

# RESOURCE BINDER - CANADIAN SPORT FOR LIFE

## “LEARNING TO PLAY AND PRACTICE”

### Speed:

Speed is required for many sports, games, and activities. Speed can be developed as early as 6 to 8 years in girls and 7 to 9 years in boys. The activities in this section will help students’ develop speed in fun and creative ways.

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## Paper Race

**Brief Description:** This fun and simple activity will have you dipping into your paper recycling bin so that your students can develop their running speed.

**Figure:**



*Paper Race*

### **Procedure:**

Establish a large play area using cones or lines on the gym floor. Give each student an 8.5" X 11" piece of paper and have them hold the paper to their chest. On your command, students must let go of the paper and run fast enough to keep it to their chest using air resistance alone. After a few practice trials, start the game. If the paper falls off a student's chest they must stop and walk. The last student with a paper on their chest is the winner. This activity becomes more challenging if played outdoors in the wind!

### **Equipment:**

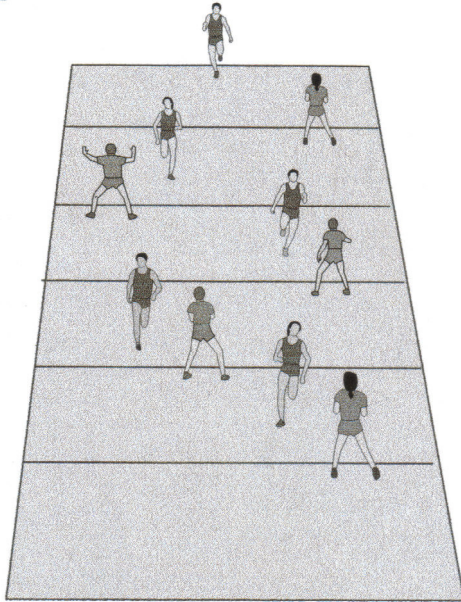
- Enough paper so that each student is given a piece
- Proper gym clothing

*Adapted from Physical Education Digest, [www.pedigest.com](http://www.pedigest.com)*

## Main Tui – A game from the South Seas

**Brief Description:** This non-contact variation of British Bulldog is a favourite in Malaysia and the Phillipines. It's a great way to develop speed and agility.

### Figure:



*Setup for Malaysian  
"Main Tui"*

### Procedure:

Divide the class into 2 teams. Mark off a playing surface using gymnasium lines, cones, chalk, etc.). Use existing lines or draw lines across the court approximately every 5-10 feet (as shown). Assign one defensive player to each cross-court line and place the offensive team at one end of the court. The object of the game is for the offensive players to get from one end of the court to the other without being tagged by the defensive players. Defensive players are not allowed to move off of their line and as a result can only move laterally. Offensive players can chose to run continuously down the court or run in bursts to make it to the safe zones in between lines, but must stay within the court boundaries at all times. This allows for strategy and team work to be implemented. Players who are tagged must leave the court and the game continues until all players on the offensive team are tagged. Teams then switch roles.

### Equipment:

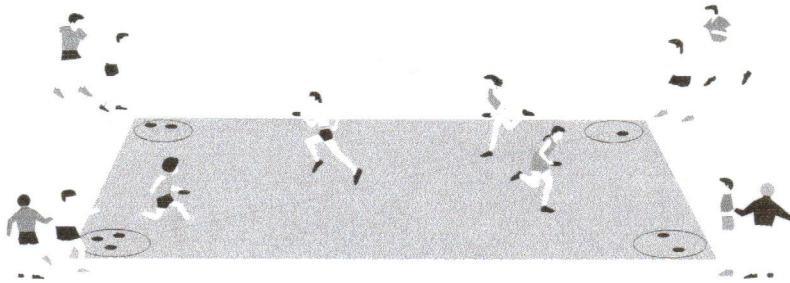
- Court should be 10-15 feet wide (used to create game boundaries) and marked visibly (e.g., pylons, shoes, water bottles, etc.).
- Mark off the court with tape **or** draw with chalk **or** use pre-existing lines on the gym floor. Marking should occur every **five** feet.
- Proper gym clothing.

*Adapted from Physical Education Digest, [www.pedigest.com](http://www.pedigest.com)*

## Little Thieves

**Brief Description:** This game develops sprinting ability while ensuring that students are aware of their surroundings.

**Figure:**



*Little Thieves Sprinting Game*

### **Procedure:**

Establish 4 teams of 4-8 students. This game can be played in the gym or on a field. Place a hula hoop in each corner of the gym/field. Place 4 beanbags in each hoop. Each team lines up behind their hoop. The object of the game is to steal the beanbags out of the hoop from the diagonally opposing team. Players on each team take turns sprinting to the opposite hoop, then racing back and placing it in their own hoop. Once the beanbag is placed in the home hoop, the next teammate starts. Players aren't allowed to protect their home hoop or impede a runner's progress. Once the game is underway, there will be 4 players running simultaneously, so players should be cautioned to be careful as they approach the intersection at the middle of the field. Once they near the intersection, players might have to slow down until it's clear and then accelerate again.

### **Scoring:**

The first team to accumulate 6 beanbags into their home hoop is the winner.

### **Equipment:**

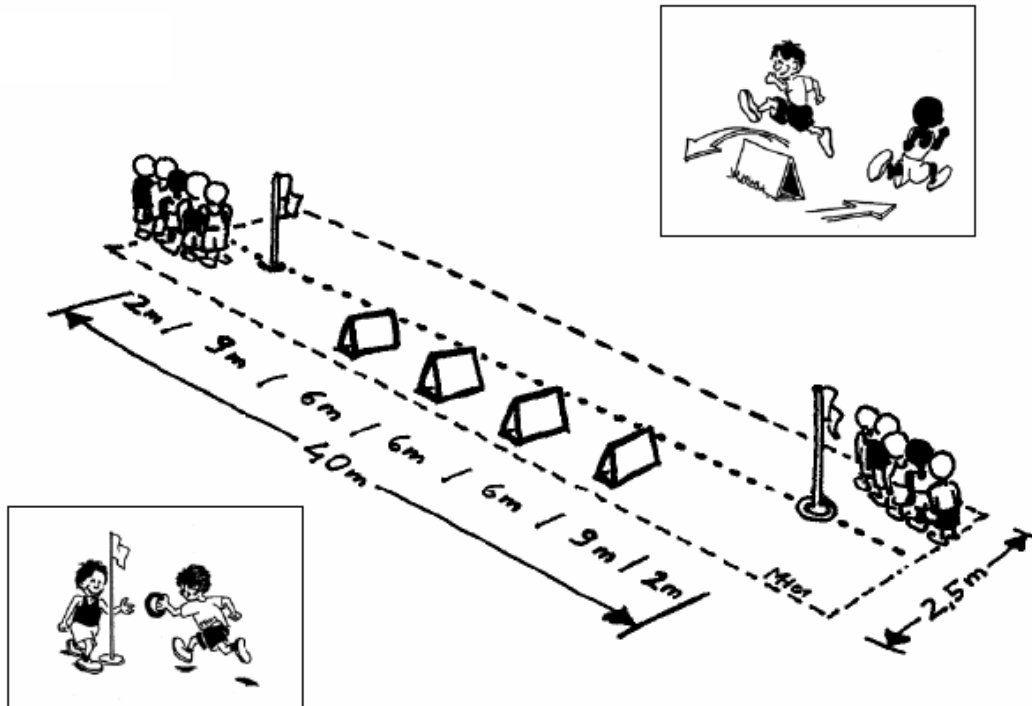
- Four hula hoops (see how to make your own hula hoops in the creative ideas portion of the resource binder) placed in game boundaries.
- 12 beanbags or balls. 4 beanbags or balls placed in each hula hoop.
- Proper gym clothing.

*Adapted from Physical Education Digest, [www.pedigest.com](http://www.pedigest.com)*

## Sprint Hurdles/Shuttle Relay

**Brief description:** Shuttle relay of combined sprint and hurdle distances

**Figure:**



### **Procedure:**

The equipment is installed as in the above figure. Pizza boxes and/or cones with hockey sticks can be used as hurdles. One team will run the sprint first and the other the hurdles. Participants must run the sprint or hurdle distance, turn around the flag (or cone) and then back on the opposite track. A ring or baton can be used to pass to the next team member. Caution must be used in the event that one team catches up to the other and they are on the same track at the same time. The relay is complete once all team members have completed 1 lap.

This event can be varied so that the hurdles are placed lengthwise, requiring a sideways scissor kick to go over them. Alternatively, weaving in and out of cones (slalom) could be incorporated instead of, or in addition to, hurdling. Another variation involves a circular course with hurdles and flat sections in which teams compete head to head around the course.

### **Scoring**

The team to complete the relay in the fastest time wins.

**Equipment:**

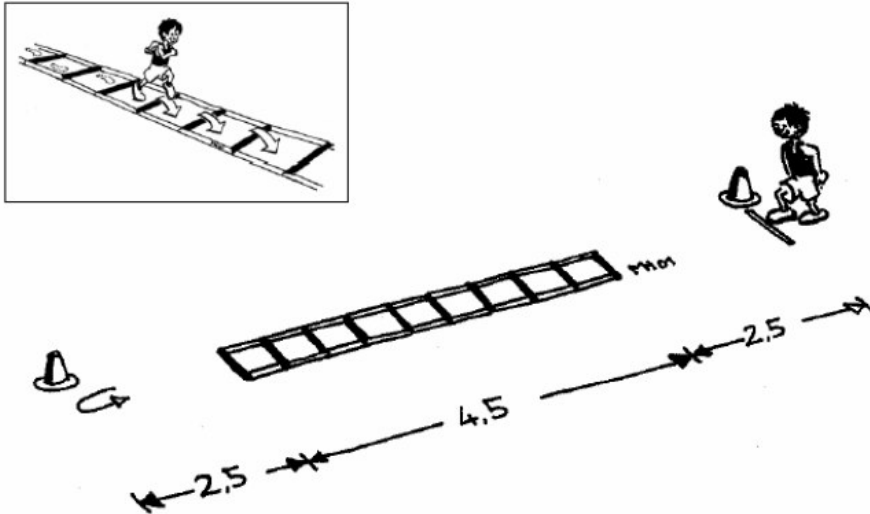
- Four breakdown hurdles or pizza boxes (see the creative ideas portion of the resource binder for more details).
- 1 relay baton (boxes (see the creative ideas portion of the resource binder for more details).
- Two cones or flags to mark the start lines of the relay teams.
- Proper gym clothing.

*Adapted from IAAF Kids Athletics – A practical guide, [www.iaaf.org](http://www.iaaf.org)*

## Hula Hoop/Ladder Running

**Brief Description:** Children will learn how to develop quick feet for sprinting by running a variation of ladder running.

**Figure:**



### **Procedure:**

If a running ladder is available, it can be set up as shown. Alternatively, hula hoops can be placed in a row instead to replace the ladder. Participants must run through the ladder, touching the ground for the shortest time possible, while alternating feet. A relay race can be set up if two ladders/hula hoop courses are set up side-by-side. In the relay, team members run through the ladder, around a cone and then back through the ladder and tag the next team member.

### **Scoring:**

If the team event is played, the first team to complete the relay with correct form wins.

### **Equipment:**

- Pre-made speed ladder or tape on floor.
- Two cones or objects to mark the start and turn around point of the relay course.
- Proper gym clothing.

*Adapted from IAAF Kids Athletics – A practical guide, [www.iaaf.org](http://www.iaaf.org)*

## **Ball Relay**

**Brief Description:** This is a fun way to get students to sprint the length of the field both with and without carrying a ball.

### **Procedure:**

Divide the class into 2 teams. You will need ~10-15 balls (or objects) for each team. The balls (or objects) for each team should match in size. You can use medicine balls, basketballs, volleyballs, soccer balls, footballs, kick balls, etc. Each team has a bag big enough to hold all of their balls. Each team lines up at one end of the field/court behind a hula hoop that is filled with all their balls, stacked with the biggest on bottom and smallest on top. At the other end of the field/court place the bag for each team. The first person from each team must grab a ball, sprint with it to the other end of the field, stuff it in the bag, race back and tag the next person. This continues until the last ball is left. The person with the last ball will take it down the field, stuff it in the bag, and carry the bag of balls back to the hula hoop. The team must work together to get all the balls out of the bag and stacked inside the hula hoop in the exact same manner in which they started.

### **Scoring:**

The first team to correctly stack all the balls back inside the hula hoop wins.

### **Equipment:**

- 15 sets of balls in various sizes.
- Two small beanbags.
- Two hula hoops.
- Proper gym clothing.