

I CAN Run, Jump, Throw, Wheel - Lesson # 3 of 10

Intermediate (Learn to Train Running)

Introduction

In this lesson, will be practicing hurdle running. During the opening game have the students review some of the points from lesson one and two (lifting the knees up, body alignment and arm movement)

Warm Up

Activity: Human Hurdle Relay

Equipment: None

Organization: Set the class into 3 teams at on end of the playing area. Mark a start line and finish line. Each team member is laying down parallel to each other, with a space between. On command the back person in the Line stands up and proceeds to hurdle over each person in the line. When they get to the end of the line they, lie down, then the next person who is now at the back duplicate the action. Repeat the process until the line has progressed to the end of the playing area.

Learning Activities/Skill Development

Activity: Hurdle Walking - Marching – Running

Equipment: 12 sticks (hockey or otherwise), 24-32 low pylons, 12 hurdles or scissor hurdles

Organization:

1. Review “A’s”
2. Set up 3-4 lines with barrier of sticks balanced on low pylons (Spacing is ~2 running steps between, then increase to 3 or 4 running steps) (add hurdles or scissor hurdles beside the sticks on the lowest setting)
 - Marching “A’s” over sticks X3 (Repeat with Skipping A’s)
 - Run over the sticks
 - Repeat these two points over the hurdles at the 3-4 running step length
3. Same set up as above. Markers will be placed between the barriers to stress tack off and landing points (use bean bags, tape...etc.) One marker should be placed 1/2 between the hurdles, the other 1/3 of a stride after the hurdles. The leg that goes over the hurdle first is the ‘lead leg’. The leg that goes over the second is the ‘trail leg’. Working in partners students run through the hurdles, bringing the lead leg dozen quickly, Partner should be able to hear a rhythmical pattern and watch for tack-off and landing points

Para Wheelchair Adaptation

Individuals in wheelchairs can practice starting by facing different directions (Sideways, or backwards).

*You may need to set up rows with different take-off and landing points to adjust for individual physical differences of your students.

Activity: Hurdle Slalom

Equipment: Same as above

Organization: Divide the students up into 2-3 teams. Keep the similar set up as above but shift the 2nd and fourth hurdles to the left of the 1st and 3rd hurdles. Organize an out and back relay but have the kids run beside the hurdles on the way back.

*Individuals in wheelchairs can practice by weaving in and out through the hurdles or pylons.

Conclusion: Review the finer points of the hurdle races with the class. When would a person need to change lead leg going over the hurdle or keep the same lead leg? (Typically in the shorter hurdle races the lead leg will stay the same and it may alternate for the longer hurdle races. It may also depend if an athlete will need to take an even number of steps between hurdles or odd number of steps between the hurdles).