

Lesson 2 of 6

Running

EQUIPMENT

- » obstacle free area
- » hoops
- » 24 discs
- » straws
- » benches
- » upbeat music
- » music player

RELATED RESOURCES

Developing Physical Literacy A Guide For Parents Of Children Ages 0 to 12, Canadian Sport for Life, <http://canadiansportforlife.ca/resources/developing-physical-literacy-guide-parents-children-ages-0-12>
Run Jump Throw... and away we go!, Alberta Learning, 2001, www.education.alberta.ca/physicaleducationonline/Edmonton2001/runjump.asp

ABCD's of Physical Education



Activity

Basic Skills	A(K-2)-1
Application of Basic Skills	

Clues that students are achieving the outcome...

“Students will perform locomotor skills through a variety of activities.” *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can run linked with other students
- Students can complete each obstacle station with increasing speed

Warm It Up

POPCORN TAG

Designate a large circle as the activity area and ask the students to imagine they are little popcorn kernels in a huge popcorn machine. As the machine heats up, they will start to pop! That means students will be hopping and skipping within the circle. Once all students pop, one student will be chosen to be caramel corn, sweet and sticky. Anyone tagged by caramel corn gets stuck and joins by holding hands. When a fourth student is tagged, the caramel corn splits into two clusters of two and continues tagging other kernels. Continue until all students have been tagged by a caramel corn cluster.



Safety First!

For safety, equipment, and supervision considerations when planning tag-type activities, see “Safety Guidelines for Physical Activity in Alberta Schools”, Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Whoop It Up

DINOSAUR BONES

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Ask students to imagine they are adventurers on a mission to find lost dinosaur bones (straws) in the Canadian Badlands around Drumheller before a wind storm blows in and buries the bones in sand. To find the dinosaur bones, students will have to successfully travel through a series of obstacles that require foot speed and balance. Ensure that each obstacle station offers choice to accommodate the readiness levels of students and numerous pathways to avoid having students wait in line. Students start at different obstacle stations and continue circulating through the obstacles collecting as many dinosaur bones as possible in the time provided. Turn on the music and let the adventure begin! Obstacles might include:

Through the snake pit » Set of 4 rows of 8 hoops each placed in two staggered rows (similar to a tire drill). Students run through the snake pit by placing one foot in each hoop while staying on tiptoes.

Cross the Red Deer River » Set up 4 lines of 4 hoops each. Students leap from the centre of one hoop to the next continuously as if leaping from rock to rock to cross the river. Spread the hoops in each line farther away from each other to challenge students to extend driving legs. Hoops in each line should be spaced to accommodate varying degrees of difficulty. Students choose which line of hoops will challenge their ability. **Run along the ridge** » Set up 4 ridges that are parallel to each other, two by using lines on the floor and two using benches. Students choose along which ridge they would like to travel and aim to travel along the ridge more quickly with each turn. **Pick up the bones** » Create 3 pathways by placing 8 discs on the ground in two rows for each pathway. Place a handful of straws in each disc, these are the dinosaur bones. Number the discs so that even numbers are on one side of the pathway and odd numbers are on the other side. Students move along the pathway by traveling to each disc in numerical order as fast as possible and picking up one straw from each disc to collect the bones before the storm blows in.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Wrap It Up

Tunnel: Groups of 4-5 students stand in a line, each holding a hoop at knee-waist height to create a tunnel. Each student passes his/her hoop to the student on the right - the student at the front of the line will hold two hoops. The student at the back, who is no longer holding a hoop, passes through the hoops to the front of the line and takes one hoop from the student at the front. Continue passing through hoops until the group reaches the equipment room and puts the hoops away.