

# RUNNING Take Home Activities

The Move Well, Move Often Physical Literacy resource recommends the use of *Take Home Activities* to enable pupils to reflect on and consolidate their learning outside of the PE lesson. Each activity is accompanied by a corresponding Take Home Activity that can be completed in the home or in the pupil's PE journal. This allows pupils to share their learning with others outside of the PE lesson, and to create additional opportunities to engage in physical activities in their daily life. The Take Home Activities for **running** in Book 1, Book 2 and Book 3 are outlined below.

## **Book 1**

1. Practise running at home in your garden or in a safe space in your house. Teach the correct technique to someone who lives with you.
2. Ask a grown-up at home to teach you a running game that they used to play when they were younger.
3. Ask a grown-up at home to make a small scavenger hunt for you using toys under tea-towels.
4. Create your own commands for green, red and amber. Practise with a friend in the yard.
5. In your PE journal, draw one picture of you running.
6. Draw a picture of you running away from your partner.
7. In your PE journal, draw a picture of you running down a hill with your friend.
8. Show someone at home what you learned about running today.
9. Draw a picture of you winning a running race in your PE journal.
10. Watch other pupils running in the yard. Remember who runs well.

## **Book 2**

1. At breaktime, play a game that involves running every day this week.
2. In your PE journal, list three reasons why it is important to warm up before doing an activity.
3. Invite a grown-up to help you to make the jewels, and recreate this activity at home.
4. Play Rock Paper Scissors in the yard at playtime.
5. Investigate how many seconds it takes you to run around the outside of your house. Invite a family member to time you.
6. In your PE journal, list three sports where running is important.
7. It is not as easy to apply all of the teaching points of running when holding hands with a teammate. In your PE journal, name one teaching point in particular that would prove difficult.
8. In your PE journal, draw a picture of this activity. List three things you like about this game.
9. Teach the teaching points of running that you learned today to a family member or friend.

10. In your PE journal, draw a picture of you running in a race.

### **Book 3**

1. Design a running game based on a theme of your choice. Describe it in your PE journal, and play it with your friends.
2. The concept of accelerating, decelerating and changing pace quickly is important in many sports and in daily life. In your PE journal, describe five instances when it might be necessary to change the speed we are travelling at, and why.
3. At home, watch video clips of professional athletes running. In your PE journal, write down three things that you found interesting about their running technique.
4. Design a running game using a pack of playing cards. Describe and draw the game in your PE journal. Play it with your friends in the yard.
5. Practise running in the yard at lunchtime. Pick out landmarks in the yard and create a running course. Draw a map of the course in your PE journal.
6. Endurance running is necessary for many sporting challenges and life events - try to name some of these. Research an endurance event, document it in your PE journal, and make a presentation to the class.
7. Fast reactions are an important part of this game. Research and play reaction games at home with a friend.
8. Practise running at home with friends or family. Teach the teaching point of running that you learned today to a friend or family member.