

# Warm-Up with the Pacer

*Contributed by the Physical Education Staff at Ellis Technical High School, Danielson, CT*

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## I. Content-Specific Knowledge

Concepts to incorporate while performing the pacer run

- 3-parts of a work out (warm up , work out & cool down)
- Heart rate (resting & working)
- Fitness components (cardiovascular, muscular strength, muscular endurance, flexibility)
- FITT Principle

## II. Instructional Arrangement

How many people should run at a time?

*Depending on the space of your gym and the size of the class.*

- 1 at a time
- Groups of 2
- Groups of 3

## III. Differentiating Instruction

Change up the distance

*Run to and from different lines.*

- Full court
- 20 meter line
- 15 meter
- Use different lines on your gym floor to vary the distance and to keep it fun

Change up the number of laps for each group

*Adjust for interest*

- 1
- 2
- 3
- 4
- Be creative

### *Example*

#### Warm-up pacer run using laps

- 🏃 1 lap
- 🏃 2 laps
- 🏃 3 laps
- 🏃 4 laps
- 🏃 Repeat above pattern 2-3 times

### III. Differentiating Instruction continued.....

Different types of patterns when running a lap

*Use variations*

- Jog forward
- Backward
- Side shuffle
- Criss-cross
- Hop on one foot
- Hop on 2 feet
- Skipping, high knees
- Different plyometric moves

#### ***Example***

##### **Warm- up pacer run using laps & different types of running**

- 🏃 1 lap
- 🏃 2 laps
- 🏃 3 laps
- 🏃 4 laps
- 🏃 Repeat above again

Change the distance of the lines to 15 meter or half court

- 🏃 2 laps backwards
- 🏃 2 laps side shuffle
- 🏃 2 laps Criss-cross
- 🏃 Finish with 2 laps jogging forward

#### ***Example***

##### **Warm- up pacer run using laps & different types of running**

- 🏃 1 lap (repeat 6 times)
- 🏃 2 laps (repeat 6 times)
- 🏃 4 laps (repeat 3 times)

Change the distance of the lines to 15 meter or half court

- 🏃 2 laps hop on one foot
- 🏃 2 laps hop with 2 feet
- 🏃 2 laps skipping
- 🏃 1 lap running forward ( repeat 6 times)

### III. Differentiating Instruction continued.....

Include Interval Training

- Do 1 lap, the next bell perform a different exercise, 1 lap back

#### *Example*

##### **Interval Training with the pacer run as a warm-up**

- 🏃 1 lap
- 🏃 2 laps
- 🏃 3 laps
- 🏃 1 lap, the next bell jumping jacks, 1 lap back
- 🏃 1 lap, the next bell high knees, 1 lap back
- 🏃 1 lap, the next bell lateral jumps, 1 lap back
- 🏃 Repeat above pattern one more time
- 🏃 Finish with 2 laps for each group

#### *Example*

##### **Interval Training with the pacer run as a warm-up**

- 🏃 1 lap
- 🏃 2 laps
- 🏃 3 laps
- 🏃 1 lap, the next bell pushups or wall pushups, 1 lap back
- 🏃 1 lap, the next bell squat and turn 180, 1 lap back
- 🏃 1 lap, the next bell calve raises, 1 lap back
- 🏃 Repeat above pattern one more time
- 🏃 Finish with 2 laps for each groups

#### *Example*

##### **Basketball how to incorporate the pacer as a warm-up**

Warm up groups of 2

- 🏃 Change up the number of laps 1 lap 2 laps 3 laps 4 laps repeat with a basketball
- 🏃 Add basketball passes: (bounce pass, chest pass, overhead pass)
  - 🏃 run 1 lap jog back to half court and perform a pass to your partner (repeat with each pass)