



Running 2.2: Octopus tag, jogging, tent tag

5 - 8 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.

Today we are going to practice how to run.

What do your arms look like when you are running?

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Cones, music

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Warm-up: Octopus tag (5 - 8 minutes)

- Leader chooses 2 children “octopi” to be it.
- “Octopi” begin in the centre of the activity space.
- All other children are “fish”.
- “Fish” spread out along a base line at one end of the activity space.
- When the “octopi” yell “*Octopus!*” all “fish” try to run to the other base line without getting tagged.
- “Octopi” are allowed to run and chase the “fish”.
- If tagged the “fish” become “seaweed” and stand with their feet rooted where they were tagged.
- “Seaweed” try to tag the “fish” in the following rounds.
- Restart the game when only 2 “fish” are left. They become the “octopi”.

Demonstration: Running (1 - 2 minutes)

- Leader sets up a perimeter with cones in the activity space.
- Make sure all children can see the cones.
- Leader demonstrates how to run around the cones at medium speed.
- Leader demonstrates the following:
 - » *Keep head still and look ahead.*
 - » *Arms should be bent at the elbows.*
 - » *Arms pump forward and backward.*
 - » *Arms do not cross the front of your body.*
- Leader asks the children to run on the spot for 30-60 seconds.
- Leader also runs on the spot and reminds children to bend and/or pump their arms.

Practice: Jogging around activity space (4 - 5 minutes)

- Children spread out around perimeter of activity space.
- *When the music starts, I want you to run slowly around the cones.*
- *Slow running is called “jogging”.*
- *When the music stops, you must “freeze” like a statue.*
- Music should play for 20-60 seconds depending on age and ability of group.
- Repeat activity 3 or 4 times, changing the direction that the children are running each time.
- Change the music to a faster tempo and encourage children to run faster with the music.
- Watch arms and remind individual children to use their arms when necessary.

Game: Tent tag (5 minutes)

- Leader choose one child to be “it”.
- Child who is “it” tries to tag other children.
- If child is tagged, they must form a “tent” with their body: Bend forward, hands on the floor, seat in the air.
- To become free, another child must crawl under the “tent”.

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

How did you feel when you were running around the activity space?

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 when needed.

CUES

- *Head still*
- *Look forward*
- *Arms bent*
- *Arms “pump” forward and backward*
- *Arms don’t cross front of body*