

Name:

Date Assigned:



## FUNDAMENTAL MOTOR SKILL: RUNNING

### ACTIVITY: *Wave of Runners*<sup>1</sup>

**Description:** Children are put into teams of two or more. On a signal, the first person in the line of each team runs to the first cone/target line. The second partner starts running when the first person passes the first cone/passes the target line. Continue until all children have had a chance to run.

#### Number of participants



2 or more

#### Adaptations for Wheelchair Users:

- Children who are using wheelchairs can also play this game and wheel when it's their turn

Vide/picture coming soon:



#### Skills

**Physical:** acceleration and coordination of movement, agility, balance, lower extremity coordination, reaction time

**Cognitive:** auditory processing, visual processing, selective attention

**Social:** taking turns

#### Goal examples:

- The child will start running after the first child has crossed the finish line (without prompt from coach), 4 out of 5 times.
- I can run to the finish line when the coach tells me it's my turn.

#### Equipment

- 4 cones OR masking tape

**My personal goal:**

Next Assessment Date:

<sup>1</sup> 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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**Wheelchair friendly?**

Yes

**Modifications**

<b>To make the activity easier</b>	<b>To make the activity harder</b>
<b>Change the environment</b>	
<ul style="list-style-type: none"><li>• Shorten the distance children are required to run (i.e., move cones closer together) to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>• Increase the distance that children need to run to increase <b>physical demand</b></li></ul>
<b>Change the task</b>	
<ul style="list-style-type: none"><li>• Provide an additional verbal/auditory cue for children to start running to decrease the <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>• Increase the number of trials/repetitions to increase <b>physical demand</b></li></ul>

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