

# I CAN Run, Jump, Throw, Wheel - Lesson # 1 of 10

## Intermediate (Learn to Train Running)

### Introduction

Before the activity, introduce the unit by telling the class that they will be starting a new unit where they will be participating in many activities that improve their ability to run/wheel, jump, and throw. At the end of the unit, we will be celebrating our successes by having the I Can Games! This lesson will focus on learning the proper form of running and relay techniques.

### Warm Up

**Activity:** Tic-Tac-Toe Relay

**Equipment:** 4 Skipping ropes or 9 Hoops, 3 bean bags of one colour and 3 bean bags of another colour

**Organization:** Set up the ropes to a tic-tac-toe grid or the 9 hoops in a similar fashion. Divide the team into teams. Each team will have one colour of the bean bags and line them up the same distance away from the tic-tac-toe grid (~20-30m). The first three students on each team will have one bean bag of their colour. The first person will run out to the grid and place their bean bag in a section of the grid. The first person will then run back and tag the second person who will take their turn putting down their bean bag. This process continues until the third person puts down their last bean bag. If neither team has three in a row the third person puts their bean bag down, they will run back and tag the fourth person and they can move one bean bag. The race will continue until one team has three in a row.

\*A platform or table can be used to make it easier for individuals in wheelchairs to stack the items.

### Learning Activities/Skill Development

**Activity:** Running Basics

**Equipment:** None

**Organization:** Invite students to sit down beside their castle. Explain that they will be moving around the space around the castles performing two types of running movements that will help them improve their running form. The first movement is called: Marching A's.

1. Keep upper body tall
2. Opposite legs and arms move
3. All actions are to be performed in a straight line
4. Knees lift high

Explain and demonstrate the next movement: Running C's.

1. Keep upper body tall
2. Opposite legs and arms move
3. All actions are to be performed in a straight line
4. Kick seat with heels while moving in the space

#### **Para Wheelchair Adaptation**

Individuals in Wheelchairs can practice chair control such as rotating on the spot moving forward several pushes and rotating the other way.

## **Activity: Relay Technique**

**Equipment:** 2-4 Batons

**Organization:** Explain to the group that the following techniques will be used in the relay portion of these games.

### **The Hand Off:**

These games use a push pass where the students hold the baton 1/4 up from the bottom and push the baton from the shoulder straight forward.

### **Receiving the Baton:**

These games will also use a sighted reception. The person receiving the baton will turn sideways with their arm outstretched at shoulder height and their hand open in an L shape. The palm of the hand should be facing the person running with the baton and the thumb should be pointed up in the air.

### **Practice the hand off:**

Start with dividing the students into their two groups and have them stand in a line facing the opposing group. Start a baton on one end of the line using the push pass have the students move the baton to the next person in line using the hand that is furthest away from the next person. Continue this process until the baton makes its way to the end of the line. At the end of the line have the students switch hands and push the baton back to the beginning of the line. After one practice, time the groups to see which team can move the baton faster.

After a couple of practices have the students on each team take 5 steps away from each other and add a jog between the passes. Have the students stop moving when they hand off the baton. When the baton get to the end have the end person run back to the beginning of the line and run the relay again.

As they get more comfortable with the distances you can add more distances and eventually set up a really around the play area (gym, hallway or field behind your school).

**Conclusion:** Discuss with the class what was learned today. Talk about the importance of proper running form and why it is important to have all the athletes working on the same form and technique for running and the baton pass in the relay. Reiterate that the time in the relay is calculated by the how fast the baton moves around the track, therefore it is very important to keep the baton moving at all times.