

# Event Explainer - Running / Rith

## Running

Running is similar to walking except there is a moment of suspension called the flight phase when both feet are simultaneously off the ground. The skill of running includes jogging, sprinting, dodging and evading. The ability to run is essential to perform a wide range of activities in both everyday life and sporting contexts. Whether it is sprinting in a race or running for pleasure, chasing a football or trying to catch a butterfly, it is essential that everyone develops a proficient running technique. The activities used are from the Move Well Move Often booklets. Please click below.



## Physical Literacy

### Activity 1 - Traffic Lights (Soilse Tráchtá - Gluais go maith, gluais go minic leabhair 1 lth. 26)

#### Description of Activity

Invite pupils to find a space in a large open playing area where they are not in contact with anyone else. On a signal, pupils move around the playing area in response to the following commands. Turn it into a game of moving statues to develop.

- Red: stop
- Amber: walk
- Green: run

(REF - PDST MWMO Book 1)



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### Activity 2 - Rock, Paper, Scissors tag (Leaisteanna Carraige - Páipéir - Siosúir - Gluais go maith, gluais go minic leabhair 2 lth. 28)

#### Description of Activity

Arrange pupils in pairs, standing one metre apart and facing each other. All pairs line up along a centre line with a safety line positioned twenty metres behind both sets of pupils. Each pair begins by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper. To determine a winner, pupils count to three and form a rock, paper, or scissors. The winning pupil then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.  
(REF - PDST MWMO Book 2)



### Activity 3 - Make the Face - (Déan an aghaidh - tri-o.org)

#### Aim

Use the equipment indicated or any similar household equipment and map key to create the Funny Face accurately using information on the map.

#### Organisation

Set up equipment as shown. Put out extra if available to allow for mistakes.

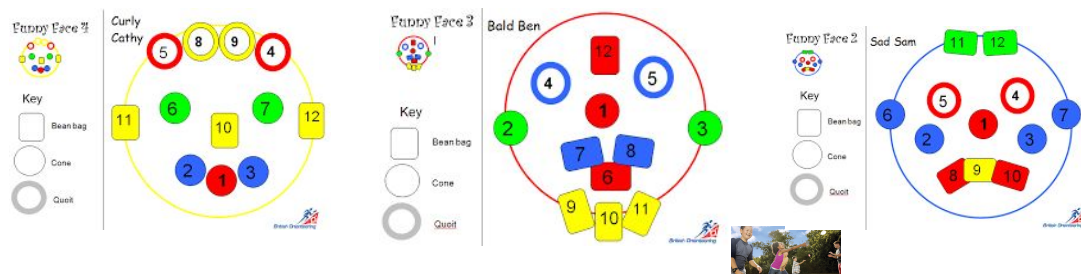
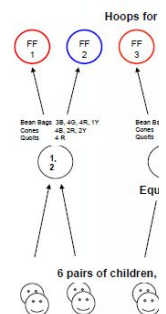
Explain to children the concept of the word 'symbol'.

Pupil is given a Funny Face map, runs to their pile of equipment, selects the right piece for No 1 on their map, then places it in appropriate place in their Funny Face hoop / rope.

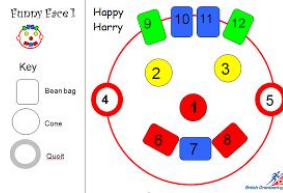
The pupil then runs back and hands map to other person. Continue till Funny Face is complete. There is a full range of faces available free at the link below.



#### Funny Faces



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If you don't have the any of the equipment above, you could find an alternative - replace a hola-hoop with a skipping rope, or you could make the equipment with paper and crayons and mix it all up. Have fun with it

(Ref:

[https://www.britishorienteeing.org.uk/images/uploaded/downloads/schools\\_tri\\_o\\_resource\\_s.pdf](https://www.britishorienteeing.org.uk/images/uploaded/downloads/schools_tri_o_resource_s.pdf) )

It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.

