



# Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

## Endurance

Endurance can also be referred to as cardiovascular fitness or aerobic fitness. It is the capacity of the circulatory and respiratory systems to supply oxygen during sustained physical activity. The heart and lungs should work efficiently to supply oxygen to the body during physical activity. You should feel slightly out of breath and warm. Your heart rate will increase as well as your rate of breathing. However you should be still able to have a conversation.

### Activities that promote endurance:

**Skipping:** Many children need to be taught to skip (or perhaps to jump initially). The rope should be long enough to meet a child's armpits. Turn the rope making small circles with the wrists. Jump and land on the balls of the feet. Turn the rope over the head and jump when it reaches the ground. Add variety to types of skips.

Get the child to set a personal target. Keep-a-record of the scores over a number of lessons using personal record cards. Designate certain times during the physical education lesson for skipping. Gradually build up to allow 2/3 minutes skipping at a time. If outdoors and on grass encourage children to run and skip forward and backwards as they skip allowing for progression and variety.

If there are no ropes or for variety, use line markings in a hall or playground markings in a yard to encourage the children to jump over and back safely across the lines (Draw lines with chalk if necessary). Ask children to skip to music if indoors.

**Running:** Running is an excellent form of endurance but it needs to be fun. Running programmes should be individualised to each child. Set up a school outdoor trail. Measure the perimeter of the trail. Use flags to mark the trail e.g. 4 zones. Children are given a set time to walk/run and they count the number of times they enter each zone. At the end of the walk/run the children complete their own running record card to mark the number of zones completed. A total is made to calculate the distance covered (e.g. 1 zone= 20 meters). Children attempt to increase the distance covered. Allow children to walk and run combined. Over a number of weeks the children should be able to see their achievements and feel their improvements. Children try to decrease the distanced walked to running.

**Variety:** Count the number of steps to complete one trail. This is your baseline record. Can you increase the distance and the number of steps? Use a pedometer (see IPPEA 2102 Conference Notes page 41).



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## Resources

<b>NAME:</b>		
<b>CLASS:</b>		
<b>DATE:</b>		
<b>TRAIL NUMBER</b>	<b>=</b>	<b>STEPS</b>
<b>DATE:</b>		
<b>TRAIL NUMBER</b>	<b>=</b>	<b>STEPS</b>
<b>DATE:</b>		
<b>TRAIL NUMBER:</b>	<b>=</b>	<b>STEPS</b>

Running Record Step Card

Running Record Card School Running Trail =      meters

 Zone 1		Zone 2 
<b>Name:</b>		
<b>Class:</b>		
<b>Number of zones completed:</b>		
Zone 3 		Zone 4 