



ATHLETICS



GAMES



OUTDOOR &  
ADVENTURE

## Description of Activity

Set out a large playing area free of obstacles. Pupils run around the area and on a signal perform a variety of movements. The movements could include:

- Jog - Jog on the spot
- Knees up - Jog on the spot with a high knee lift
- Eyes - Jog on the spot with eyes focused forward and head and trunk stable
- Heels - Run around with heels flicked up
- Arms - Jog on the spot and focus on driving the arms forward and back
- Drop - Jog on the spot, drop to the ground, stand up and continue to run.

This activity can be used with many other locomotor skills using the teaching points provided.



## Variations

- Arrange the pupils in pairs and invite them to give feedback to their partners.
- Arrange pupils in groups with one designated leader. This leader guides pupils through the various teaching points of running, stopping to discuss good technique.

## Equipment

An open playing area, cones



- Ensure there is enough space for pupils to move freely.
- Pause the activity at intervals to focus on the teaching points for running in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they are running during the activity.



- Practise running at home. Teach the teaching point of running that you learned today to a friend or family member.



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