

Name:

Date Assigned:

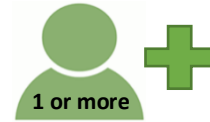


FUNDAMENTAL MOTOR SKILL: RUNNING/LOCOMOTION

ACTIVITY: *Reaction Sprint*¹

Description: Child sprints from one line to another for a distance of 10m when the coach signals “Go!”; child turns and sprints back on another signal from the coach.

Number of participants



Adaptations for Wheelchair Users:

- Children who are using wheelchairs can practice wheeling when the parent/coach says go
- Encourage children in wheelchairs to practice changing directions quickly and safely



Adapted from <https://www.youtube.com/watch?v=6xxzfvijhnl>

Skills

Physical: acceleration, agility, balance, lower extremity coordination, coordination of movement

Cognitive: selective attention, reaction time, auditory processing, visual processing

Social: taking turns (if doing activity with more than one person)

Equipment

- Masking tape or lines on the floor

Goal examples:

- The child will be able to sprint 10m in 15 seconds, 3 times in a row.
- I can sprint from one point to another.

My personal goal:

Next Assessment Date:

¹ Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNDamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.

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FUNDAMENTAL MOTOR SKILL: RUNNING/LOCOMOTION

ACTIVITY: Reaction Sprint¹



Wheelchair friendly?

Yes

Modifications

| To make the activity easier | To make the activity harder |
|--|--|
| Change the environment | |
| <ul style="list-style-type: none">• Provide verbal encouragement for the child to run as fast as they can• Give the child advance warning to start (i.e., Ready, set, go) to decrease cognitive demand | <ul style="list-style-type: none">• Increase the distance that the child needs to walk to increase physical demand |
| Change the task | |
| <ul style="list-style-type: none">• Have the child run a shorter distance (move cones closer together) to decrease physical demand | <ul style="list-style-type: none">• Increase physical demand by increasing running distance (move cones farther apart)• Increase physical demand by increasing the number of sprints to complete the activity |

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