

**RESOURCE BINDER - CANADIAN SPORT FOR LIFE**

**“LEARNING TO PLAY AND PRACTICE”**

**Sport Medicine and Science Council of Saskatchewan**



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# RESOURCE BINDER - CANADIAN SPORT FOR LIFE

## “LEARNING TO PLAY AND PRACTICE”

### **Stamina (Endurance):**

Stamina, or endurance, refers to the ability to sustain exercise for a long duration. The activities in this section will improve students’ cardiovascular ability and aerobic capacity.

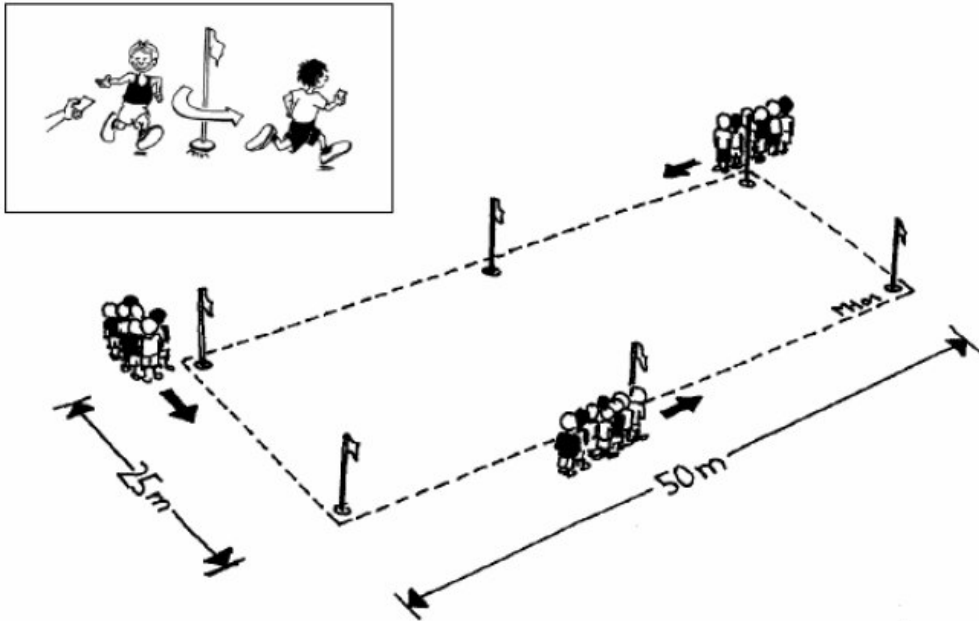
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## “8’ Endurance” Race

**Brief description:** Eight-minute race using a course that is about 150m

**Figure:**



### **Procedure:**

Each team has to run around a course of ~150m (see figure above) from a given starting point. Each team member tries to run around the course as often as possible in 8 minutes. The start command is set for all teams at the same time (by blowing a whistle or yelling “Go!”, etc.).

Team members can count their own laps or alternatively, each member of the team starts with one card (ball, piece of paper, cork or similar) which he/she has to take back to his/her team after each completion of a round on the course, and before starting again, he/she takes a new card or similar, and so on. Cards for completed laps could be put in a separate pile, inside a hool-a-hoop, or in a bag for easy scoring. After 7 minutes, the last minute is announced by another blow of a whistle or by audible signal. After 8 minutes the completion of the run is indicated by a final signal.

### **Scoring:**

Teams count up their total number of laps, or count up the cards (balls, pieces of paper, etc.) to get a total score for their team.

### **Equipment:**

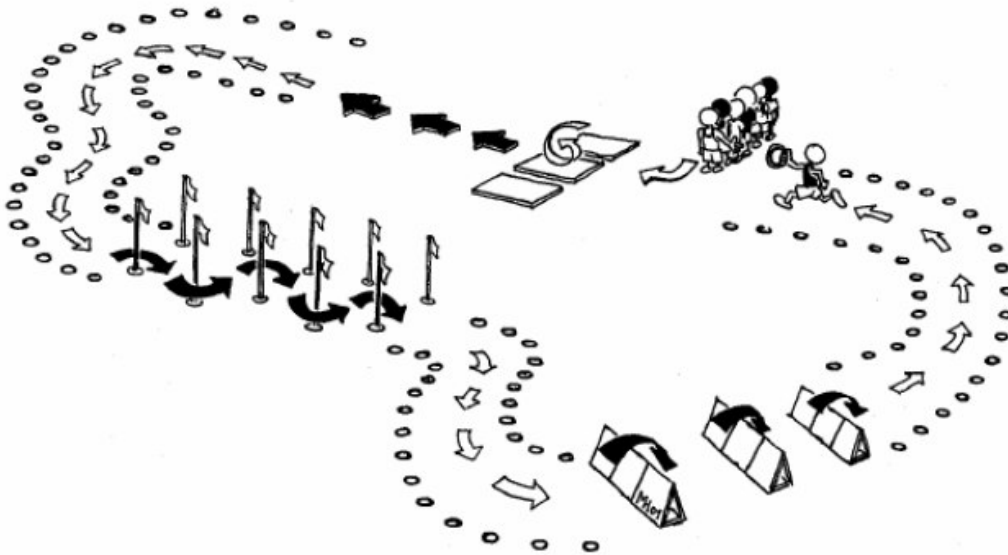
- 6 flags or objects to mark the course.
- Proper gym clothing.

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

## Formula One

**Brief description:** Relay as a combination of flat-, hurdles- and slalom-sprint

**Figure:**



### **Procedure:**

The distance is about 60m or 80m long and is divided into one area each for flat sprinting, for sprinting over hurdles and for sprinting around slalom poles (see figure). Pizza boxes or cones with floor hockey sticks can be used as hurdles, and cones can be used in place of slalom poles. A soft ring or similar object can be used as the relay baton. Each participant has to start with a forward roll on the tumble mat.

The “Formula-One” is a team event in which each team member has to complete the full course. Up to six teams can compete at the same time on one course.

### **Scoring**

The ranking is evaluated according to the time: the winning team being the one with the best time. The next teams are ranked according to their finishing time.

### **Equipment:**

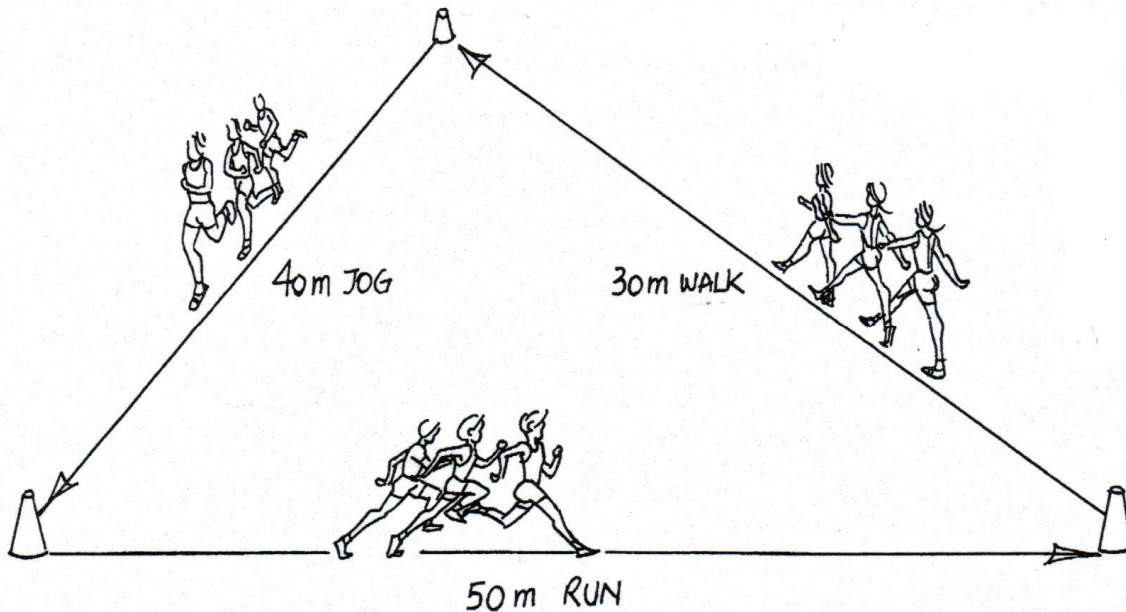
- Three soft mats placed on the floor at start of relay.
- 10 cones or objects for slalom portion of relay.
- 3 breakdown hurdles or pizza boxes.
- Proper gym clothing.

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

## 10-minute Triangle Run

**Brief Description:** Individuals perform walking, jogging, and running around a triangle course according to their own abilities.

**Figure:**



### **Procedure:**

Divide students into 3 groups, each starting at a corner of the triangle. Individuals perform walking on one side, jogging on one side, and running on one side of the triangle. Students run at their own pace and count the number of laps that they can do in 10 minutes.

### **Scoring:**

This could be done as a team event, with the total number of laps completed by each group used as an overall team score. Alternatively, this activity could be used to track individual progress and improvements over time.

### **Equipment:**

- Three cones or objects to mark the course.
- Proper gym clothing.

*Adapted from Bompa, Total Training For Young Champions.*

## Ride the Snake/In the Hole

**Brief Description:** Groups of children run together while holding onto a long rope (the snake) or within a rope tied in a loop (the hole).

**Figure:**



### **Procedure:**

Divide children into groups of 3-8 (the larger the group the more difficult it is). For “Ride the Snake”, each group member grabs the rope and the group must run together around a specified course. For “In the Hole”, each group member must get inside a rope that is tied in a loop and hold the rope up while running together. This becomes harder if they aren’t allowed to use their hands.

### **Scoring:**

This activity could be turned into a race where multiple groups compete against each other around and specified course.

### **Equipment:**

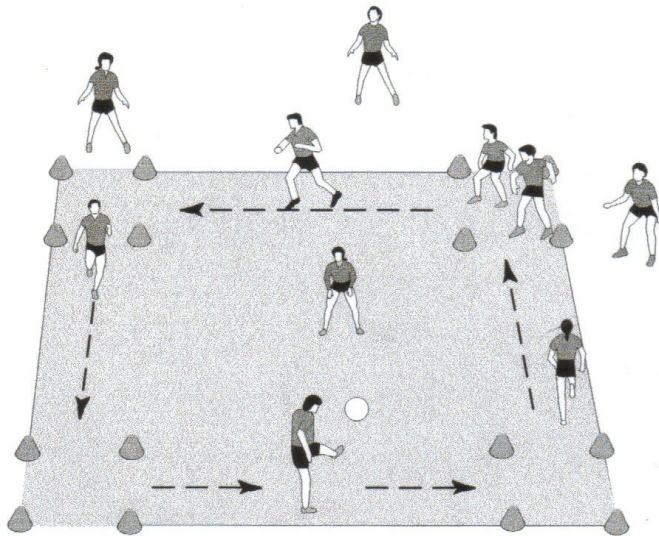
- Enough ropes for teams or appropriate length.
- Proper gym clothing.

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

## Cardio-Ball

**Brief Description:** A variation of soccer baseball, cardio-ball involves lots of decision making, running, and anticipation.

**Figure:**



*Cardio Ball*

### **Procedure:**

The playing surface is set up inside or outside as shown in the figure (mats, hool-a-hoops, etc. can be used for the 4 bases instead of cones if preferred). One team is kicking and one team is spread out in the field. The pitcher (which could be the teacher for younger children) rolls the ball towards the kicker as in soccer-baseball. Once on base, a player runs when they feel they can make it to the next base. As a result, you can end up with 2, 3, or 4 runners on one base. Base runners don't have to run in the order that they kicked. If the pitcher has the ball on the pitcher's mound, runners must stay on base, unless they were more than halfway to the next base on the previous play, in which case they get to advance. Runners are put out using the following methods: i) their kicked ball is caught, even if kicked off the wall or ceiling; ii) they are hit with the ball, whether off the floor, wall, or ceiling, or a teammate's kick. The game can be played with 3 outs, 5 outs, or having every team member kick once. In the event that all kickers end up on base at the same time, the team loses their turn to kick and must switch to the field. This encourages aggressive base running.

Many variations can be played. For example, runners might have to run around the bases twice (to encourage more running) and score can be kept by picking up a pinney on the second time around and dropping it into a pile. When runners are put out they have to return to the previous base instead of leaving the field.

**Scoring:**

Scoring is calculated by the number of runners that get around all 4 bases. If the twice around the bases variation is played, score can be kept by the number of pinneys in the pile (which corresponds to the number of runners who made it around the bases twice).

**Equipment:**

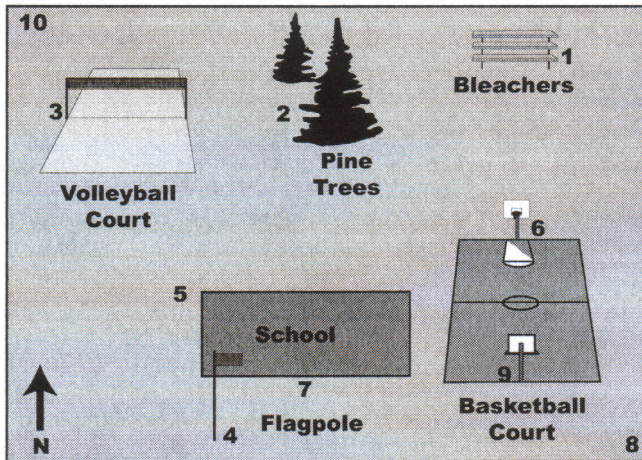
- Cones or objects to mark out the bases. Ideally there would be 4 objects to mark each base.
- 1 ball.
- Proper gym clothing.

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

## Orienteering in the Schoolyard

**Brief Description:** This activity helps to teach children how to use a map, while being active and having fun at the same time.

**Figure:**

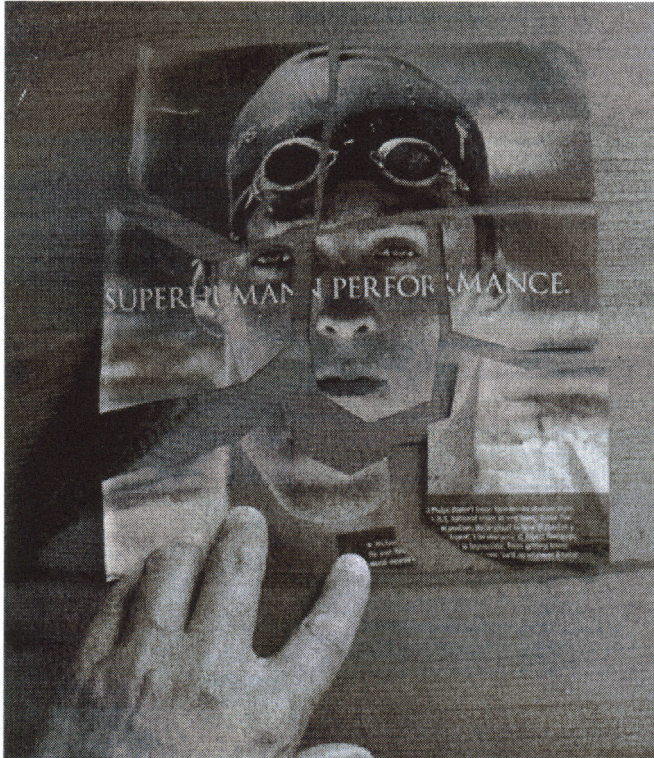


*Orienteering Map for a Typical Schoolyard*

### **Procedure:**

Establish a number of control points in your schoolyard. Make a map that shows each of these control points (an example is shown in the figure). If you're satisfied with your map, laminate a number of copies to use in the future. Take a photograph of a well-known face and make a number of copies (1 copy for each team). Faces can be copied from magazines or printed from the internet (see example figure below). Cut the copies of the face into as many sections as you have control points. Leave one section of each "face" at each of the control points. For example, if you have 5 teams, leave 5 copies of the "chin" section at the same point. You can leave the sections in small containers or Ziploc bags at each control point.

Divide the class into teams of 3-4 and explain how to orient the map. Instruct the players that they are to go to each of the control points in whatever order they desire and retrieve one section of the face at each point. Once every control point has been found players must run back to the starting point, arrange the face, and identify who the person is.



*A Paper "Face" Cut Into Sections  
(An ad from Sports Illustrated)*

**Scoring:**

The first team to collect all the sections of the face, return to the starting point and identify who the face belongs to wins.

**Equipment:**

- Be creative. Create the course at your leisure or use the example provided in the game.
- Create a course map by hand or on a computer program such as word.
- Tear up a magazine image such as the example of the ad from Sports Illustrated used in the game explanation. Place each piece at a site in your course.

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