**Name/Title:** Track & Field Teams  

**Purpose of Event:** This is a lesson for grouping students on the first day of a track & field unit.

**Suggested Grade Level:** 6-8

**Materials Needed:** Index cards or pieces of paper, pens or pencils, 1 baton for every four students, and a stop watch for every two students.

### Description of Idea

Begin class with a proper warm-up (never stretch cold muscles). Assign each student a partner or let them choose a partner. Make sure each pair has a stopwatch and a pencil and that each student has an index card.

Give the students 5-10 minutes to time each other in the 100m. Tell them to record each of their scores on their own index card (make sure each student puts his/her name on the card). After 5-10 minutes, tell the students to circle their best/lowest score. Collect the cards. Put them in order starting with the best/lowest score. Number the cards, 1 through 20. To make the teams, put the following card numbers together:

1,10,11 and 20 Team 1  
2,9,12 and 19 Team 2  
3,8,13 and 18 Team 3  
4,7,14 and 17 Team 4  
5,6,15 and 16 Team 5

If you add the card numbers of each team, you should get the same answer. For example, 1+10+11+20=42 and 2+9+12+19=42 and so on. This method should make your teams fair.

Once the teams are organized, give each team a baton and have them run a 4x100 relay three times. Each time should be recorded and the best time for the group circled. Each group will use these times as a benchmark.

### Variations:

Use groups of 3 or 5

### Assessment Ideas:

Have each group of four set a goal according to their first recorded 4x100 time.

### Teaching Suggestions:
While organizing teams, have each group of two students work on their own (guided discovery) to create the "fastest, most efficient baton pass" possible.

Teach the baton pass in another lesson.

Use Olympic Sprint Training lesson idea for a peer checklist to improve times.

**Adaptations for Students with Disabilities:**

Students in wheel chairs or other disabilities participate with the rest of the class. Improving the time recorded by the group is the goal for the track & field relay.

Submitted by Bob Wright in Richboro, PA. Thanks for contributing to PE Central! **Posted on PEC: 11/5/2001.**

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