Running 2.3 – Running fast, crows and cranes
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 running very fast or “sprinting”.*

*Can you think of a sport or game where you have to run very fast or “sprint”?*
Warm-up: Follow your partner (5 - 8 minutes)

- Leader divides children into pairs.
- Pairs spread out along lines around activity space.
- If there are no floor markings, leader can create lines using masking tape (indoor) or chalk (outdoor on asphalt or concrete).
- Leader calls out a locomotor movement (*walk, run, jump, hop, gallop, skip*).
- *When the music starts, one partner leads the other partner around the lines.*
- *When the music stops, you must freeze and listen for the next movement.*
- Partners should take turns leading each other.

Demonstration: Running fast (1 - 2 minutes)

- Leader sets up 2 cones about 10 metres apart.
- Make sure all children can see the cones.
- Leader demonstrates how to run fast (sprint) by starting at one cone and running to the next.
- Leader should remember the following when demonstrating:
  - *Keep head still and look forward.*
  - *Arms should be bent at the elbows.*
  - *Arms should “pump” vigorously in sprinting.*
  - *Arms should not cross the front of the body.*
  - *Hands travel from “hip to lip” and knees come up sharply.*
  - *Running on toes.*
- Leader asks all children to stand up, spread out, and run on the spot with the leader for 30-60 seconds.
- Leader asks children to speed up and slow down on the spot (follow the leader).
- Leader reminds each child to bend arms, pump arms, raise knees, etc. as needed.
Practice: Running fast (5 - 8 minutes)
• Leader divides children into groups of 3 or 4.
• Groups line up along a start line at one end of the activity space.
• Using tape or cones, leader marks a finish line 8-12 metres from the start line.
• Distance will depend on age and ability level of children.
• When the leader says “Go!” the first child in each line sprints to the finish line.
• After running, each child waits a safe distance behind the finish line (mark a safe area with cones).
• Remind children about their “space bubble” – don’t run into other children.
• After all children have sprinted to one side, repeat going the other way.

Game: Crows and crane (8 - 10 minutes)
• Leader divides children into two equal teams.
• Teams stand facing each other on either side of a dividing line in the middle of the activity space.
• Each team has a safety zone at the end of their half of the activity space.
• One team is the “crows” and the other team is the “cranes”.
• When I shout “crows”, the crows must turn and sprint towards their safety zone.
• The cranes chase the crows and try to tag them before they reach their safety zone.
• If a crow is tagged they become a crane and join the crane team.
• Line up at centre again and repeat.
• Alternate rounds where crows chase cranes and cranes chase crows.
• Game ends when all players are on the same team.

Wrap-up (2 minutes)
Call the children back into a circle.

Review what they learned today.

How did you feel when you were running fast?

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
• Hands pump “hip to lip”
• Arms don’t cross front of body.
• Knees high
• Run on toes