



Running 3.3 – In or out, crows and cranes

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.

When you “sprint” are you running short distances or long distances?

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Tape, chalk, cones, hoops, bean bags

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Warm-up: In or out (5 - 8 minutes)

- Leader spreads several hoops around the activity area on the floor.
- Leader distributes bean bags around the activity space—some inside hoops, some outside hoops.
- Leader divides children into 2 equal teams named “ins” and “outs”.
- The “ins”, place the bean bags in the hoops and “outs” place them just outside the hoops.
- Children are only allowed to move one bean bag at a time.
- Children must “place” the bean bags in or out of hoop. Throwing is not allowed.
- Each round should last no longer than 2 minutes as the game can be very tiring.

Demonstration: Sprinting (1 - 2 minutes)

- Leader explains that when we want to run very fast, we “sprint”.
- Leader sets up 2 cones about 5-10 metres apart.
- Make sure all children can see cones.
- Leader demonstrates how to sprint by starting at one cone and running to the next.
- Leader should remember the following when demonstrating sprinting:
 - » *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.*
 - » *Run “on your 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: Sprinting (5 - 8 minutes)

- Leader divides children into groups of 3-5 children.
- Groups line up along a start line at one end of the activity space.
- Using tape or cones, leader marks a finish line 10-15 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).
- After all children have sprinted to one side, repeat going the other way.

Game: Crows and cranes (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 sprinting?

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*