



Westacre Middle School PE Knowledge Web: Cross Country

Skill Acquisition



Fundamental Movement Skills

Cross country skills

Cross country running is an **endurance race**. This means that you can't spring the entire race. Instead, you need to pace your race so that you don't get too tired too quickly, but have to still run as fast as you can. Arms and legs are more relaxed.

Sustain pace— A similar speed is kept and continued for the duration of the run/race.

Determination— This is the quality you show when you have decided to finish the run/race and you will not let anything stop you.



Teamwork and Leadership



Cooperation

Some inter school competitions at school age level are scored by the top 5 runners from a certain school. This means that teamwork is vital and everyone needs to run to the best of their ability to secure success for the school.

This is also similar to how we run house competitions at our school. Strong leaders in cross country will praise and encourage others in their house to maintain their pace, even in difficult terrain / weather.



Cross Country teams will not blame teammates if they fail to qualify but will instead be supportive and suggest improvements in technique or training.

Performance Analysis



Technical Vocabulary

What is cross country running?

Cross country running is a natural-terrain version of long-distance track and road running. The course may include surfaces of grass and earth, pass through woodlands and open country, and include hills, flat ground and sometimes gravel road. It is both an individual and team sport.

Cross country strategies

One mistake cross country runners often make is failing to pace themselves. Pacing the run means understanding for your body's natural limits. By pushing too hard, too early, you may find yourself unable to finish the distance during a workout or in competition.



Self-reflection

Keep track of your run with a pace calculator so that you're aware of your averages and splits. It is still a good idea to use a timer to help gauge your threshold for a given distance.

Healthy Active Lifestyle



Inspirational people

Born in Ethiopia, Kenenisa Bekele currently holds the Olympic world record for the 10,000-metre race and has previously set world records in both the 5000m and 10000m races.

A three-time Olympic gold medal winner, Bekele has also been incredibly successful outside of the Olympic games. His success in the world of cross-country running has made him the most successful runner in the history of the IAAF (International Association of Athletics Federations) World Cross Country Championships, having won an astounding 11 long and short course victories.



Year 5

Can sustain pace over longer distances.

Year 6

Develop the ability to run for distance.
Can change pace and run at different tempos.

Year 7

Investigate running styles and changes of speed to suit different events.

