

Partners



Lesson Focus: to power walk and run around the perimeter of the area.

Perimeter

What you'll need

- Cones to make lanes.
- Music and music player are optional.

Skills to review and demonstrate

Power walking (arms pumping) and a jog.
Calling out, and passing on the left.

Getting started

Place cones around the perimeter of the area making double (walking) lane and one in the inside (running) lane.



Student performance objectives

Psychomotor: Students will demonstrate power walking and jogging in proper form 80% of the time.

Cognitive: Students can describe the areas of fitness the activity works on 80% of the time.



[▶ Watch the Video](#)

Indoor/outdoor
activity for grades

3-5

Begin the action

On “go” the walkers and runners begin.

When the runner catches up to their partner in the walking lane they switch places and continue.

This activity does not bring attention to the slower movers in your class!

Challenge

This time let’s skip instead of run!

How many laps did you run today?

Recap

Why should you always pass on the left of a runner/walker?

What type of fitness exercise is this?



National standards

Standard 3:

Cardio vascular fitness.

Standards 4 & 5:

Participates responsibly; Accepts differences in abilities;
Cooperation; Challenge.