

Name/Title: Small Space Big Track

Purpose of Event: To maximize the gym space.

Prerequisites: Students understand personal pace while jogging for 5-10 minutes and they recognize the importance of social responsibility in large crowds.

Suggested Grade Level: 3-5

Materials Needed: Cones and ropes, [Diagram](#)

Description of Idea

Do your students run on a tiny track? Utilize your gym better by having the kids run up First Street, down Second Street, up Third Street, down Fourth Street and around the end of the gym back to First Street.

Cones are used to divide the gym into 4 lanes. String ropes in between the cones. (I like to place a small cone on top of a large cone to pinch the JR handle in between.) Leave plenty of room next to the walls so students can easily make the turn. Best of all--you can't tell whose in first-second, etc.

[View Diagram](#)

Assessment Ideas:

Encourage the students to see how hard they are working by taking their heart rate and comparing it to the training zone for cardio improvement.

Teaching Suggestions:

Student helpers are assigned each week to support students needing assistance.

Submitted by **L Hempel** who teaches at Cherry View Elementary in Lakeville,, MN. Thanks for contributing to PE Central! **Posted on PEC: 6/6/2008.**

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