



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.

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Cones

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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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*