Running 2.4 – Colour tag, running rectangles
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.

Can you think of a sport where you would 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 which colour is “it” every few minutes.
Demonstration: Running forwards, sideways, backwards (2 - 3 minutes)
• We can run in three directions: forwards, sideways, 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”).

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.

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.
• Encourage lots of practice but pause when necessary to avoid over-stress and excessive fatigue.
• When running backwards, the children should point their feet forwards while looking over their shoulder towards the cone they are headed towards.

• 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: Red light, green light (10 - 12 minutes)**

• Ask children to spread out along one end of the activity space.

• Explain the game “Red light, green light”.

• When I call “green light”, run as fast as you can towards the other end.

• When I call “red light”, freeze in an interesting shape.

• When I call “yellow light”, run slowly towards the other end.

• In different rounds, change the way you want the children to run (e.g. “This time I want you to run in zig-zags,” or “This time I want you to run backwards.”)

**Wrap-up (2 minutes)**

Call the children back into a circle.

Review what they learned today.

Which way of running was easiest for you?

Which way of running was hardest for you?

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**CUES**

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