



ING 500

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

SUGGESTED GRADE LEVEL(S): Grades K-5

OBJECTIVES(S): Students will be able to:

- Demonstrate prolonged running abilities.
- Demonstrate teamwork, cooperation while competing.
- Maintain body control while moving about.

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

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 3 - Participates regularly in physical activity.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

MATERIALS NEEDED:

- Circular running area, cones

DESCRIPTION:

Classes are divided into teams of 3 or 4. Teams are spaced out around the circular area and seated on the inside of the running track. Each team member runs one lap around the circular area, when they get back to their team they tag the next person in line who runs the lap.

TEACHING SUGGESTIONS/TIPS:

- Teach students to run on the inside of the area.
- Instruct waiting runner to move to the outside of the running track to receive the tag.
- Teach how to pass and cut in safely.

VARIATIONS AND/OR SUGGESTIONS:

- Make the relay continuous
- To encourage best effort, give a stick to the teams each time all team members complete a lap. i.e. last runner get the stick from the teacher as the number one runner continues. Most sticks wins.
- Increase the running area, tag the runner in front of you.
- Older students can pass a baton instead of tagging.