

# I CAN Run, Jump, Throw, Wheel - Lesson # 2 of 10

## Intermediate (Learn to Train Running)

### Introduction

In this lesson, will be practicing hurdle running. We will review some of the hurdle rhythm in the first game. The main teaching points today will focus on the hurdle rhythm and the basic leg movements.

### Warm Up

#### **Activity: Hoop Hurdle Relay**

##### **Equipment: 12 hoops**

**Organization:** Set up 3-4 lines with hoops placed ~2 running strides apart from each other with a turnaround point ~5-10 running strides after the hoops. Divide the students up into 3-4 equal teams. Start the race with the first student running over the hurdles (not stepping in the middle), run around the turn around point and return to the next person in line. Once there is a high five exchange the next person takes their turn until everyone has gone through the line twice. If there is time have the team who won the previous round start from a laying down position, the second-place team will start from a kneeling position and the final team will start from a normal standing position.

#### **Para Wheelchair Adaptation**

Individuals in wheelchairs can practice on the weaving between the hoops.

### Learning Activities/Skill Development

#### **Activity: Hurdle Intro (Lead Leg/Trail Leg)**

##### **Equipment: 12 low pylons, 4 Scissor Hurdles or regular hurdles set to the lowest**

**Organization:** Set up 3-4 lines with one hurdle at the beginning and 3 small pylons following (Spacing is 2 running steps between then increase to 3 or 4 running steps) - March through the line of the single hurdle and pylons 3 times using the "A" march. (Repeat the activity with a jog and then a run). When stepping over the Scissor Hurdle the lead leg (First leg over the hurdle) will move in an "A" march or run and the trail leg (last leg over) will be bent at the knee and lifted up to the side. Swing it to the front so the knee is straight up and down before the foot is brought back down to the ground.

#### **Activity: Hurdle Relay**

##### **Equipment: Same as above**

**Organization:** Divide the students up into 3-4 teams. Keep the same set up as above on the 3 or 4 step running strides. Have a turnaround point for the students to run around returning to the next person in line. Once there is a high five exchange the next person takes their turn until everyone has gone through the line twice. If there is time have the team who won the previous round start from a laying down position, the second-place team will start from a kneeling position and the final team will start from a normal standing position.

**Conclusion:** Discuss with the class the importance of the rhythm of the steps in the hurdle races. Ask for some examples from the lesson where they used the rhythm as timing between the hurdles. What were

some important points about the footwork? (High knee lift over the hurdle, fast feet movement between the hurdles, the difference between the lead leg and trail leg).