

FLAGHOUSE Activity Guide

Running Man

Item #14721



What Are the Educational Applications?

Fitness activities are an important component of any level in Physical Education. Many of the activities require flexibility, muscular strength, and muscular endurance which students are not always so fond of, however, by creating a positive association through enjoyable activity students will have less apprehension about doing flexibility or other muscle strengthening related activity. When teaching these types of activities, an important component of discussion is lifelong fitness and understanding; which exercises strengthen which muscles; as well as the importance of maintaining a level of fitness that reflects a high quality of life.

How Can I Use This Product With My Students?

Participants develop wrist and forearm strength while working as a team in this game of cooperation and skill. The "Running Man" consists of 2 dowels that are connected by rope. The object is to move the "running man" between the handles. The set includes 6 sets of running men in 6 different colors (red, yellow, blue, green, orange, and purple). Can be played 1-on-1, 2-on-2, or in teams with 24 players. The sizing is 10'L x 8"W. The "Running Man" is great training tool for sports such as baseball, gymnastics, rowing, or tennis to name a few. Participants can run one directional sprint races or even relay races. Great for groups!

(Activities 1-3 from Striker Sports)

Activity #1 One-on-One

One student on each side holds the handle and the game starts with the rope out for both players. Either a player or referee starts the game by saying "Ready," then Player 2 says "Set", and Player 1 says "GO!". Both players start winding the cord in an overhand fashion trying to reach the "Running Man" first. Both players should be told to slowly step towards the other player when winding, while not allowing the "Running Man" to touch the ground. First person to reach the "Running Man" wins.

Activity #2 Two-on-Two

Similar to One-on-One, but 2 students per handle use cooperation and teamwork in order to be successful. Two players hold each handle and start with all the rope out for both sides. A team member or referee starts the game by saying "Ready," then a player from the other side says "Ready" again, Player 3 says "Set", and finally Player 4 says "GO!". All players working together start winding the rope in an overhand fashion trying to reach the "Running Man" first. All players should be told to slowly step towards the other players when winding, while not allowing the "Running Man" to touch the ground. First team to reach the "Running Man" wins.

Activity #3 Team Play

You may have as many teams as you have sets of "Running Men." Line teams up in a straight line. Each team works with one "Running Man" with either one player on each handle or 2 per handle. The game starts as previous versions, except Player 2 has the rope wound up all the way to the "Running Man", as Player 1 has all of their rope out. This will be the start-up for each team. Upon "GO", Player 1 winds the rope as Player 2 unwinds it. Player 2 stays in a stationary position as they unwind. Player 2 must actually unwind the rope and not let it out by allowing the handle to spin by itself. When all teams are lined up and either winding or unwinding, it looks like the "Running Man" is actually racing against the other teams. Again, you may have the entire class lined-up in teams, depending on how many sets of "Running Men" you have. One set of 6 "Running Men" can accommodate up to 24 players.

Activity #4 Roll and Stretch

One partner sits with the Running Man handle rolled up and the other sits in a sit-and-reaching-for-their-toes position with the handle unrolled. Keeping the Running Man off the ground, the partner must roll up the handle while the other keeps the line taught. Stop when the rolling partner cannot reach any farther.

How Do I Make This Product Developmentally Appropriate For My Students?

"Running Man" does not require a high physical skill ability level to participate. However, in order to be successful it is imperative the participants work together when doing team runs. Communication is the key to success. These help with the cognitive aspect of development on top of the physical aspect.

How Does This Product Relate to Current Educational Thinking?

It is important to give students a well-rounded physical education. Although it is important to teach the basic fundamentals of sports, with today's obesity and type 2 diabetes issues, lifetime fitness is a must for all levels. The "Running Man" promotes muscle development, and when participating in team activities, it also reinforces the concept of teamwork for success. If weight training is introduced in this environment, then when students at the appropriate age transfer to an actual weight, there is a positive association with the activity.

In view of COPEC'S (Council on Physical Education of Children) position that all activities have both appropriate and inappropriate practices, please list and describe a few appropriate practices regarding how this item or these activities are valuable to a physical education program.

- Relay races focus on group success versus individual
- Makes fitness activities fun
- Relays promote communication skills
- Positive way to work wrist strength
- Appropriate for a variety of age ranges (upper elementary to adult)
- Relays promote teambuilding
- Can be used indoors and outdoors
- Unique way to encourage running backwards

Safety Issues & Concerns

It is important that everyone is paying attention and understands directions prior to beginning any maneuvers. Equipment is made out of wood, so make sure before students use the product there is no fraying to avoid splinters. This also adds weight to the objects, which means that if dropped in the process of handling, it may be painful for students. In addition, students should avoid swinging the wooden objects for similar injury prevention reasons.



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Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time

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