



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

Running 2.3: Crows and cranes

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Tape, chalk, cones, music

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).

Today we are going to practice running very fast or "sprinting".

Can you think of a sport or game where you have to run very fast or "sprint"

Warm-up: Follow your partner (5 - 8 minutes)

- Leader divides children into pairs.
- Pairs spread out along lines around activity space.
- If there are no floor markings, leader can create lines using masking tape (indoor) or chalk (outdoor on asphalt or concrete).
- Leader calls out a locomotor movement (*walk, run, jump, hop, gallop, skip*).
- *When the music starts, one partner leads the other partner around the lines.*
- *When the music stops, you must freeze and listen for the next movement.*
- Partners should take turns leading each other.

Demonstration: Running fast (1 - 2 minutes)

- Leader sets up 2 cones about 10 metres apart.
- Make sure all children can see the cones.
- Leader demonstrates how to run fast (sprint) by starting at one cone and running to the next.
- Leader should remember the following when demonstrating:
 - » *Keep head still and look forward.*
 - » *Arms should be bent at the elbows.*
 - » *Arms should “pump” vigorously in sprinting.*
 - » *Arms should not cross the front of the body.*
 - » *Hands travel from “hip to lip” and knees come up sharply.*
 - » *Running on toes.*
- 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: Running fast (5 - 8 minutes)

- Leader divides children into groups of 3 or 4.
- Groups line up along a start line at one end of the activity space.
- Using tape or cones, leader marks a finish line 8-12 metres from the start line.
- Distance will depend on age and ability level of children.
- When the leader says “Go!” the first child in each line sprints to the finish line.
- After running, each child waits a safe distance behind the finish line (mark a safe area with cones).
- Remind children about their “space bubble” – don’t run into other children.
- After all children have sprinted to one side, repeat going the other way.

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.

CUES

- *Head still*
- *Look forward*
- *Hands pump “hip to lip”*
- *Arms don’t cross front of body.*
- *Knees high*
- *Run on toes*

Game: Crows and crane (8 - 10 minutes)

- Leader divides children into two equal teams.
- Teams stand facing each other on either side of a dividing line in the middle of the activity space.
- Each team has a safety zone at the end of their half of the activity space.
- *One team is the “crows” and the other team is the “cranes”.*
- *When I shout “crows”, the crows must turn and sprint towards their safety zone.*
- *The cranes chase the crows and try to tag them before they reach their safety zone.*
- *If a crow is tagged they become a crane and join the crane team.*
- Line up at centre again and repeat.
- Alternate rounds where crows chase cranes and cranes chase crows.
- Game ends when all players are on the same team.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

How did you feel when you were running fast?

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