

RUNNING

FROM EXCELLENCE TO GLORY

FEATURED ATHLETES



ELLIE BLACK
GYMNASTICS



ANDRE DE GRASSE
ATHLETICS

Excellence means doing the best we can, on the field of play or in our professional life. The important thing is not winning, but taking part, making progress, and enjoying the healthy combination of body, will and mind.



SCHOOL PROGRAM

International Olympic Committee

ICE - BREAKER

Victory celebrations

Today's Olympic value is excellence.

Activity Type: Circle Game

Group Size: Large group (of 5 or more)

Age Group: 6-12

Length of Activity: 10 minutes or more, make sure to cut the activity at the peak of enjoyment

Objective: To have fun and give participants an opportunity to be creative, loud and energetic.

Equipment: none

BEFORE YOU START

1. Discuss how athletes might react to victory or loss. How might this look differently depending on their sport and personality?
2. The one rule is that you can only increase the intensity a little bit. If the leader sees a participant take up the intensity too much, they can ask the participant to “dial it down and try again.”

SET UP

Participants should form a large circle with 2m space between them.

How to Play

- The first participant starts by making a tiny sound and motion of celebration. It might be as simple as whispering “yeah” or putting up a finger to show they are #1.
- The participant to their right mimics the sound and gesture, increasing the energy level just a bit.
- Continue around the circle as each participant adds a bit more energy. The sound gets louder and the gesture more elaborate.
- When the sound and motion gets back to the first participant, they must outdo all the others in volume and intensity.
- Start another round with another participant.
- Try a sad emotion or specify a specific sport.



WARM - UP

Like an olympian

Group Size: Large group of 5 or more

Age Group: 6-12

Length of Activity: Spend 10 minutes or more for the warm-up. Cut the activity at the peak of enjoyment to avoid a drop in enthusiasm.

OBJECTIVE

To have participants attempt a variety of warm-ups performed by Olympic athletes.

EQUIPMENT

5 cones or any other plastic object.

Warm-Up Like...

A SOCCER PLAYER	A SPRINTER	A RUGBY PLAYER
<p>Set up 5 cones over 20m in a zig-zag pattern.</p> <p>Jog between the cones in the zig-zag pattern. Walk back to start and repeat with shuffling, skipping, running, and sprinting.</p>	<p>Set up one cone 15m in front of a start line.</p> <p>The participant starts in a push-up position. On “go” they pop up and sprint to the cone.</p> <p>Try starting them in a grasshopper position with their elbows in front and their feet tucked beneath their butt.</p>	<p>Set up one cone 15m in front of a start line.</p> <p>High Knees—The participants start at the line and run with high knees to the cone. Walk back.</p> <p>Butt-Kicks—The participants start at the line and run forward while kicking up their heels to their butt.</p>



SCHOOL PROGRAM

FEATURED Athletes

FROM INJURY TO INSPIRATION TO GLORY

ELLIE BLACK

SPORT: GYMNASTICS

Ellie Black's gymnastics career has been truly historic and filled with lots of ups and downs. She took the Canadian team to 5th place at the Rio 2016 Olympic Games, is the first Canadian to win an All-Around medal at the World Championships, and narrowly missed another medal at the 2019 World Championships. But her career has been beset with injuries that have forced surgery and time off to recover, even during the Tokyo 2020 Olympic Games. Having to pull out of the all-around final event after reaggravating an ankle injury, Black found the courage within to compete in the beam final, finish 4th and become Canada's most successful female artistic gymnast ever.



Photo by Andrew Lahodinskyj/COC

FROM CHASING DREAMS TO CHASING RECORDS TO GLORY

ANDRE DE GRASSE

SPORT: ATHLETICS

When Andre De Grasse sprinted to a silver (200m) and two bronze medals (100 and 4x100m) at the Rio 2016 Olympics, fans believed he would be the next sprint sensation. But injury sidelined him for most of the next two years. His hunger to excel helped him struggle back to the podium at the Tokyo 2020 Olympic Games winning two bronze medals and becoming an Olympic Champion.



Photo by Mark Blinch/COC

Physical Literacy Tip

RUNNING

Fast running comes from great posture and properly positioning your hips and pelvis to move your centre of gravity forward. If your hips are back too far, you will be slowing or breaking every stride. If you bend your waist too far forward, you will put strain on your back and shorten your stride. If your shoulders are slouched, you won't be able to get the drive you need for a full stride.

Try this exercise to feel where your hips should be while running. Stand as tall as you can on your tiptoes. Place your hands on your hips and notice how your hips are forward to keep your balance. Notice how your chest is a bit forward of your hips and you are leaning forward. Doesn't it feel like you are falling forward? This forward falling forward lean lets gravity pull you along as you run.

Once you have mastered this tip, you will be running and feeling faster. This will give you the confidence and motivation to try sports like track, field hockey, soccer, and basketball.

GAME #1

Cone Flip

OBJECT

Work as a team to flip as many cones in your favour.

EQUIPMENT

- 20-30 pilons or soccer cones

SET UP

- Distribute the cones on a field or playing area. Place some of the cones right-side up, and others upside down.
- Divide the players into two teams: the right-side uppers and the upside downers.

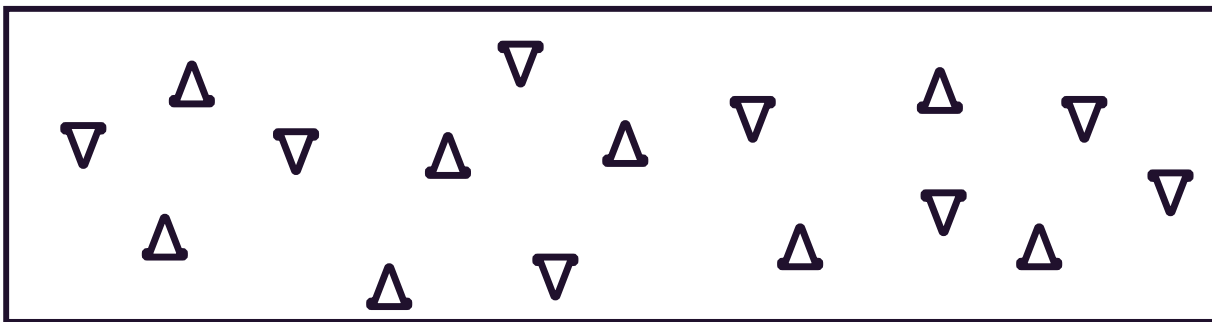
RULES

- The right-side uppers must flip the cones right-side up.
- The upside downers must flip the cones upside down.
- No re-flipping the same cone until you have flipped another cone.

How to Play

- Start each team on opposite sides of the gymnasium or playing field.
- On “go”, the participants race to flip cones.
- After a few minutes, yell “stop”. The teams return to their side of the field and the cones are scored.
- Each team gets one point for every cone that is flipped to their side.

DIAGRAM



COACHING

- Remind the participants to keep their heads up. This is to keep them running tall and to avoid collisions.
- Good cue words to coach posture are “run tall”, “hips forward”, and “lean into the run”.



GAME # 2

Rabbits and Radishes

OBJECT

To tag all the members of the other team.

EQUIPMENT

- An object to mark the field (i.e. cones, rope or any plastic object).

SET UP

- Set up the field according to the image.
- Divide the participants into two teams: rabbits and radishes. Give each team a side of the playing field.

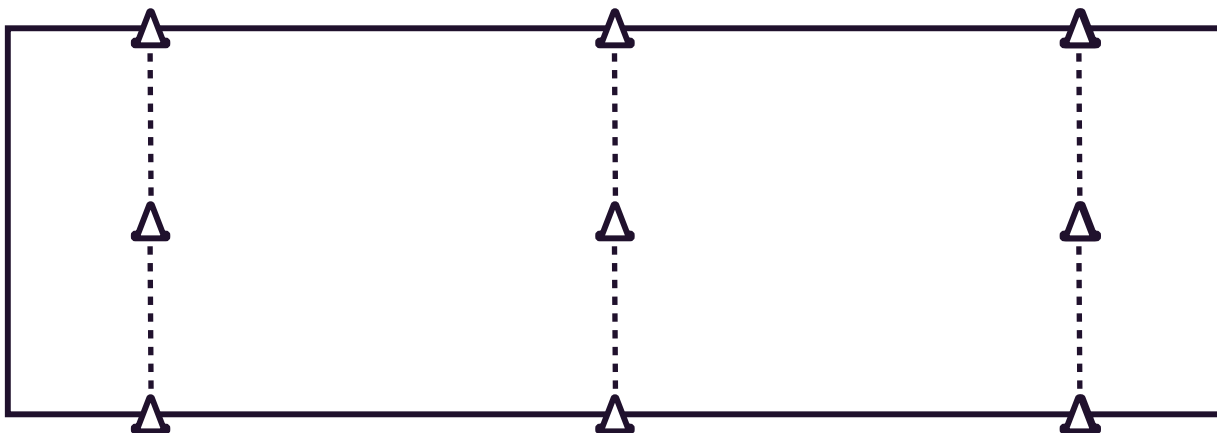
RULES

- The two end zones are safe zones and participants can't be tagged when they are in their end zone.
- If you are tagged, you must join the other team.

How to Play

- Both teams line up on their side of the field, 2m back from the center line.
- The instructor yells out either “rabbits” or “radishes”. The team called must run back to their end zone. The other team tries to tag them before they get to their end zone.
- The instructor can roll the “R” and “A” to create a bit of tension as the teams try to anticipate whether it will be “rrr-raaabbit” or “rrraaadish”.

DIAGRAM



COACHING

Good cue words for coaching speed and explosiveness are “fast legs”, “pump the arms”, and “run tall.”

