Running 2.1: Basic running
5 - 8 year olds

Introduction (1 - 2 minutes)
Greet the children and invite them to sit quietly in a semi-circle.

*Can anyone think of sports or games where running is important?*

Explain that today they will learn how to be better, faster runners.

Warm-up: British bulldog (8 - 10 minutes)
- Two children act as bulldogs and stand in the centre of the gym.
- The rest of the children line up across one baseline of the gym.
- When the bulldogs yell “British bulldogs”, the other children try to run from the baseline to the other side of the gym without being tagged by a bulldog.
- Any child who is tagged becomes an extra bulldog in the centre.
- Repeat until there are only two children remaining who are not bulldogs.
- These two remaining children become the bulldogs for the next round.
Demonstration: Basic running (2 minutes)

• Tell children that there are things they can do to be better runners.
• Quickly demonstrate the difference between jogging (medium speed) and sprinting (running fast).
• Explain that jogging is good for going longer distances and sprinting is good for short distances.
• Arms should be bent at the elbows and do not cross the centre of the body.
• When jogging, arms “pump” gently forward and backward.
• When sprinting, arms pump more vigorously.
• When sprinting, knees come up higher and hands pump from “hip to lip”.

Practice: Running on the spot (5 minutes)

• Ask the children to run on the spot with you for 30-60 seconds at a time.
• Ask them to slow down or speed up their arms and legs together.
• Keep the head still, not loose and “flopping” from side to side.
• From time to time, ask the children to stop and balance on one foot as they run slowly on the spot.
• If they stand on the right foot, the right hand should point forward and vice versa.
• Repeat a few times so children can grasp the concept of moving the opposite arms and legs.

TIPS FOR INSTRUCTION

• There are many elements that make up mature running.
• It is beyond the scope of this basic lesson to address all of them.
• Simply watch each child and provide individual feedback based on the practice instructions.

CUES

• Keep head still.
• Arms “pump” gently when jogging.
• Arms “pump” vigorously when sprinting.
• Arms and legs move opposite.
Game: Fire “safety” tag (8 - 10 minutes)
- Generally, 2 children are “fires” and another is a “firefighter”.
- When the fires tag a child, the child must stop, drop, roll, and then crawl.
- If the firefighter tags a crawling child, the child is free to get up and run again.

Wrap-up (1 - 2 minutes)
What special movements do we need to remember so we can be good runners?

TIPS FOR INSTRUCTION
- Emphasize safety first and say that a real firefighter would not be proud if the children got hurt running around without looking.
- Provide individual feedback based on the practice instructions.

CUES
- Look up
- Space bubble (Locomotion 1.1)
- Swing arms