**Running 3.4 – Colour tag, running rectangles**

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.

*Can you think of any sports where you 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 what colour is “it” every few minutes.

**TIME:** 30 minutes  
**SKILL:** Locomotion  
**EQUIPMENT:** Cones, tape, pinnies

**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: Sprinting different directions (2 - 3 minutes)
- Leader explains: We can run in three directions: forwards, sideways, and 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”).
  » When you run backwards, lift your heels higher, point your toes forwards, turn your head, and look towards the cone where you are going.
  » Arms “pump” more vigorously and you run “on your toes.”

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.
- When running backwards, the children should point their feet forwards while looking over their shoulder towards the cone they are headed towards.

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 forward
- Hands pump “hip to lip”
- Arms don’t cross front of body
- Knees high
- On toes
• 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: Straight ahead (8 - 10 minutes)**
• Leader divides children into groups of 4.
• Children are numbered 1, 2, 3, and 4.
• Numbers 1 and 3 line up at one end of activity space.
• Numbers 2 and 4 line up 3-5 metres away from 1 and 3 (distance depends on age
  and ability level of group).
• When the leader calls “Go!” player 1 runs to “high-five” player 2.
• Player 2 then runs to “high-five” player 3.
• Player 3 then runs to “high-five” player 4.
• Player 4 then runs to “high-five” player 1.
• Continue until all players are back in their original spot.
• Repeat the game asking children to run in different ways:
  » Jog to the next player
  » Sprint forward to the next player
  » Sprint backwards to the next player
  » Sprint sideways to the next player

**Wrap-up (2 minutes)**
Call the children back into a circle.
Review what they learned today.

*What part of your foot touched the ground when you were sprinting?*