **Posted on PEC: 2/6/2015.**

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