



## Running 3.4 – Colour tag, running rectangles

8 - 12 year olds

### Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today..

*Can you think of any sports where you have to run forward, sideways and backwards?*

### Warm-up: Colour tag (5 - 8 minutes)

- Leader divides children into 4 equal groups.
- Each group is wearing a different colour pinnie.
- Leader calls a colour that is “it” and a locomotor movement (walk, run, gallop, skip).
- The team that is “it” tries to tag members of the other teams.
- When a child is tagged they must freeze in a “star” position.
- To rejoin the game, another team member must “high-five” the star and then crawl under the star’s legs.
- Leader changes what colour is “it” every few minutes.

**TIME:** 30 minutes

**SKILL:** Locomotion

**EQUIPMENT:** Cones, tape, pinnies

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

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## Demonstration: Sprinting different directions (2 - 3 minutes)

- Leader explains: *We can run in three directions: forwards, sideways, and backwards.*
- Leader sets up 4 cones to make a large rectangle about 5x10 metres.
- Leader demonstrates running around the rectangle while always facing the same direction.
  - » *Run forward along one long side of the rectangle.*
  - » *Run sideways with knees higher on first short side.*
  - » *Run backwards on the other long side.*
  - » *Run sideways in the opposite direction on the second short side.*
- Leader should remind children when demonstrating:
  - » *Keep your head still and look ahead.*
  - » *Bend your arms at the elbows and do not cross the front of your body.*
  - » *Lift your knees higher when running sideways (think “high knees”).*
  - » *When you run backwards, lift your heels higher, point your toes forwards, turn your head, and look towards the cone where you are going.*
  - » *Arms “pump” more vigorously and you run “on your toes.”*

## Practice: Running rectangles (5 - 8 minutes)

- Leader uses cones to make rectangles.
- Leader divides children into groups of 3-5.
- Each group has their own rectangle about 5x10 metres.
- Children run around the rectangle facing one direction as shown in the demonstration:
  - » *Run forwards.*
  - » *Run sideways.*
  - » *Run backwards.*
  - » *Run sideways.*
- When running backwards, the children should point their feet forwards while looking over their shoulder towards the cone they are headed towards.

## TIPS FOR INSTRUCTION

- There are many elements that make up mature running.
- Watch each child and provide individual feedback when needed.
- Repeat the cues often.
- Ensure enough repetitions to practice technique and create progress.
- Watch for fatigue and provide rests when necessary.

## CUES

- *Head still*
- *Look forward*
- *Hands pump “hip to lip”*
- *Arms don’t cross front of body*
- *Knees high*
- *On toes*

- Leader can signal a change of speed in which the children are running
  - » *Run slowly.*
  - » *Run as fast as you can (sprint).*
  - » *Run slowly forwards and backwards and run fast sideways.*
  - » *Run slowly sideways and run fast forwards and backwards.*
- If children want to pass others, they must pass “on the outside” and not on the inside closest to the rectangle.

### **Game: Straight ahead (8 - 10 minutes)**

- Leader divides children into groups of 4.
- Children are numbered 1, 2, 3, and 4.
- Numbers 1 and 3 line up at one end of activity space.
- Numbers 2 and 4 line up 3-5 metres away from 1 and 3 (distance depends on age and ability level of group).
- When the leader calls “Go!” player 1 runs to “high-five” player 2.
- Player 2 then runs to “high-five” player 3.
- Player 3 then runs to “high-five” player 4.
- Player 4 then runs to “high-five” player 1.
- Continue until all players are back in their original spot.
- Repeat the game asking children to run in different ways:
  - » *Jog to the next player*
  - » *Sprint forward to the next player*
  - » *Sprint backwards to the next player*
  - » *Sprint sideways to the next player*

### **Wrap-up (2 minutes)**

Call the children back into a circle.

Review what they learned today.

*What part of your foot touched the ground when you were sprinting?*