**Running and Jumping and Leaping Through Active Games With Innovative Equipment**

Dr. John Byl

Description: Moving our body by running, hopping, leaping, and moving in various other ways are important life locomotor skills. We will engage you with relays and other games, with innovative equipment (such as topple tubes), that will help students enjoy learning these locomotor skills. Be prepared to participate.

**Want More?**

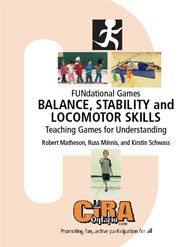
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Great Book—“What to Look For” copied from: CIRA Ontario’s, *Locomotor*.

[](https://www.ciraontario.com/product-page/fundational-games-balance-stability-and-locomotor-skills)

**Key cues**

**Heel-to-Toe Walk** – Players walk forward heel-to-toe while maintaining their balance (like walking on a tightrope).

**What to Look For**

* Is the player looking forward? Does the player need to look down often?
* Is the foot placement good (heel placed next to the toes) on each step?
* Does the player remain steady during the sequence?
* Is there any wavering evident? Where? How often?
* Are the arms used to help maintain balance?
* How quickly can the player move?

**Toe-to-Heel Walk** – Players walk backward toe-to-heel while maintaining their balance (like walking on a tightrope).

**What to Look For**

* Is the player looking backward? Does the player need to look down or back often?
* Is the foot placement good (toes placed next to the heel) on each step?
* Does the player remain steady during the sequence?
* Is there any wavering evident? Where? How often?
* Are the arms used to help maintain balance?
* How quickly can the player move?

**Running** – Players move quickly by transferring weight from one foot to the other, briefly having neither foot in contact with the ground.

**What to Look For**

* Are the eyes looking forward, and is the body leaning forward?
* Do the knees lift high as part of the motion?
* Is the main contact with the heel when running slowly and then the ball of the feet when running quickly?
* Do the arms swing back and forth from the shoulders with the hands passing the hips?
* Do the arms move in opposition to the legs?

**Dodging** – Players make quick, coordinated movements to change direction.

**What to Look For**

* Are players looking where they are travelling?
* Is the player getting lower during the change in direction?
* Does the player bend and push off the outside foot?
* Is the change in direction completed in one step?
* Can the dodge be done successfully in either direction?

**Skipping** – Players move rhythmically using a step-hop pattern.

**What to Look For**

* Is there a distinctive step-hop pattern with the alternation of feet?
* Does the player land on the toes and the ball of the landing foot?
* Do the arms move in opposition to the legs?
* Is the knee of the non-support leg used to prepare and execute in the hop phase?

**Galloping** – Players move rhythmically using a step-together, step-together pattern with the same foot always remaining in front.

**What to Look For**

* Is the step forward followed by a step with the trailing foot?
* Does the lead foot always stay in front?
* Is weight transferred from the front to the back with a slight lift?
* Are the arms bent and moving in rhythm with the legs?
* Is there a brief period when both feet are off the ground?

**Horizontal Jump** – Players take off with two feet, pushing forward, jumping for distance, and then landing with both feet.

**What to Look For**

Preparation Stage

* Is the player bending at the knees and getting low?
* Is the body leaning forward?
* Are the arms swinging back?

Take-off Stage

* Are the arms swinging forward and upward to create momentum?
* Do the legs explode out of the crouch position?

Flight Stage

* Are the eyes focused ahead?
* Do the knees come up towards the chest?

Landing Stage

* Are the knees bent to absorb the landing impact?
* Does the player land on both feet at the same time?
* Is it a soft landing?
* Is the landing balanced by extending the arms forward and feet shoulder-width apart?

**Vertical Jump** – Players take off with both feet, trying to jump as high as possible.

**What to Look For**

Preparation Stage

* Is the player bending at the knees and getting low?
* Is the body leaning forward?
* Are the arms swinging back?

Take-off Stage

* Are the arms swinging upward to create momentum?
* Do the legs explode upward out of the crouch position?

Flight Stage

* Are the eyes focused upward or ahead?
* Does the body extend and straighten in the air?

Landing Stage

* Are the knees bent to absorb the landing impact?
* Does the player land on both feet at the same time?
* Is it a soft landing?
* Is the landing balanced by extending the arms forward and feet shoulder-width apart?

**Leaping** – Players take off from one foot and land on the opposite foot.

**What to Look For**

Preparation Stage

* Is there movement in the hips and knees to prepare for flight?
* Is there a slight run up, leading into the leap?
* Does the player prepare to leap by bringing the arms slightly back?

Take-off Stage

* Is thrust created by swinging up and forward off take-off leg?
* Does the player push off the ball of the take-off foot?
* Are the arms used to create momentum at the same time as the legs are lifted?

Flight Stage

* Are the eyes focused upward or ahead?
* Do the legs straighten during flight?
* Is there a long, graceful step with both feet in the air?
* Are the arms held in opposition to the legs?
* Is the trunk leaning forward to prepare for landing?

Landing Stage

* Does the landing leg extend and is the knee bent to absorb the landing impact?
* Does the player land softly and in balance on the ball of the foot?

**Hopping** – Players take off from one foot and land on the same foot.

**What to Look For**

Preparation Stage

* Is the player balancing on one leg with the other leg bent at the knee?
* Is the player looking forward?
* Does the player prepare to hop by bringing the arms slightly back?

Take-off Stage

* Is thrust created by swinging non-support leg up and forward?
* Does the player push off the ball of the support foot?
* Are the arms used to create momentum at the same time as the leg is lifted?

Landing Stage

* Are the knees bent to absorb the landing impact?
* Does the player land softly on the ball of the foot?

Agenda: With different locomotion: Running, Gallop, Skip, Hop, Jump, Heel-Toe, Leap…

* Warm Up (5 Minutes)
  + Freeze Thaw Tag
    - <https://www.canadago4sport.com/Locomotor/Freeze-Thaw-Tag>
* Move It (2 x 5 Minutes = 10 Minutes)
  + Colour Craze
    - <https://www.canadago4sport.com/Warmups/Bottoms-Up>
  + Hoops
    - <https://www.canadago4sport.com/invasion1/Hoops>
* Relays (6 x 3 Minutes = 18 Minutes)

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| --- | --- | --- |
| Puzzle Relay  (Heal Toe)  <https://www.canadago4sport.com/Leadership/Blind-Puzzle>  Quick Count Relay  (Leap)  <https://www.canadago4sport.com/Numeracy/Quick-Count-Relay> | Topple Tic Tac  (Gallop)  <https://www.canadago4sport.com/Numeracy/Topple-Tic-Tac>  Tic Tac Toe Double  (Skip)  <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe%E2%80%94No-Grid-Relay> | Colour Craze Relay  (Run)  <https://www.canadago4sport.com/Warmups/Colour-Craze-Tubes-Relay>  Hula Hoop Horseshoe Relay  (Fast Walk)  <https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes> |

* Topple Tubes (4 (pic) x 5 Minutes = 20 Minutes)
  + Blue or Yellow
    - <https://www.canadago4sport.com/Leadership/Your-Colour-Up>
  + Blue or Yellow with Feet
    - <https://www.canadago4sport.com/Leadership/Your-Colour-Up-With-Feet>
  + Three players count to 30
    - <https://www.canadago4sport.com/Numeracy/Topple-Specific-Number>
  + 1-4, 5-8… in a row
    - <https://www.canadago4sport.com/Numeracy/Topple-Tube-Number-Sequence>
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