



## MODULE OVERVIEW

### ABOUT THIS MODULE:

Run for Fun is the latest collaboration between OPEN and Rising New York Road Runners. This instructional module borrows teacher-tested learning activities from the Rising New York Road Runners' PLAYBuilder and adds OPEN's twist on outcomes-based instructional resources.

The activities in this module are designed to teach students how to move safely around a track (running loop) while exploring different locomotor movements and having imaginative fun with their classmates. Concepts introduced include physical activity in and out of school, basic nutrition education, safety and locomotor movements. The set-up and management for this module is intentionally consistent and allows teachers to run all activities with a single management format. This consistency allows classes to run smoothly with exciting extensions that will encourage students to RUN FOR FUN!

### ABOUT RISING NEW YORK ROAD RUNNERS:

Rising New York Road Runners is a free running-based youth program that provides PE resources nationwide. They take a developmental approach to physical education that's focused on a student's age, needs, and ability. Their research-based program consists of games and activities that make it fun to learn—and teach—the fundamental movement skills at the heart of running and most other sports. [www.nyrr.org/youth/aboutrisingnyrr](http://www.nyrr.org/youth/aboutrisingnyrr).

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## PRIORITY OUTCOMES:

### Personal Enjoyment:

- (K) Identifies physical activities that are enjoyable.
- (1) Describes positive feelings that result from physical activity participation.
- (2) Discusses personal reasons for enjoying selected physical activities.

### Fitness Knowledge:

- (K) Recognizes that when you move fast, your heart beats faster and you breathe faster.
- (1) Identifies the heart as a muscle that grows stronger with exercise/play and physical activity.
- (2) Identifies physical activities that contribute to fitness.

### Fitness Programming:

- (K) Participates in physical activity in active school programming environments (PE, Recess, Activity Breaks).
- (1) Participates in physical activity outside of the school environment.
- (2) Participates in physical activities that contribute to fitness.

### Nutrition:

- (K) Recognizes that food provides energy for physical activities.
- (1) Identifies foods that promote good health.
- (2) Describes the specific roles that nutrition and physical activity play in overall good health.

### Personal Responsibility & Safety

- (K) Follows directions for safe participation and proper use of equipment with minimal reminders.
- (1) Follows directions for safe participation and proper use of equipment without reminders.
- (2) Works independently and safely in physical education.

## SUGGESTED BLOCK PLAN

Lesson #	Activities	Suggested Academic Language
1	Music Mania, Sleeping Giants, Animal Run	Balance, Control, Jog, Run, Safety, Speed, Walk
2	Music Mania, Freeze, Fruit and Veggie Run	Balance, Control, Muscular Strength, Food Group, Fruit, Leap, Vegetable
3	Sleeping Giants, Driving Around, Get on An Island	Fuel, Fruit, Gallop, Leap, Skip, Vegetable, Heart Rate, Side Slide
4	Animal Run, Get on An Island, Space Race	Focus, Advantage, Accuracy, Movement Concepts, Trust
5	RUN FOR FUN STUDENT FAVORITES (Choose 3 or more Run for Fun Activities)	Review academic language from selected activities.