Running 2.4: Red light, green light
5 - 8 year olds

TIME: 30 minutes
SKILL: Locomotion
EQUIPMENT: Cones, tape, pinnie

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 you think of a sport where you would 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 which colour is “it” every few minutes.

Demonstration: Running forwards, sideways, backwards (2 - 3 minutes)

- We can run in three directions: forwards, sideways, 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”).

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.
- 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.

**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.
• Encourage lots of practice but pause when necessary to avoid over-stress and excessive fatigue.

**CUES**

• Head still
• Look forward
• Hands pump “hip to lip”
• Arms don’t cross front of body
• Knees high
• On toes

**Game: Red light, green light** (10 - 12 minutes)

• Ask children to spread out along one end of the activity space.
• Explain the game “Red light, green light”.
• When I call “green light”, run as fast as you can towards the other end.
• When I call “red light”, freeze in an interesting shape.
• When I call “yellow light”, run slowly towards the other end.
• In different rounds, change the way you want the children to run (e.g. “This time I want you to run in zig-zags,” or “This time I want you to run backwards.”)

**Wrap-up** (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Which way of running was easiest for you?
Which way of running was hardest for you?