

# Beach Flags and Sprints

## Activity Instructions

### Key Learning Outcomes:

By the end of this activity, students should demonstrate an understanding of Beach Flags / Sprints as lifesaving events; and running and movement (familiarisation). They should also display an understanding of the Beach Flags start and sprinting.

### Equipment needed:

- Open space for warm up
- Open space with approximately 20 metres between start line and finish line for Beach Sprints activity
- Markers cones (or boundary lines)

### Activities:

1. Discuss the safety considerations including no pushing and stay within the area.
2. Warm up – Run throughs of high knees, skip, side-step, 50-90%.
3. Set-up 20m running track with start and finish lines marked out with cones.
4. Rips and Rocks – Partner participants and have them stand opposite each other in the centre of the area with arms distance apart. Explain that one line will be called rips, the other rocks. If rocks is called out, they must turn and get to their area end before their partner catches them – the opposite if rips is called out.
5. Beach Flags Start – introduce and break down heads up/down. Do not include flags yet.
6. **If students are at home**, have them set-up a 20 'step' (can do multiple lengths and use toys or other object to mark their start and finish lines) track and time difference between standing start and beach flag start etc.

### Teaching tips:

- Australia wide competition
- The sprint between the start and the finish is 20 metres (modify if you have less space)
- There is always one less 'flag' than participant
- Race is repeated until there is a winner
- Stay in designated area
- Clear the area if necessary
- Encourage participants to pump arms fast when sprinting
- Beach Flags Start: Lie on stomach, heads facing forward, toes on line, ankles together, elbows out
- One hand on top of other; chin above hands
- Starting command is 'heads down' then rips or rocks
- Use both hands to push off, stand up and turn (chasing team) to sprint
- Allow modifications if required, i.e. not all pairs to lie down