

Running 3.2: Octopus tag, tent tag

8 - 12 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 jog.

When you “jog”, are you running longer distances or shorter distances?

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”.

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Cones

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

Demonstration: Jogging (2 - 3 minutes)

- Leader explains that we “jog” when we want to run longer distances.
- *Jogging is for slow distance running, sprinting is for short fast runs.*
- *Sprinting is “on your toes” and you lean forward.*
- *When jogging, your foot rolls “heel to toe” and you stay upright.*
- Leader sets up 2 cones about 10 metres apart.
- Make sure all children can see cones.
- Leader demonstrates how to jog by running around the cones continuously for 10-20 seconds.
- 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.*
 - » *Foot hits the ground “heel to toe”.*
- 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: Jogging (10 - 15 minutes)

- Children spread out around the perimeter of the activity space.
- *When the music starts, I want you to “jog” around the activity area.*
- *When the music stops, stop jogging and walk around. This is our “rest” time.*
- Music should play for 1-2 minutes depending on age and ability of the group.
- Walking or rest time should be about 20-30 seconds.
- Repeat 3 or 4 times, and change the running direction each time.
- Change between fast and slow tempo music, and ask children to “jog” in time with the music.
- Encourage the children simply to walk quickly “heel to toe” if they are too tired to continue jogging.
- If children want to pass others, they must pass “on the outside”.

Game: Tent tag (5 minutes)

- Leader choose one child to be “it”.
- Child who is “it” tries to tag other children.
- When children are 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 jogging around the activity space?

TIPS FOR INSTRUCTION

- There are many elements that make up mature running.
- Watch each child and provide individual feedback when needed.
- Repeat the cues often.
- Ensure enough repetitions to practice technique and create progress.
- Watch for fatigue and provide rests when necessary.

CUES

- *Head still*
- *Look ahead*
- *Arms bent*
- *Arms don't cross front of body*
- *Arms “pump” forward and backward*
- *Foot hits the ground “heel to toe”*