

Running Man

Item #14721



- **Overview.** A fun game of cooperation and skill that's great for groups! The Running Man consists of two dowels that are connected by rope, with the Running Man attached in between. The object is to move the "running man" between the handles so that it reaches the dowel ends. It can be played one-on-one, two-on-two, or in teams with 24 players. The Running Man is a great training tool for sports such as baseball, gymnastics, rowing or tennis. Participants can run one directional sprint races or even relay races. The set includes 6 sets of running men in 6 different colors (red, yellow, blue, green, orange and purple). Size: 10'L x 8"W.
- **What Are the Educational Applications?**
 - The Running Man offers a fun activity that develops wrist, forearm and shoulder strengthening exercises while working as a team in a cooperative activity.
 - Relay races focus on group success versus individual, promote teambuilding and foster communication skills.
- **How Can I Use This Product With My Students?**
 - **Where:** Can be used indoors and outdoors.
 - **Age:** Appropriate for a variety of age ranges (elementary to adult)
 - **Group Size:** For small groups or large teams.
 - **Basic Skills Needed:** Running Man does not require a high physical skill ability level to participate. However, in order to be successful it is imperative that the participants work together. Communication and teamwork are the keys to success. These help with the cognitive aspect of development on top of the physical aspects.

The Games/Activities

- **Activity #1: Roll and Stretch**
 - a. **Objective:** To exercise with a partner.
 - b. **Set Up:** 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.
 - c. **How to Play:** Keeping the Running Man off the ground, the partner must roll up the handle while the other keeps the line taut. Stop when the rolling partner cannot reach any farther.
- **Activity #2: The Race is ON!**
 - a. **Objective: One-on-One.** Two players wind the cord and vie to reach the Running Man at the same time.
 - b. **Set Up:** One student on each side holds the handle and the game starts with the rope out for both players.
 - c. **How to Play:** Either a player or referee starts the game by saying "Ready," 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 at the same time. Both players should step towards the other player when winding, while not allowing the Running Man to touch the ground. The objective is to time the walk and rolling to meet in the center at the Running Man together.
 - d. **Extensions:**
 - **Two-on-Two.** 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," 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. Players should slowly step towards the other

players when winding, while not allowing the Running Man to touch the ground. Teams should try to make it to the center with the Running Man at the same time.

- **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 two per handle. The game starts as in 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 #3: Running the Man Back and Forth**

- a. **Objective:** To work as a team to move the Running Man from one dowel to the other and back again.
- b. **Set Up:** Start with the Running Man rolled up at one end and the other end extended all the way out.
- c. **How to Play:** On the signal, the partner with the extended rope begins to wind up the rope as fast as possible without the Running Man touching the ground while the partner at the wound up end slowly releases the rope on their end. Once the Running Man reaches the other end the roles reverse and the team tries to roll the rope back up until the Running Man gets back to the starting point.

- **Safety Issues & Concerns**

- Make sure that participants pay attention in order to understand the directions before trying any of the maneuvers.
- Equipment is made out of wood so before students use the product, check for fraying to avoid splinters. The wood also adds weight to the objects, so it may be painful for students if dropped while handling.
- Students should not swing the wooden objects.
- Do not let the Running Man hit the floor or bang against any hard surface.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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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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