

Athletic Activities: 'Crabs and Shrimps'

EQUIPPE supports the view that if pupils are to develop physical literacy they need to experience running, jumping and throwing activities that are dynamic, challenging and skill based experiences.

Objectives

Develop the fundamental movement of athletics.

Competencies: knowledge, understandings, skills, aptitude that are developed

Knowledge: types of running skills, spatial orientation.

Aptitudes: collaboration, respect the rules.

Duration: 10-15 minutes

Description of the activity:

- The whole class is divided into two equal teams, facing each other on two lines, so that a space of 2 m. separates them.
- A team is "crabs" while the other is "shrimps".
- The game starts at a signal: the game leader shouts "crabs" or "shrimps".
- The ones that are called chase the others trying to touch them before they reach a designated line.
- Each opponent reached is a point for the team. The team that makes the highest score wins.

Variety: game/activity adaptations and modifications, age group considerations, group size

The distance could be modify according to the age and the number of players.

Different starting positions.

What happens next? feedback, reflection (incl. self-assessment), DIY (do-it-yourself)

Children will be capable to play without supervision in their free time.

Key teaching points and cues for assessment

The basic elements of correct sprinting technique:

- At the start of the sprint, keep strides short/quick.
- Lengthen strides as speed is gained
- Hold the torso straight and vertical.
- Leaning forward so that the feet are behind the hips, and the hips behind the shoulders (also known as the triple extension).
- Hold the head still
- Relax your face and neck.
- Bend your elbows at 90 degrees.
- Hands travel from "hip to lip"
- Keep your arms close to your sides.
- Keep your shoulders steady but relaxed.
- Lift your front knee high ("knee drive")
Straighten back leg completely to deliver full power.

Links

Video: <https://www.youtube.com/watch?v=3ixM09ovjt4>