

RUN



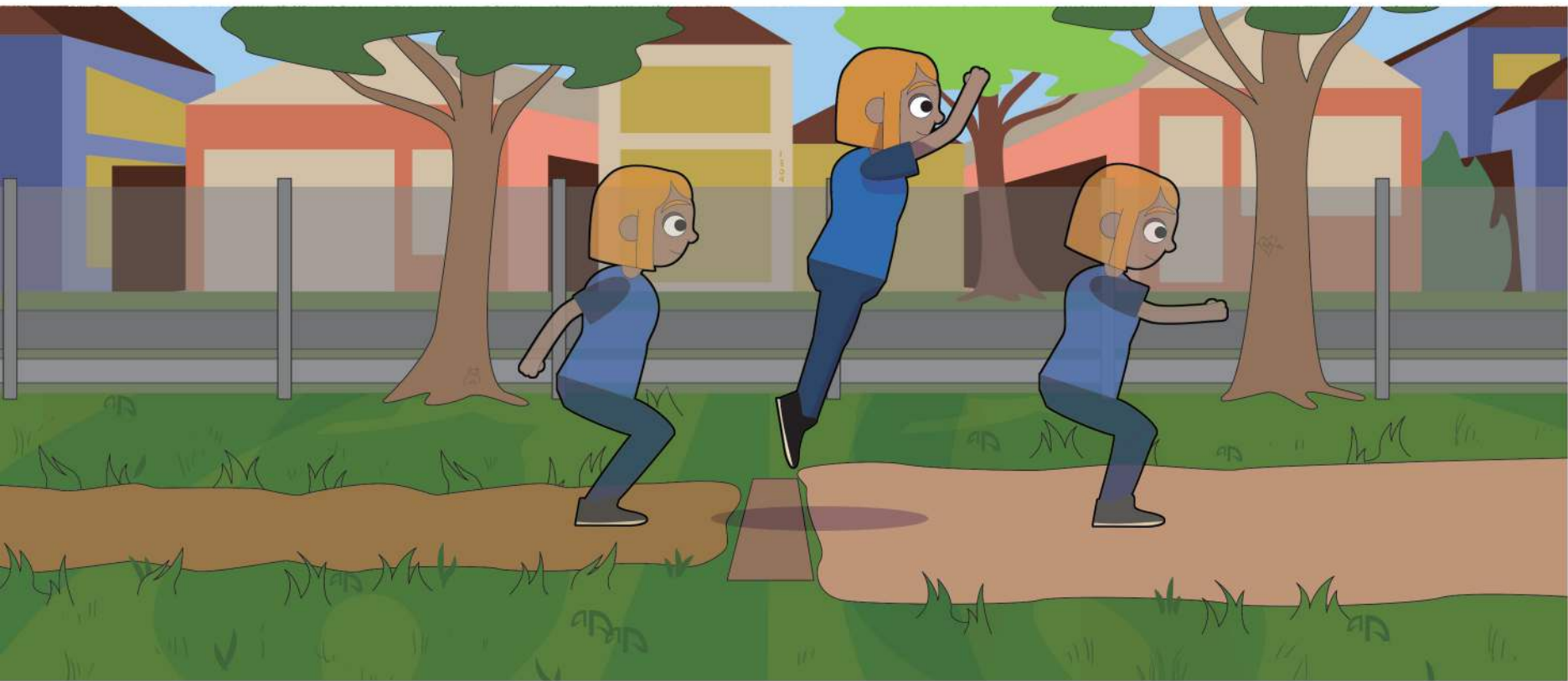
★ CASTLE BUILDING RELAY
RB: RUNNING BASICS
CATCH ME IF YOU CAN TAG



★★ BOMBA
RB: ARM MOVEMENT
PIN WHEEL RELAYS



★★★ RABBITS & ROOSTER
START PRACTICE
HURDLES FOR GOLD



JUMP



★ SNAKES AND FROGS
JB: JUMPING BASICS
JUMP RELAY



★★ HOPSCOTCH FOR POINTS
LANDING PRACTICE
TIMBER TAG



★★★ SIMON SAYS JUMP
TEACH THE REACH
JUMP TUG OF WAR

THROW



★ WALL TARGETS
TB: THROWING BASICS
KNOCK YOUR BLOCKS OFF



★★ BATTLE SHIP
BODY ALIGNMENT
GOLF



★★★ BOUNCE PASS RELAY
SINGLE STEP MOTION
PLANET ATTACK

I CAN RUN
JUMP
THROW

I CAN Run, Jump, Throw, Wheel

Grade Level(s) 3 & 4, 5 & 6 (Learn to Train) Duration of Unit: 10 lessons

Physical Education Dimension: *Individual Activities*

<p>Specific Learning Outcomes <i>By the end of this unit, students will be able to:</i></p> <ul style="list-style-type: none"> • Experience & demonstrate <i>nonlocomotor, locomotor, sending & receiving</i> skills as they relate to <i>running, jumping, throwing & applicable adaptive skills</i> • Show <i>cooperation, specifically teamwork</i> • Display <i>effort and willingness to participate</i> • Demonstrate <i>safety</i> through <i>listening skills and participation</i> • Achieve <i>activity goals that are challenging</i> 				
<p>Physical Literacy Environments (Select all that apply): <input checked="" type="checkbox"/>Land <input checked="" type="checkbox"/>Air <input type="checkbox"/>Water <input type="checkbox"/>Snow <input type="checkbox"/>Ice</p>				
<p>Teaching and Learning Activities</p>				
<p>Lesson 1 (Run)</p> <p>1. Castle Building Relay</p> <p>2. Running Basics</p> <p>3. Catch me if you can tag</p>	<p>Lesson 2 (Run)</p> <p>1. Bomba</p> <p>2. Running Basic with Arm movement</p> <p>3. Pin Wheel Relays</p>	<p>Lesson 3 (Run)</p> <p>1. Rabbits and Roosters</p> <p>2. Start Practice</p> <p>3. Hurdles for gold</p>	<p>Lesson 4 (Jump)</p> <p>1. Snakes and Frogs</p> <p>2. Jumping Basics (Safe Landings)</p> <p>3. Jump Relay</p>	<p>Lesson 5 (Jump)</p> <p>1. Hopscotch for points</p> <p>2. Landing Practice</p> <p>3. Timber Tag (Landing on feet)</p>
<p>Lesson 6 (Jump)</p> <p>1. Simon Says Jump</p> <p>2. Teach the reach (Jump for distance)</p> <p>3. Jump Tug of War</p>	<p>Lesson 7 (Throw)</p> <p>1. Wall Targets (Discuss different types of throws)</p> <p>2. Throwing Basics</p> <p>3. Knock your Blocks off</p>	<p>Lesson 8 (Throw)</p> <p>1. Battle Ship</p> <p>2. Body Alignment</p> <p>3. Golf</p>	<p>Lesson 9 (Throw)</p> <p>1. Bounce Pass Relay</p> <p>2. Single step motion</p> <p>3. Planet Attack</p>	<p>Lesson 10</p> <p>Run, Jump, Throw, Wheel Games</p>
<p>Resources</p> <ul style="list-style-type: none"> • Athletics Alberta, www.athleticsalberta.com/education/run-jump-throw • Canadian Sport for Life – Physical Literacy, www.physicalliteracy.ca • Physical Literacy Assessment for Youth, http://play.physicalliteracy.ca/play-tools 				
<p>Safety:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ensure that the activities take place on a smooth surface with no obstructions. <input type="checkbox"/> Students must be informed of the boundaries for all activities. <input type="checkbox"/> Be sure students are wearing appropriate footwear for physical activity. <p>For more information and to download the <i>Safety Guidelines for Physical Activity in Alberta Schools</i> visit: https://education.alberta.ca/media/1109586/sg_pa_final_2014.pdf</p>		<p>Adaptations:</p> <p>All of the activities can be adapted, if necessary, for students with a disability:</p> <ul style="list-style-type: none"> • Applicable adaptive skills can replace locomotor movement • Distances can be decreased for relays and throwing activities • Upper body movements can be performed instead of lower body movements • Use lower cones or no cones for jumping activities • Provide a soft landing/mat when performing jumping • Additional possible adaptations will be noted with an asterisk. 		