



Running 2.3 – Running fast, crows and cranes

5 - 8 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 running very fast or “sprinting”.

Can you think of a sport or game where you have to run very fast or “sprint”?

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Tape, chalk, cones, music

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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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.

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 (2 minutes)

Call the children back into a circle.

Review what they learned today.

How did you feel when you were running fast?

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*