

Level 1 – Run

Teaching Tips

Victorian Little Athletics Association

Run

Running is an essential fundamental motor skill for developing children. Because it forms the foundation for many of the athletic events, it is important to develop good running technique as soon as possible. The following provides some tips to help you teach the components of running to children.

COMPONENT A:

- Eyes are focused forwards throughout the run.

Tips:

- Hold up coloured ribbons, bean bags, picture cards or fingers and have children identify them as they run towards you.
- Have children pretend they are balancing an egg on their head as they run (you can even use a bean bag).
- Explore running with your head wobbling all over the place, now try it with a steady head, which is better?
- Have children focus on an object in the distance.
- Award points for the best eyes forwards during the activity.

COMPONENT B:

- As foot leaves the ground, knee bends greater than 90 deg.

Tips:

- As children run have them flick their heels up to their bottoms.
- Explore running with heels flicking out to the side and knees across body. Then try the correct technique, which is better?
- Award points for the highest heels.

COMPONENT C:

- Arms bend at elbows and move in opposition to legs.

Tips:

- Explore running with arms straight, moving across your body, tightly bent up and then in the correct position, which is better?
- Wrap a ribbon around the hand and bent elbow to lock it in place.
- Be like a train (use arm action to simulate wheels).
- Have children brush their hips with the heel of their hands.
- Have children watch a partners arms to see if they are bent.
- Have children point their thumb back over their shoulder.
- Hang a towel around children's necks and ask them to run while holding the ends of the towel.

COMPONENT D & E:

- Contact ground with front part of foot.
- Body leans slightly forward.

Tips:

- Ask children to fall with a straight body over the start line until they have to take a stride.
- Explore running on heels, on a flat foot and finally on the toes, which is better?
- Ask children to run leaning backwards, sideways and forwards. Time each run and compare.
- Run uphill, backwards or with another child holding lightly to the back of the running child's shirt, notice the body

Level 1 – Run

Session Plan 1

Victorian Little Athletics Association

- Components**
- A. Eyes focused forward throughout the run.
 - B. Knees bend at greater than 90 deg during the recovery phase.
 - E. Body leans slightly forward.

WARM-UP (10 MIN)

Here, There, and Everywhere

- Equipment** None
- Space** Wide open area
- Formation** Children are scattered within set boundaries.
- Instructions** When the leader says 'here' and points, the children run in that direction. The leader can also call 'there' and point somewhere else and children run in that direction. When the leader calls 'everywhere' the children run in any direction without touching each other.

SKILL ACTIVITIES (20 MIN)

Use Your Eyes

- Equipment** Different coloured cards/ribbons.
- Space** Wide open area
- Formation** Leader at one end, 15-20m from children who are in single file lines, in groups of 4.
- Instructions** Leader holds a coloured card/ribbon up about 20m away. On 'GO', first 3 children run towards the leader. As the leader holds up different coloured cards or ribbons, the children shout out the colour. The aim is to have the children call out different colours before they reach the leader.
- Variation** Ask children to run out with their heels flicking their up behind them and hitting their bottoms and with their knees lifted right up high in front of them. This helps in getting their knees bending at greater than 90 degrees.

Ball Behind Back Relay

- Equipment** Medium balls, cones, batons.
- Space** 15-20m on track or grass
- Formation** Shuttle relay lines
- Instructions** Place cones 15-20m from starting line. Divide children into equal groups. Half of each group stands behind the starting line and the other half behind the cones at the other end. First runner begins with the ball placed behind back and runs towards the other group. Activity continues to all children have had a turn of running and passing the ball.
- Variation** Repeat the activity and use batons, beanbags or clasp hands together behind back

MODIFIED COMPETITION (10 MINS)

Bean In The Hoop Relay

- Equipment** 1 beanbag per group
1 hoop per group
1 cone/marker per group
- Space** Wide open area
- Formation** Groups of 4 in single file, hoops placed 15m away
- Instructions** Children take turns in running forth and back to alternately pick up and drop off beanbag from their hoops. First group to finish wins.

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Session Plan 2

Victorian Little Athletics Association

- Components**
- A. Eyes focused forward throughout the run.
 - B. Knees bend at greater than 90 deg during the recovery phase.
 - E. Body leans slightly forward.

WARM-UP (10 MIN)

Tails

Equipment Ribbons, cones, whistle

Space Large defined grass area, boundaries set out

Formation Children scattered about in a square

Instructions Children tuck a ribbon into the side of their shorts, like a tail, and on 'GO' chase each other in the square, trying to capture as many tails as possible. If a tail is taken, the child continues to run around trying to collect more tails.

SKILL ACTIVITIES (20 MIN)

Eyes Forward

Equipment Objects to focus on eg. tree, fence, ribbons etc.

Space Wide open area

Formation Even groups with 3-4 children per group. Objects placed 15m from start.

Instructions Children line up behind cones at one end. Taking it in turns, each child run towards the cone at the other end, keeping their eyes focused on the object at all times.

Variation On reaching the cones at the other end the children drop a beanbag on the ground next to the cone and return to their lines. The next group of children then run out and pick up the beanbag to return to their group. This continues until all children have had a turn at dropping the beanbag and picking it up.

Leader Says

Equipment Cones

Space Large defined grass area.

Formation Random

Instructions Leader stands in the middle of the boundary and gives instructions "Leader Says". Instructions can be Run quickly, slowly, on toes, with short/large strides, leaning forward, high knees, heel flicks, with elbows bent, etc.

MODIFIED COMPETITION (10 MINS)

Radar Runs

Equipment 1 stop watch

4 cones or markers

Space Wide open area

Formation Groups of 5 with 4 cones creating start and finish lines, 15m apart.

Instructions Children stand in lines and run the set distance whilst the leader records their times. Points can be attributed to correct technique. Points can be deducted from the recorded time to give an overall score. The lower the better.

Level 1 – Run

Session Plan 3

Victorian Little Athletics Association

- Components**
- A. Eyes focused forward throughout the run.
 - B. Knees bend at greater than 90 deg during the recovery phase.
 - E. Body leans slightly forward.

WARM-UP (10 MIN)

Tails

- Equipment** Ribbons, cones, whistle
- Space** Large defined grass area, boundaries set out
- Formation** Children scattered about in a square
- Instructions** Children tuck a ribbon into the side of their shorts, like a tail, and on 'GO' chase each other in the square, trying to capture as many tails as possible. If a tail is taken, the child continues to run around trying to collect more tails.

SKILL ACTIVITIES (20 MIN)

Use Your Eyes

- Equipment** Different coloured cards/ribbons.
- Space** Wide open area
- Formation** Leader at one end, 15-20m from children who are in single file lines, in groups of 4.
- Instructions** Leader holds a coloured card/ribbon up about 20m away. On 'GO', first 3 children run towards the leader. As the leader holds up different coloured cards or ribbons, the children shout out the colour. The aim is to have the children call out different colours before they reach the leader.
- Variation** Ask children to run out with their heels flicking their up behind them and hitting their bottoms and with their knees lifted right up high in front of them. This helps in getting their knees bending at greater than 90 degrees.

Do The Square

- Equipment** 4 cones or markers per group
- Space** Large defined grass area
- Formation** 3 – 4 children per group. Cones in the formation of square.
- Instructions** In turn, children complete a square doing the following activities:
Cone 1 to 2: Walking Cone 2 to 3: Running on toes
Cone 3 to 4: Running backwards Cone 4 to 1: Running forwards

Award points to the first team to do the square and individual points for demonstration of good technique. Collectively, the team with the most points overall wins.

MODIFIED COMPETITION (10 MINS)

Rob The Nest

- Equipment** 1 hoop per 4 children, 4 bean bags per group.
- Space** Wide open grassed area.
- Formation** Groups of 4 at each hoop.
- Instructions** On the whistle, children from each group run and try to rob the bean bags from other groups nests and place them in their own nest. Children can only take 1 bean bag at a time and are not allowed to protect their hoop. Instruct children to run with their eyes forward to avoid collisions.
- Variations** Children rotate, when one comes back the next one goes out to rob a nest. Vary the distance between hoops. Have the children walk, skip, jump or hop between hoops. Have children leap over objects placed between hoops.

Level 1 – Run

Session Plan 4

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- Components**
- C. Arms bend at elbow and move in opposition to legs.
 - D. Contact ground with front part of foot.
 - E. Body leans slightly forward.

WARM-UP (10 MIN)

Jockeys

Equipment None.

Space Wide-open area.

Formation In pairs with partner of similar height, group forms a circle. Person in front is the 'horse' and the person behind is the 'jockey'.

Instructions Children respond to the following commands:

- (1) 'Jockeys racing' – jockey runs around the outside of the circle and back to place
 - (2) 'Horses racing' – horses crawl through jockey's legs, run around back of circle and return to place
- 'Melbourne Cup' – grab partners hand and run twice around circle and back to place

SKILL ACTIVITIES (20 MIN)

Zigzag Runs

Equipment 6 cones or markers per group.

Space Wide-open grass area.

Formation Groups of 4 – 6.

Instructions Set out cones in a zigzag pattern. Starting off one at a time, children run and zigzag between a series of cones.

Variation Vary the course by altering the number and placement of the cones.

Around The Hoop

Equipment 1 hoop per group, 1 bean-bag per child.

Space Wide open grass area.

Formation Groups of 3 – 4 in a single file. A hoop is placed 8m in front of each group

Instructions In turn, children run out and around their hoops, holding a bean-bag behind their backs. They return to their lines by running backwards. On returning, the next child in line has a turn.

Variation Increase the distance.

MODIFIED COMPETITION (10 MINS)

Shuttle Runs

Equipment 4 cones or markers.

Space Wide-open grass area.

Formation Set out 4 cones to create start and finish lines, 5 – 10m apart. Children in pairs.

Instructions Children run up and back as many times as possible in a set time, eg 30 secs. Their partner keeps count of their tally. They then swap over for their partner to have a turn. Points can be awarded for Best Group.

Level 1 – Run

Session Plan 5

Victorian Little Athletics Association

- Components**
- C. Arms bend at elbow and move in opposition to legs.
 - D. Contact ground with front part of foot.
 - E. Body leans slightly forward.

WARM-UP (10 MIN)

Shipwreck

Equipment None

Space Wide open area, boundaries set out.

Formation Children scatter in a designated area.

Instructions Designate 4 points: North, South, East, and West. On the following commands the children act as described below:

Bow – children run to the north point.

Stern – children run to the south point.

Port – children run to the west point.

Starboard – children run to the east point.

Hit the deck – lie face down on the deck.

Captain coming – stand at attention and salute.

Climb the rigging – action of climbing the rigging.

Scrub the deck – down on knees and scrub the deck.

SKILL ACTIVITIES (20 MIN)

Follow the Leader

Equipment None.

Space Wide-open area.

Formation Groups of 3-4 children in single file.

Instructions Children focus on the back of the child's head in front. The leading child chooses when to change direction or speed. Children follow what the leader does, use heel flicks and high knees as commands. Alternate leaders every 30 seconds to give everyone a go at leading.

Variation Children play in pairs and on the call of 'Go', the second child chases their partner and tries to catch them before the leader calls 'Stop'.

Silent Run

Equipment 4 cones or markers.

Space Wide open area.

Formation Groups of 5, 4 cones set out to create 2 lines 15m apart.

Instructions Children stand in lines and sprint 'lightly' to the other end without making noises with their feet. Discuss and experiment how running noise can be reduced without loss of speed (Run on front part of foot).

Variation Tie a coloured ribbon around the left wrist and another ribbon of the same colour around the right knee, this helps to emphasise that arms move in opposition to legs.

MODIFIED COMPETITION (10 MINS)

Aussie Records

Equipment Cones or markers, stopwatch.

Space Wide-open area.

Formation Groups of 3 to 4.

Instructions Set various Aussie Record marks that are unusual:

- 35m sprint - 4 x 40m relay

- Australia's fastest backwards 10m.

Leader uses a stopwatch to time children running in the groups to an Aussie Record mark. Teacher stops the watch when the last child crosses the mark to get an overall group time.