

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

## Learn to Train Running

### Introduction

In this lesson, will be practicing 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: Rabbits and Roosters**

**Equipment:** 12 pylons

**Organization:** Set up a playing area marking the parimeters with pylons. Two teams face eachother 4m appart with a 3m safety zone in front of the "home wall". One team are the "Rabbits" and the other are the "Roosters". The instructor calls one name, which then sprints and chases the other team to their safety zone. Roll th e"rrrr" to heighten anticipation. Thos tagged join the other team. Repeat until there is only one team left.

### Learning Activities/Skill Development:

**Activity:** Start practices

**Equipment:** 4-8 pylons

**Organization:** Mark the start and finish lines 10m apart with pylon. Start the students by having them line up and stand straight like tall soldiers. Have them race to the 10m finish line. The first step should be forward. The students should avoid stepping back at the start. Repeat the race several times and have the student focus on moving forward with their first step.

Continue races in a 2-point stance (regular running start) with one foot in front of the other.

The next race starts in a 3-point stance with one foot in front of the other and have the opposite hand of the front foot placed on the ground beside the front foot.

The final race starts lying on the stomach with the feet straight behind the line and the hands under the shoulders.

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

### Learning Activities/Skill Development:

**Activity: Hurdles for Gold**

**Equipment:** enough beanbags for one per child, 8 hoops and 16 mini-hurdles and/or pylons of varying sizes.

**Organization:**

4 teams are set up in the corners of the playing area, each with 4 mini-hurdles or 4 sets of sticks on pylons evenly spaced, facing the center. One hoop will mark the start for each team and 4 hoops with the beanbags evenly distributed amongst the hoops. In turn each student runs over the hurdles to the center where they grab a beanbag and hurdle back to the line where they place the object inside their starting hoop, then the next runner goes. The team with the most beanbags is declared the winners. Variations: Continue the relay by having the students return the beanbags to the center hoops.

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

### 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.

### **Closure/Cool Down**

**Activity:** Follow the Leader

**Equipment:** 10 pylons

**Organization:** Set up 10 pylons around the gymnasium or field. The instructor chooses one student to lead the class in a run to a pylon and demonstrates a stretch the rest of the class must follow. After each stretch the instructor chooses a new student to lead the class to the next pylon and stretch.