



Activity Plan

TITLE: Buddy Run

KEY SKILLS(S) and CONCEPT(S): Breathing, pacing, and teamwork

SUGGESTED GRADE LEVEL(S): 4-8

OBJECTIVES(S): Students will be able to:

- Demonstrate proper breathing techniques while pacing themselves appropriately.
- Recognize individual differences in pacing with each other.

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):

- 1 - Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 6 - Values physical activity for health, enjoyment, self-expression, and/or social interaction.

MATERIALS NEEDED: Stopwatch (if activity is timed)

DESCRIPTION:

Pair up with a buddy to run. Students will circle the track, jogging the straights at a pace where they are unable to hold a conversation with their buddy. Students should be thinking about breathing correctly. When they get to the curves the pace should be slower, allowing for them to talk to their buddy about a specific topic. Continue this activity alternating between the straights and the curves for a designated number of laps or time period.

TEACHING SUGGESTIONS/TIPS:

- When students are running around the curves, they can be instructed to keep their shoulders relaxed by shaking their arms out at their sides and taking deeper controlled breaths.
- Breathe in through the nose and mouth and out through the mouth. Breathe in for a count of 3, and out for a count of 2.

VARIATIONS AND/OR SUGGESTIONS:

- If you do not have a track, you can alter your space to make a small track area in the gym and run one lap while focus is on breathing and run one lap while talking.
- Topics for the relaxed run can include: favorite animal, activity, book, movie, "I Spy"
- If a student does not have a buddy, the student can sing a song during the curves instead of holding a conversation.
- Students can take turns bringing up the topic/conversation and alternate every curve.