

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

Intermediate (Play the Games)

Introduction

In this lesson, will be participating in the I Can Games. These events can't take place in any location and you do not need a track. If you are planning on hosting an indoor, I Can Games today then can use gymnasiums, school hallways, community halls, field house or other creative areas inside. If this is an outdoor event then you can use School fields, vacant parking lot, athletic park or other creative outdoor space.

Each student must participate in a running event, jumping event and a throwing event. The events will be based on the events covered in the lessons. The running events are the 50m sprint or the distance run which will follow this formula:

Indoor Distance

Grade 3-4 run 300m (1 lap)
Grade 5-6 run 600m (2 laps)
Grade 7-9 run 900m (3 laps)

Outdoor Distance

Grade 3-4 run 400m (2 lap)
Grade 5-6 run 800m (4 laps)
Grade 7-9 run 1200m (6 laps)

The jumping event will be the running long jump and the throwing event will either be the indoor basketball throw (Chest pass from seated position) or the outdoor ball throw.

An example of a schedule might be as follows:

Indoor

1 – Sprinting
2 – Discus Throw
3 – Running Long Jump
4 – Distance Run

Outdoor

1 – Hurdle Sprint
2 – Javelin Throw
3 – Running Long Jump
4 – Shot Put
5 - Distance Run

The other options you can explore is setting stations up and just having the students individually cycle throw them or move as groups throughout the stations. You may also decide to only offer one running event, whether it is the sprint or the distance run will be up to you and your class or one outdoor throwing event (either Javelin or Shot Putt)

Below you will find the details of the events:

Warm Up

Review basic movements of the events. Using a dynamic warmup.

Sprint:

Activity: 50m Sprint (Indoor or Outdoor)

Equipment: 4 Pylons, 50m Measuring Tape

Organization: To measure this out you can use a 50m tape measure or approximately half of a soccer field or approximately 2/3rds of a Basketball court. It does not have to be exact as long as all participants are running the same distance.

Line up 2-4 students at the start line.

The command for the starter will be as follows:

1. On your marks
2. Set
3. "Go" or whatever start signal you wish to use (Whistle, Starter's Pistol or air horn)

Have 1-3 volunteers (or students) at the finish line to determine the order the participants had finished. Have one person on timing with a clock, smartphone or tablet to record the times using the lap counter on the stopwatch application. You may also use video to time and/or determine your placing

OR

Outdoor Hurdle Sprint:

Activity: 60m Hurdle Sprint (Outdoors)

Equipment: 4 Pylons, 60m Measuring Tape, 6 hurdles per lane (Suggested no more than 4 lanes at a time)

Organization: To measure this out you can use a 60m tape measure. It does not have to be exact as long as all participants are running the same distance. Approximately 10m to the first hurdle and then 8m between the following hurdles until the end.

Line up 2-4 students at the start line.

The command for the starter will be as follows:

1. On your marks
2. Set
3. "Go" or whatever start signal you wish to use (Whistle, Starter's Pistol or air horn)

Have 1-3 volunteers (or students) at the finish line to determine the order the participants had finished. Have one person on timing with a clock, smartphone or tablet to record the times using the lap counter on the stopwatch application. You may also use video to time and/or determine your placing

And

Indoor Discus Throw:

Activity: Discus (Indoor)

Equipment: 3 Discus', 8 pylons, 1X 30m Measuring tape

Organization: Measure out the throw line 5m across (1m throw zone in the middle) and the sidelines 20m long. The students will line up behind the throw line. No one, unless they are marking the throws should be ahead of the throw line. The discus throw will be from a standing still position. If you have a

group of older students who are stronger a kneeling position may be considered for the throw. It is suggested that whichever you choose all participants use the same rules for all students.

Have the participants line up in the order you would like to record the results. Have the Students throw all three throws in a row and mark each throw with a pylon or poly pad. After all three throws have been completed the third person in line will run out and collect the balls and return them to the person who is next in line. Measure all three and mark them on the recording sheet (Appendix C). The next person throws and the process repeats itself.

OR

Outdoor Javelin Throw:

Activity: Javelin (Outdoor)

Equipment: 3 Javelins, 8 pylons, 1 X 50m Measuring tape

Organization: Measure out the throw line 15m across (1m throw zone in the middle) and the sidelines 40m long. The participants will use a standing position.

Have the participants line up in the order you would like to record the results. Have the kids throw all three throws in a row and mark each throw with a pylon or surveyor's flag. After all, three throws have been completed the third person in line will run out and collect the balls and return them to the person who is next in line. Measure all three and mark them on the recording sheet (Appendix C). The next person throws, and the process repeats itself.

Outdoor Shot Putt Throw:

Activity: Shot Putt (Outdoor)

Equipment: 3 Shot Puts, 8 pylons, 1 X 50m Measuring tape

Organization: Measure out the throw line 15m across (1m throw zone in the middle) and the sidelines 20m long. The participants will use a standing position.

Have the participants line up in the order you would like to record the results. Have the kids throw all three throws in a row and mark each throw with a pylon or surveyor's flag. After all, three throws have been completed the third person in line will run out and collect the balls and return them to the person who is next in line. Measure all three and mark them on the recording sheet (Appendix C). The next person throws, and the process repeats itself.

AND

Running Long Jump:

Activity: Running Long Jump

Equipment: 2 pylons, 10m measuring tape or 3-meter sticks

Organization: Tape down a measuring stick or tape approximately 3 meters long on the ground. The kids will jump beside the measuring tool. If the floor or ground is slippery you may need to place down a mat for additional friction for safety.

Have the participants line up in the order you would like to record the results. The participants will jump one at a time beside the measuring tool, then return to the end of the line. Make sure to measure the participant after each jump.

OR

Indoor Distance Run:

Activity: Distance Run (Indoor)

Equipment: 10-20 pylons

Organization: The age group will determine what distance they will be running. Mark out the approximate distance for each age group using the pylons. It does not have to be exact as long as all participants are running the same distance. You can use approximately two lap of a basketball court in a gymnasium as ~150m

Grade 3-4 run 300m (1 laps)

Grade 5-6 run 600m (2 laps)

Grade 7-9 run 900m (3 laps)

Line up 4-8 kids at the start line.

The command for the starter will be as follows:

1. On your marks
2. “Go” or whatever start signal you wish to use (Whistle, Starter’s Pistol or air horn)

Have 1-3 volunteers at the finish line to determine the order the participants had finished. Have one person on timing with a clock, smartphone or tablet to record the times using the lap counter on the stopwatch application. You may also use video to time and/or determine your placing.

OR

Outdoor Distance Run:

Activity: Distance Run (Outdoor)

Equipment: 10-20 pylons or surveyor’s flags

Organization: The age group will determine what distance they will be running. Mark out the approximate distance for each age group using the pylons. It does not have to be exact as long as all participants are running the same distance. You can use approximately one lap of a soccer field as ~200m.

Grade 3-4 run 400m (2 laps)

Grade 5-6 run 800m (4 laps)

Grade 7-9 run 1200m (6 laps)

Line up 4-8 kids at the start line.

Adaptive Events:

Feel free to modify any of the previous events to suit the needs of you students whether they have sense impairments or ambulatory impairments. If they are in a wheelchair there are some easy modifications that can be done with the majority of the previously listed events.

If you wish for the student to participate in with similar rules in the throws, you and make a rule that the ambulatory students may not move their feet.

For the hurdle races you can stagger the hurdle for the ambulatory students and create a slalom with pylons for students who may be in wheelchairs.

If there are students with sight impaired, you can buddy them up with another student to run beside them and they can either hold hands or cloth/towel to help guide them through the run.

Conclusion:

Gather the students on last time before they leave. Ask them if they had fun and which were their favorite events. Did they have an event they would like to continue or explore more? What are some things they could do to improve their performance?

