

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

## Learn to Train Running

### Introduction

In this lesson, will be practicing running. We will review some of the basic movements in the first game. The main teaching points today will focus on the body alignment and the arm swing.

### Warm Up

**Activity:** Bomba

**Equipment:** Rhino Ball, Music player and music (music is optional, but recommended),

**Organization:** Have the group stand in a circle with one person in the middle. The person in the middle closes their eyes while the students pass the ball around the outside of the circle. The person will slowly raise their hands above their head and when they clap their hands they will yell “Bomba”. Whichever student is holding the ball when the student in the middle yells “bomba” must then sit down with their legs out in front. Continue the same process except when the ball comes to the student standing beside the one who is sitting, the student standing must jump over the legs of the person sitting and hand off the ball to the next person. Continue until there is only one person standing.

\* Individuals in wheelchairs can wheel around the backside people sitting down to pass it off to the next person.

### Learning Activities/Skill Development:

**Activity:** Hands on head method

**Equipment:** Pylons

**Organization:** Line the students on one end of the field or gymnasiums. Have the students intertwine their fingers and place their hands on top of their heads. With their elbows out to the side have the students run ~50m 4 times. The purpose of this is to have the students see if they are twisting. While they are running they need to reduce the amount of swinging of their elbows.

### Learning Activities/Skill Development:

**Activity:** Seated arm swings

**Equipment:** None

**Organization:** Introduce proper arm movements. Have the students pair up and sit facing each other. One kid sits with their legs stretched out in front of them and the other kid holds their ankles securely on the ground. The individual sitting with their legs out straightens their back and bends their elbows at 90 degrees. Have them then swing their arms back and forth as though they are running for 15 seconds. The more rhythm and the faster they go will cause them to bounce as they activate their Gluteus Maximus muscles.

### 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).

### 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.