



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

Students develop and demonstrate movement skills in a variety of activities.

Running 2.1: Fire “safety” tag

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Cones

Introduction (1 - 2 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Can anyone think of sports or games where running is important?

Explain that today they will learn how to be better, faster runners.

Warm-up: British bulldog (8 - 10 minutes)

- Two children act as bulldogs and stand in the centre of the gym.
- The rest of the children line up across one baseline of the gym.
- When the bulldogs yell “British bulldogs”, the other children try to run from the baseline to the other side of the gym without being tagged by a bulldog.
- Any child who is tagged becomes an extra bulldog in the centre.
- Repeat until there are only two children remaining who are not bulldogs.
- These two remaining children become the bulldogs for the next round.

Demonstration: Basic running (2 minutes)

- Tell children that there are things they can do to be better runners.
- Quickly demonstrate the difference between jogging (medium speed) and sprinting (running fast).
- Explain that jogging is good for going longer distances and sprinting is good for short distances.
- Arms should be bent at the elbows and do not cross the centre of the body.
- When jogging, arms “pump” gently forward and backward.
- When sprinting, arms pump more vigorously.
- When sprinting, knees come up higher and hands pump from “hip to lip”.

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 based on the practice instructions.

CUES

- *Keep head still.*
- *Arms “pump” gently when jogging.*
- *Arms “pump” vigorously when sprinting.*
- *Arms and legs move opposite.*

Practice: Running on the spot (5 minutes)

- Ask the children to run on the spot with you for 30-60 seconds at a time.
- Ask them to slow down or speed up their arms and legs together.
- Keep the head still, not loose and “flopping” from side to side.
- From time to time, ask the children to stop and balance on one foot as they run slowly on the spot.
- If they stand on the right foot, the right hand should point forward and vice versa.
- Repeat a few times so children can grasp the concept of moving the opposite arms and legs.

Game: Fire “safety” tag (8 - 10 minutes)

- Generally, 2 children are “fires” and another is a “firefighter”.
- When the fires tag a child, the child must stop, drop, roll, and then crawl.
- If the firefighter tags a crawling child, the child is free to get up and run again.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

What special movements do we need to remember so we can be good runners?

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