



Run The Ruth

International eTwinning project

September/october 2020



A project about being active and creating
an obstacle run

Take a look inside and feel free to be inspired

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This project was created by:

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Idea behind the project:

The project "Run the RUTH - a unique obstacle run" is a project where the goal is to make an obstacle race that is made by children/students for children/students of all ages.

The idea behind the project is to get the students to collaborate and construct exciting obstacles - and for the students to be physically active both during the construction of the course, but also when they have to run the race.

The project is inspired by and cooperates with Ruth. Ruth works in the Danish military and in her spare time she arranges annual events with obstical races for local schools and kindergardens in her area.

To do list- to participate:

- Create an acvity run called: "Run the RUTH".
- Take pictures of the activities.
- Take pictures of students / children durring their run.
- The project ran in September / October 2020



Who is RUTH

Why is this project called "Run the RUTH"?

Doing obstacle races is a common sport among adults, and extreme obstacle races have become more and more common within the last couple of years. Obstacle races is also something that is done as military training (at least in Denmark).

The name Ruth comes from the Danish woman Ruth K. Larsen. Ruth is a Danish military woman who participated in a military obstacle run and thought it would be fun to arrange an annual unique obstacle run for kids in her local area. For the last five years Ruth has arranged an annual run with her husband. The local schools and kindergartens are invited and all enjoy an active day of fun running through the obstacle course.

Ruth has become a local celebrity for her annual inspiring races, and there are yearly several articles in the newspapers about the races which she calls "Børnehørm". The race has also been in the regional television.

Ruth has kindly agreed to lend this project her pictures, and she is very happy to hear that there will be arranged obstacle races for kids around Europe in her name.

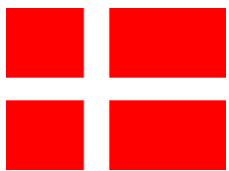
Ruth is following this project, and will see what obstacles you and your students/kids are making – and perhaps some of them can inspire her to new obstacles to her annual race.

What is the purpose of the yearly "Børnehørm"?:

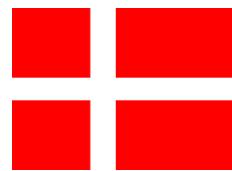
The following answer is taken from an newspaper interview with Ruth.

"The day with "Børnehørm" has several purposes. The children are pushed beyond their normal limits, and when they find that they can handle the many challenging tasks well, it gives them great confidence. at the same time, they also learn to cooperate, as everyone on the team must complete the race together, so that the children help each other through alle 18 obstacles, says Ruth K. Larsen."





Traehytten



Daycare 0-3 year old children

Hjørring/Denmark

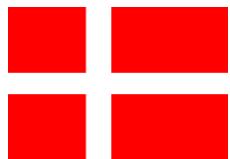
The outdoor obstacle run



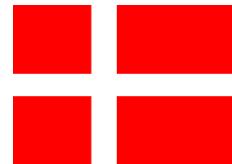
"We have used natural materials for building, the kids are very creative and helpful".

Quote: Jeanette Østergaard





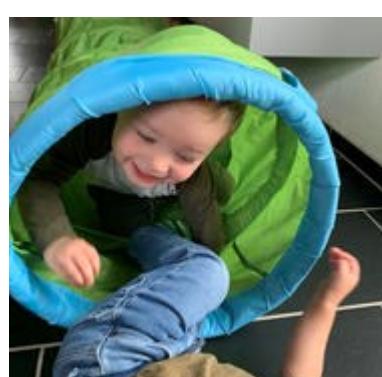
Traehytten



Daycare 0-3 year old children

Hjørring/Denmark

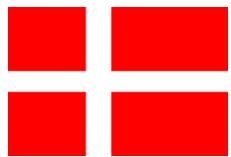
The indoor obstacle run



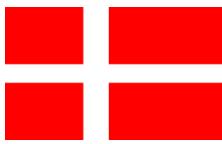
"We have also made an indoor activity run, the children quickly figured out what to do, and started helping building the race and along the way they modified it several times.

A fantastic day, and the kids loved it and had so much fun building".

Quote: Jeanette Østergaard



Ejby dagpleje



Daycare 0-3 year old children

Ejby/Denmark

The outdoor obstacle run



"The kids had a great time and a lot of fun".

Quote: Anne Marie Andersen



kindergarten2 "H. Kr.Andersen "



Burgas/Bularia



The outdoor obstacle run



"Our children made their own obstacle course. Everyone had a lot of fun. "

Quote: Diyana Icheva



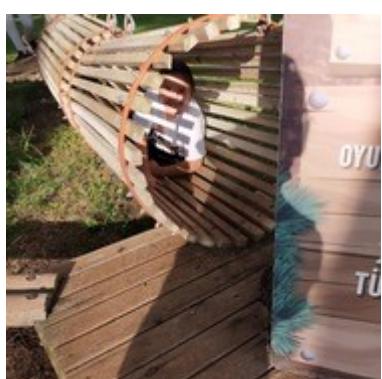
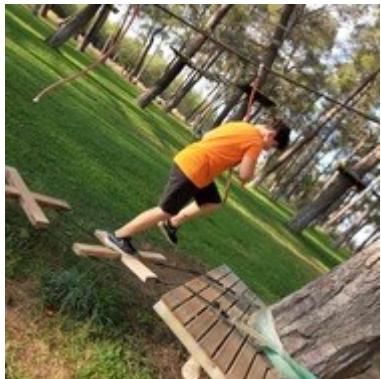
Şehit ibrahim barış yurtseven ortaokulu



Kepez/Turkey



The outdoor obstacle run



Şehit ibrahim barış yurtseven ortaokulu



Kepez/Turkey



The outdoor obstacle run



"Our students between 11-13 years of age from Turkey happily exceeds barriers"

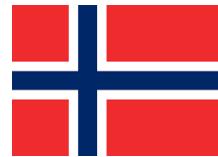
Quote: Barış SAHİN



Thor Heyerdahl SV



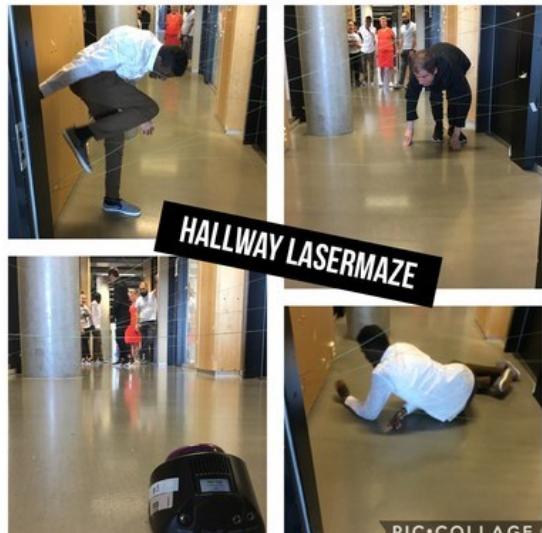
Larvik/Norway



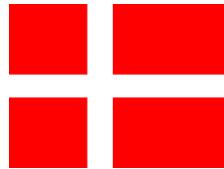
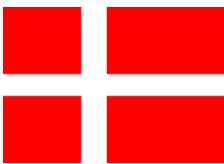
Run the Ruth with students who have special needs.
The pictures show a simple obstacle course in the school's dance hall.
With puzzles as a prize after completing the obstacle course.

"Hallway "laser" maze. Made of yarn attached with tape to the walls in a long hallway. The goal was to reach the big button at the end without tearing it down or being close to any of the "laser" wires."

Quote: Ane Kristin Holm Larsen



Langelinieskolen



Copenhagen/Denmark

The outdoor obstacle run



"4th grade at Langelinieskolen, Copenhagen, created and tested their activity runs - 5 classes in total. The pupils have worked in groups developing and arranging their own part of the activity run.

They had great fun getting it all together - and finally testing how the different exercises worked together.

Thanks for a great idea - working with both body and mind in cooperation with others."

Quote: Maria Desireé Pedersen

"4th graders from Langelinieskolen in Copenhagen doing their obstacle run".

Quote: Charlotte Rørbøl



Experimental Primary School of



Serres - K. Karamanlis



Serres/Greece

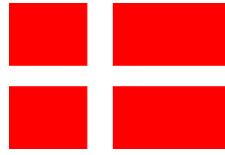
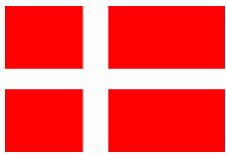


"We had a great time while making the obstacles from recyclable materials! It was an exciting and creative experience!!!"

Quote: Maria Anagnostidou

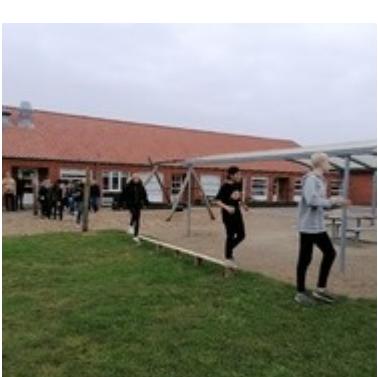


Parkskolen

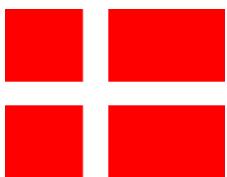


Struer/Denmark

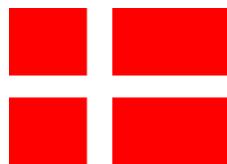
The outdoor obstacle run



Parkskolen



Struer/Denmark



The outdoor obstacle run



"Two classes of 14 year old students at Parkskolen, Struer - Denmark created their track and invited some of the other students to try it out."

Quote: Ellen Burkal



Kıryarlar Özel Eğitim Uygulama Okulu

Söke /Turkey



The outdoor obstacle run



"Little Ceren, who has Down syndrome, had a fun time on the track drawn by his friends."

Quote: Ciğdem Çermeli Ceylan

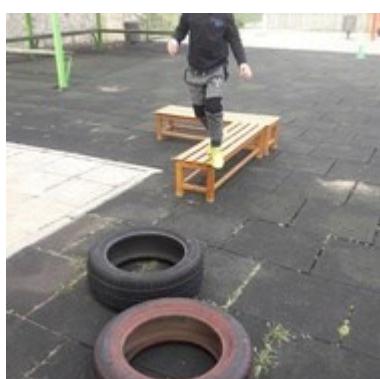
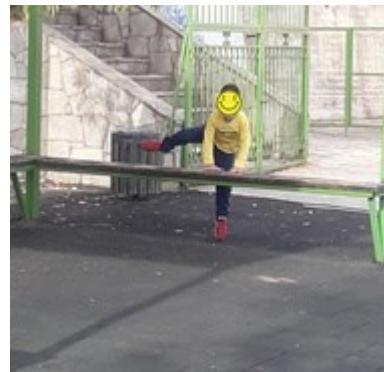
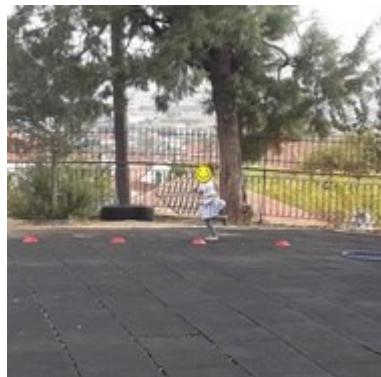
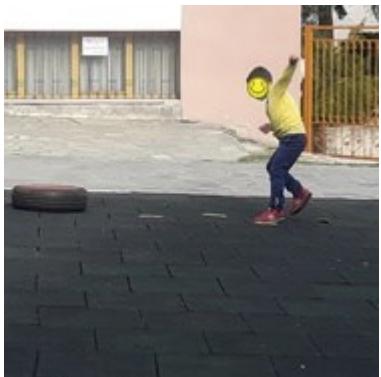


1st Kindergarten of Liti

Liti/Greece



The outdoor obstacle run

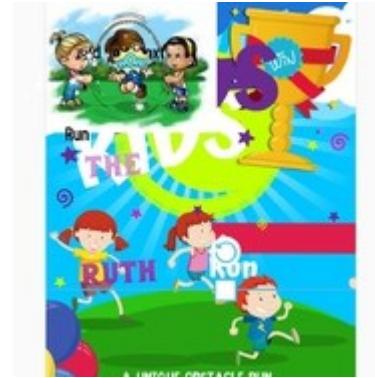
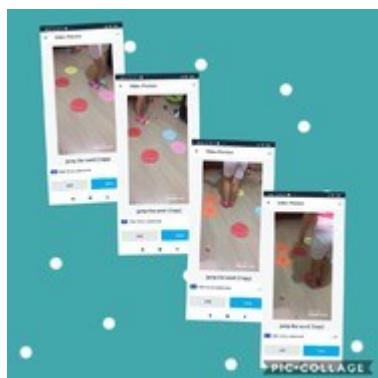


Sabri Katırcı İlkokulu

Osmangazi/Turkey



The outdoor obstacle run



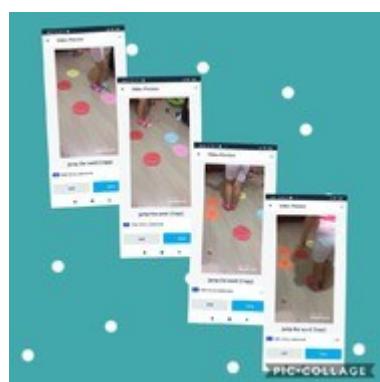
Sabri Katırcı İlkokulu



Osmangazi/Turkey



The intdoor obstacle run



"*Kelime koşusu, jump the word*"

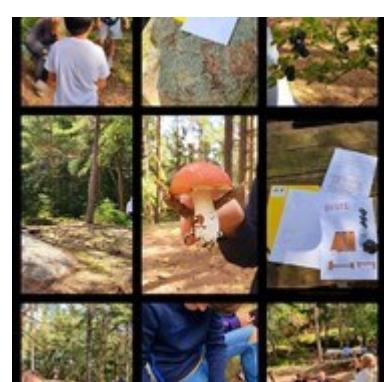
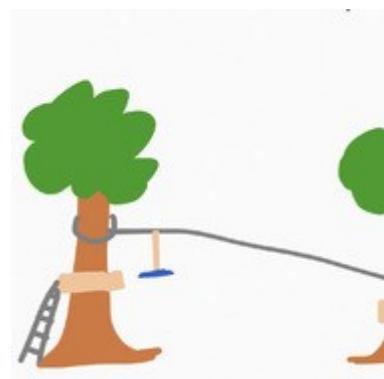
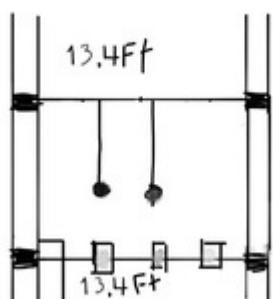
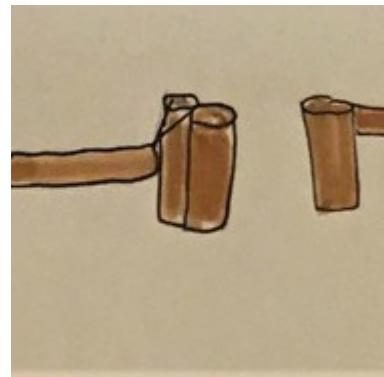
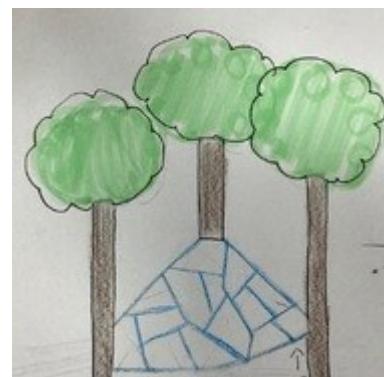
Quote: Müjde Kazanoğlu



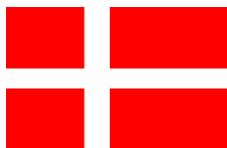
Spetalen



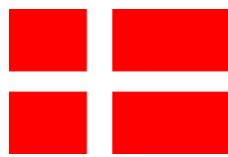
Saltenes/Norway



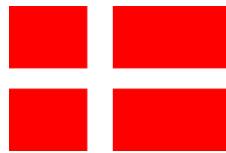
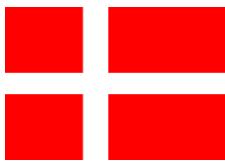
Pilehaveskolen



Assens /Denmark



Pilehaveskolen



Assens /Denmark



kolen klarede forhindringer



"Due to covid-19 there was only 1 class on the track at a time. 7 classes participated in Run The Ruth. The course was cleaned and wiped off after each class and the different classes were not allowed to be on the track at the same time.—We had a great day :-)"

Quote: Lonnie Laugaard Rasmussen



Participants in this project



Diyana Icheva from Kindergarten2 H. Kr. Andersen

Katia Plachkova from Kindergarten2 H. Kr. Andersen



Anne Marie Andersen from Ejby Vuggestue

Charlotte Rørbøl, Langelinieskolen

Ellen Burkal, Parkskolen

Jeanette Østergaard from Træhytten

Lonnie Laugaard Rasmussen, Pilehaveskolen

Maria Desireé Pedersen, Langelinieskolen



Maria Anagnostidou, 3rd Primary School of Serres

Sophia Nika, Ιο Ολοήμερο Νηπιαγωγείο Λητής



Ane Kristin Holm Larsen, Thor Heyerdahl Videregående Skole

Hilde Øen, Spetalen



Bařış ŞAHİN, Şehit ibrahim barış yurtseven ortaokulu

Çiğdem Çermeli Ceylan, Kıryarlar Özel Eğitim Uygulama Okulu

Müjde Kazanoglu , Sabri Katırcı İlkokulu

