

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

## I CAN GAMES – play the games

### Introduction

**In this lesson, will be participating in the Run, Jump, Throw, Wheel Games.**

These events cant take place in any location and you do not need a track. If you are planning on hosting an indoor Run, Jump Throw, Wheel 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.

### Warm Up

**Activity:** Run, Jump, Throw (Wheel) Tag

**Equipment:** 4-8 pylons, 10-20 soft foam blocks or bean bags.

**Organization:** Set up a perimeter ~15m by ~15m. place the students with the soft foam blocks or bean bags in the middle of the play area. This game is similar to “everyone is it tag” where everyone can pick up a foam block or bean bag and throw it at the other students. Make sure you provide the students with a location to aim for (typically this would be an area on the lower extremities like the legs or feet or calfs). If a student is hit then they run outside the pylons and do 3 jumping jacks and run back into the game. You can run this game a couple of times and change the exercise to get back into the game, change the delivery system like throwing under hand or chest pass or even change which hands they are throwing with (Dominant vs. non-dominant hand).

### Learning Activities/Skill Development:

**Activity: 50m Sprint**

**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

### Learning Activities/Skill Development:

**Activity: Ball Throw (Indoor)**

**Equipment:** 3 Rhino Balls/Basketballs, 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.

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.

### Objectives:

A 13: I can experience and demonstrate many different locomotor movements during the activities.

B 3: I can participate in activities that work out my heart and improve my strength.

### Safety:

- Remind students to move in a controlled manner in the space and to avoid collisions.
- Students must keep their eyes looking in the direction they are traveling.

**OR**

**Learning Activities/Skill Development:**

**Activity:** Ball Throw (Outdoor)

**Equipment:** 3 Softballs, 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.

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.

**Learning Activities/Skill Development:**

**Activity:** Standing 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 and jump all three attempts one right after another. Make sure to measure and reset the participant after each jump.

**Learning Activities/Skill Development:**

**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 laps 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

**Learning Activities/Skill Development:**

**Activity: Distance Run (Outdoor)**

**Equipment:** 10-20 pylons or surveyors 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.

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.

**Closure/Cool Down**

**Activity:** Simon Says

**Equipment:** None

**Organization:** As the instructor you will be Simon. The instructor states "Simon says..." and then follows it with a stretch (Touch toes with legs straight, hold one arm across their body). Every couple of stretches do not say, "Simon says..." and see how many students are listening. If you catch any students moving when you do not say "Simon says..." have them do an exercise (3 Jumping Jacks).