

TEXT C provides information about how to improve your sprinting skills.	
In ONE paragraph of between 70 - 80 words, write a summary on steps to get faster at sprinting.	
Note:	
1.	You are NOT required to give a title for the summary.
2.	You must write a fluent paragraph.
3.	Use your own words as far as possible.
4.	Indicate your word count at the end of your summary. You will be penalised for exceeding the maximum number of words or failing to indicate the number of words used.

STEPS TO GET FASTER AT SPRINTING	
1	You want to get faster? Who doesn't? Well, one of the main factors is form. Sprinting isn't exactly just a speed-up version of your regular form during an easy run or jog. The movement patterns of running and sprinting are different, sprinting is more explosive, to be precise. To supercharge your sprints, you will need to get the basics down first.
2	The harder you run, the more vital it is to warm up your muscles. Walk and easy run for five to 10 minutes, and include dynamic exercises or drills like high knees, or simply try this 5-minute warm-up routine.
3	Keep your torso upright, shoulders relaxed and away from your ears, and engage your core. You should also try to incorporate core-strengthening moves – think side planks with reach, legs down with scissors, and mountain climbers – into your workouts to help give you the power to push forward.
4	Land on your forefoot, and focus on pushing off from your toes to propel yourself forward and keeping your feet flexed upward toward your shins. Running softer and landing quieter might help reduce injury. Hold your arms in a bent position at 90 degrees, and drive your elbows backward to create momentum. Think like a cyclist and move your feet in a circular motion, raising your thighs up until they are parallel to the ground.
5	Long strides are energy wasters –focus on speed rather than distance as you sprint. You'll run faster and more efficiently by taking short, quick strides. Relax and sync your breathing to the rhythm of your feet. You'll reduce wasted energy from muscle tension. Follow these tips to improve your breathing while you run to help prevent possible injuries.

[Adjusted from: <https://www.runnersworld.co.za/>]

TOTAL SECTION B: 10

Quotes ...	Own words
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Geography Paper1 For Grade10

Theresa Bourke, Reece Mills, Rod Lane

Geography Paper1 For Grade10:

Idaho Bulletin of Education Idaho. State Board of Education,1916 *Public Documents* Nebraska,1913

Parliamentary Papers Great Britain. Parliament. House of Commons,1920 **Resources in Education** ,2000-04

School Management Emerson Elbridge White,1893 This treatise is a presentation of the subject of school management from the standpoint of the author s experience observation and study Pains have been taken to be clear in the statement of principles and practical and suggestive in their applications A free use has been made of concrete illustrations in the service of understanding an abstract principle It is hoped that this treatise may satisfy the most thoughtful and experienced teachers and that it may be of special interest and profit to those of more limited professional training and experience **Birth Of My First Patent** R. Easwaran,2022-08-13 The author is the inventor of an apparatus for the helicopter He holds an International Patent Application and a Patent Grant Certificate from the Indian Patent Office The book describes how a humble hobby and inclination to do simple school projects helped the author get a Patent Grant for a novel invention Youngsters are the country s future This book attempts to motivate all its readers to discover the potential within themselves It is a good mixture of technical sociological and philosophical insight This book is certain to be an eye opener for youngsters parents and educationists **Secondary, Higher Secondary and Higher Education - Reference Book** Prin. Dr. Jayshree A. Airekar,2019-12-02 Explore Educational Progression Secondary to Higher Education by Dr Ananya Kapoor for a detailed examination of the seamless transition and challenges across secondary higher secondary and higher education levels

Catalogue of the Lake Linden Public Schools for the Year ... Lake Linden (Mich.). Board of Education,1894 **Joint**

Documents of the State of Michigan Michigan,1884 **Biennial Report** Nebraska. Department of Public Instruction,1911 **Research in Education** ,1974 *South Carolina Elementary School Manual for Primary and*

Intermediate Grades South Carolina. State Department of Education,1928 **Wordsearches** Adrian Wallwork,2017-12-12 On the train on the beach on the sofa many people in all parts of the world enjoy doing wordsearches If you are studying English and want to learn and practise vocabulary related to various topics then this book is for you The topics reflect the kinds of everyday conversations that you might have both with native and non native speakers of English The topics are also those that are typically tested in English examinations e g TOEFL Cambridge First Certificate Advanced IELTS and Trinity Each chapter begins with a list of questions to enable you to have a conversation about a particular topic in various situations on a social occasion e g a work dinner a conference lunch a party in the classroom during an English lesson when chatting either face to face or online and during an English oral exam After the list of questions you will find a Word List associated with the topic and exercises to test your knowledge of less common words The final aim is then to find the words from the Word List in the related Wordsearch Easy English is a series of books to help you learn and revise your English with minimal effort You can improve your English by reading texts in English that you might normally read in your own language e g jokes

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web 500 g chicken mince 1 zucchini coarsely grated 2 spring onions thinly sliced ½ cup packaged dried herb and garlic breadcrumbs 1 500 g jar bolognese sauce ½ cup finely grated mozzarella

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