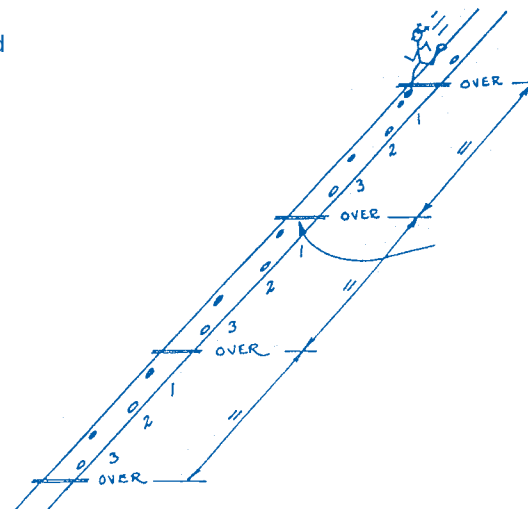
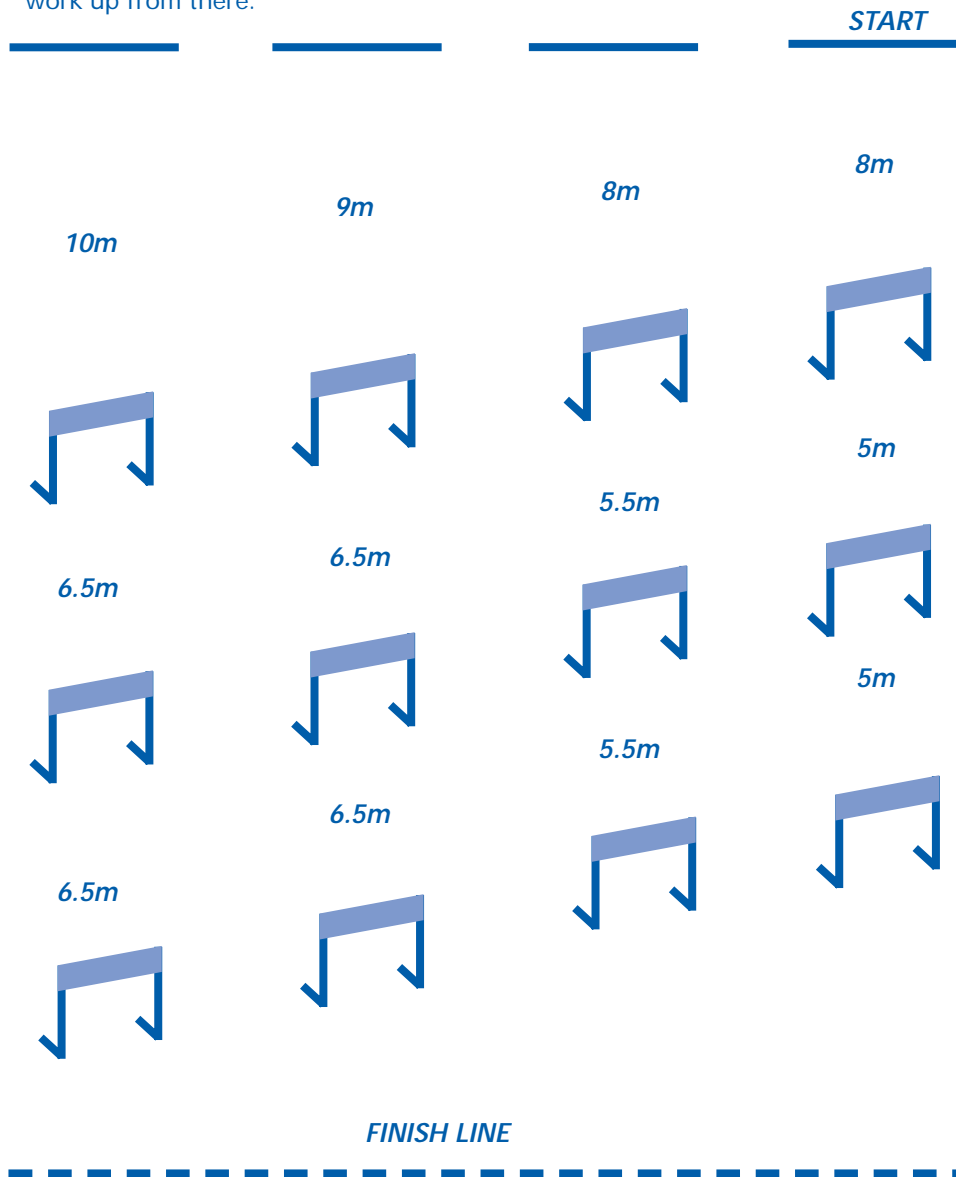


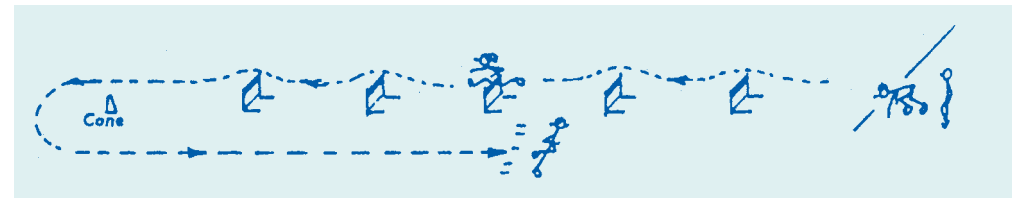
**HURDLES GRID FOR UNIT 4**

This is just a guide; for older or taller students you may need to start grid at 6m and work up from there.



**RHYTHM**

1. Place a number of cane sticks on the track across the lane as shown. Place 6 1/2 to 7 1/2 m apart according to age and height.
2. Run over the sticks freely several times developing a four stride pattern. Count the rhythm, i.e., 1, 2, 3, over until it is 'grooved in'.
3. Notice that, with the rhythm, the same leg crosses the stick each time. The student has now quite voluntarily chosen his/her lead leg.
4. Now using cones or blocks gradually raise the height of the sticks to 10 cm, 20 cm, 30 cm, 40 cm, 50 cm. Sticks on cones, foam hurdles or 2-way P.V.C. hurdles should be used.



Take-over by touching shoulder of the next student.

**HURDLE OUT RUN BACK RELAY**

Using conventional hurdles. Take-over by touch of shoulder.

- Ensure obstacles are low.
- Increase distance of cone from last hurdle if one team is too good for others.
- Try relay initially in non-competitive situation and encourage students to get "1 - 2 - 3 rhythm" — bring this then into competitive situation.