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:

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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”