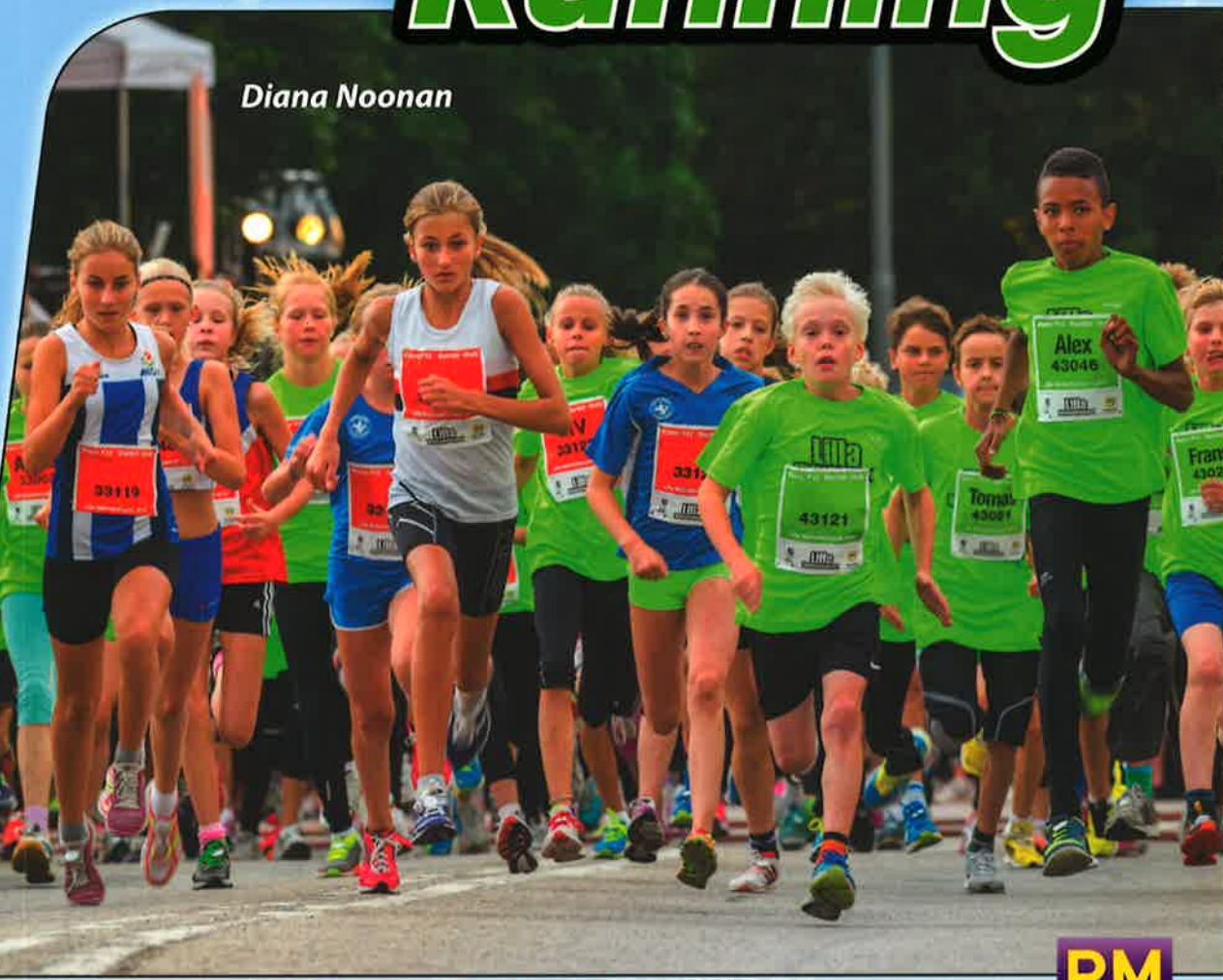
Long-Distance Running

Diana Noonan



PM

For teachers' inspection ONLY

Long-Distance Running

Level 23 **Curriculum Area** Health and Physical Education

Running Words 881 **Text Types** Information Report (Informative) pages 2–17
Description (Informative) pages 18–22

Retelling to encourage critical thinking about the content

Ask each student to retell the information report and description in his or her own words. Record the retellings for further discussion and reflection.

Think and Talk About …

Fact boxes in the book encourage each student to explore the statements further and to share the information with others.

Questions to reinforce meaning and stimulate discussion

Literal

1 How do some adults train for long-distance running events?
2 What is the distance of the half marathon?

Inferential

3 Why does the distance of a cross-country run for children depend on the age of the runner?
4 Why are some running clubs called 'community clubs'?
5 Why do some families enter fun runs as a team?
6 Why are some long-distance runs famous?
7 How would runners protect themselves as they run through the Amazon jungle?

Applied Knowledge

8 Why does long-distance running challenge many people?

The Marathon des Sables

Literal

1 Why is the Marathon des Sables known as 'the race where you carry everything on your back'?

Inferential

2 Why do runners have to take a compass?

Applied Knowledge

3 What could runners do if they were caught in a sandstorm?
4 Why is water essential when running marathons?

Links with other PM Guided Reading Books and Cards

Level 23 Card Narrative *Race Day!*

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The Marathon des Sables 18
Glossary 23
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Running Is a Sport for Everyone

Sport is often thought of as a team game.
But many sports involve just one person.
Long-distance running is one of them.

Both children and adults can enjoy long-distance running.
It is a sport for people
who want to compete in events,
and for people who like to run for fun and fitness.

Whatever **goals** a runner has,
there is a long-distance running event to suit them.



Think and Talk About ...

It is very important that runners drink plenty of water and avoid running in the hottest part of the day.

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Children and adults sometimes take part in long-distance runs together.

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Cross-Country Runs

Many children first try long-distance running
when they take part in a cross-country run at school.
Cross-country events are run over uneven ground.
Runners may have to cross fences
and run up and down hills.
Sometimes they have to splash through water and mud,
and run over rough ground.

Cross-country runs for children are from 800 metres
to 3 kilometres long.
The length of the run will depend
on the age of the runner.



Cross-country runners often have to run over muddy ground.

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Community Clubs

Children who enjoy long-distance running at school usually join a running club in the community.

Runners meet after school or at weekends.
The members are put into groups according to their age.
They take part in long-distance road or cross-country runs.

An adult runner goes with each group of children to make sure everyone is safe.
Club members often wear a uniform.



Community running clubs sometimes hold races for their members.

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Think and Talk About ...

Community running clubs are often called "harrier clubs". Harrier clubs are named after a game of chase. The game was played over 180 years ago by children in England.

