

# Run The Ruth

International eTwinning project

*September/october 2020*

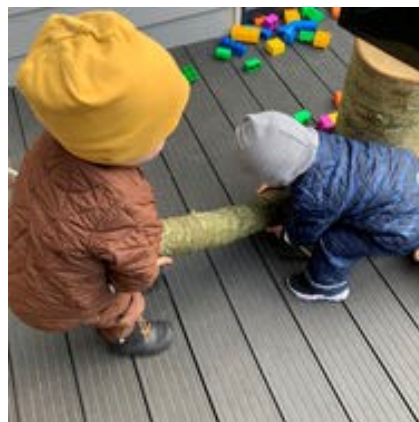


A project about being active and creating  
an obstacle run

*Take a look inside and feel free to be inspired*

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# 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 obstacle races for local schools and kindergardens in her area.

## To do list- to participate:

- Create an activity run called: "Run the RUTH".
- Take pictures of the activities.
- Take pictures of students / children during 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.

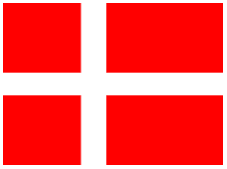
## What is the purpose of the yearly "Børnehørm"?:

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

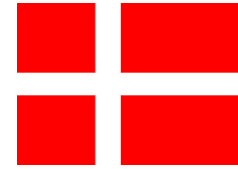
*"The day with "Børnehørm" has several purposes. The children are pushed beyond their normal limits, and when they find that they can handle the many challenging tasks well, it gives them great confidence. at the same time, they also learn to cooperate, as everyone on the team must complete the race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







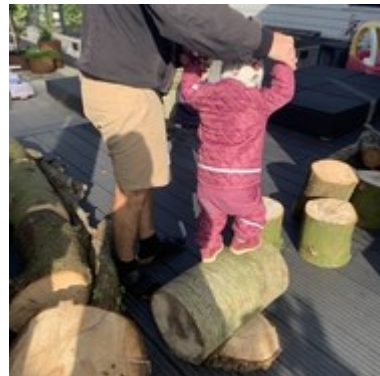
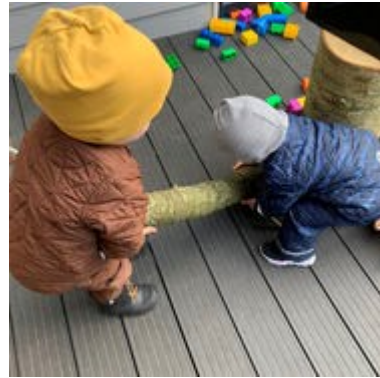
# Traehytten



Daycare 0-3 year old children

Hjørring/Denmark

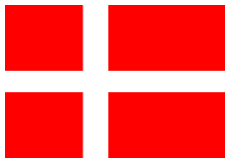
## The outdoor obstacle run



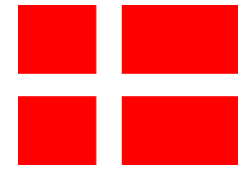
*"We have used natural materials for building, the kids are very creative and helpful".*

Quote: Jeanette Østergaard





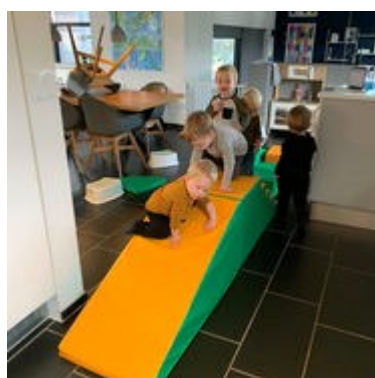
# Traehytten



Daycare 0-3 year old children

Hjørring/Denmark

## The indoor obstacle run

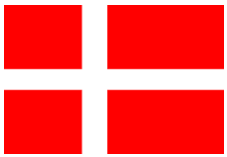


*"We have also made an indoor activity run, the children quickly figured out what to do, and started helping building the race and along the way they modified it several times.*

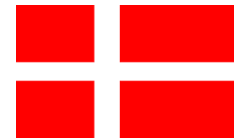
*A fantastic day, and the kids loved it and had so much fun building".*

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 İbrahim Barış Yurtseven Ortaokulu



Kepez/Turkey



The outdoor obstacle run





# Şehit İbrahim Barış Yurtseven Ortaokulu



Kepez/ Turkey



The outdoor obstacle run



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

Quote: Barış ŞAHİN



# Thor Heyerdahl SV



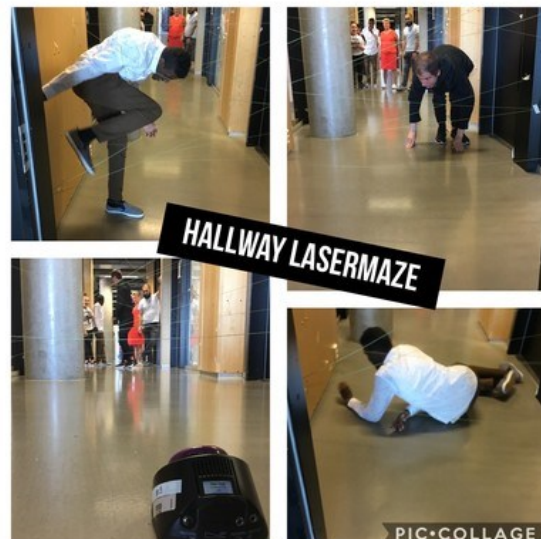
Larvik/Norway



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.

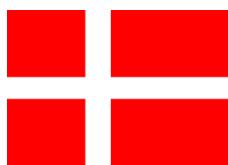
*"Hallway "laser" maze. Made of yarn attached with tape to the walls in a long hallway. The goal was to reach the big button at the end without tearing it down or being close to any of the "laser" wires."*

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



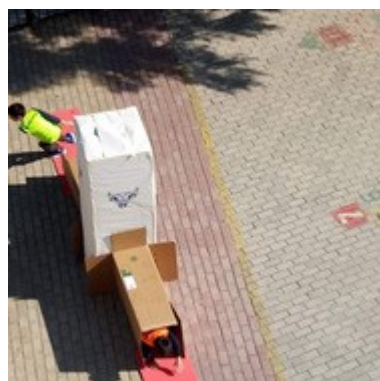
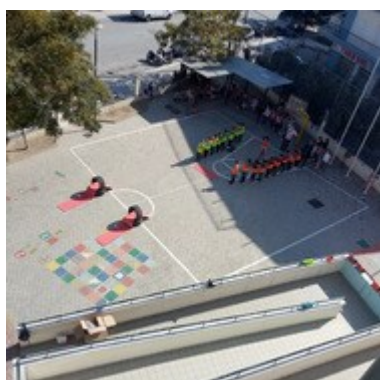
# Experimental Primary School of



Serres - K. Karamanlis



Serres/Greece

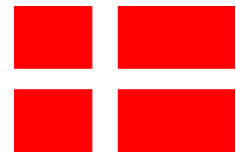
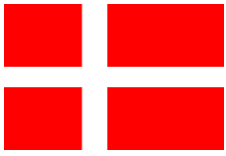


*"We had a great time while making the obstacles from recyclable materials! It was an exciting and creative experience!!!"*

Quote: Maria Anagnostidou

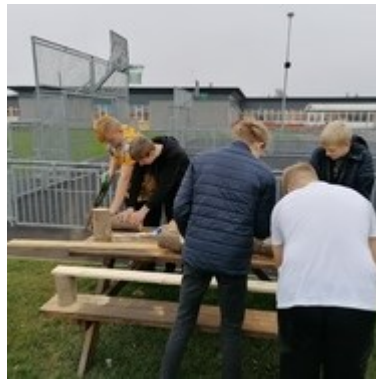


# Parkskolen



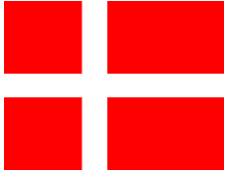
*Struer/Denmark*

## The outdoor obstacle run

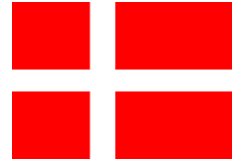




# Parkskolen



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-"*

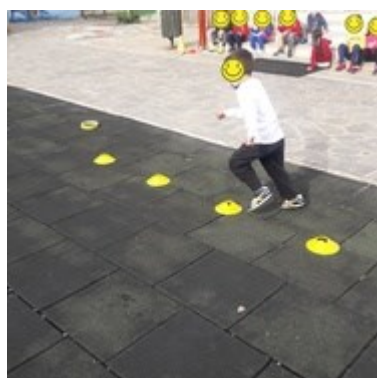
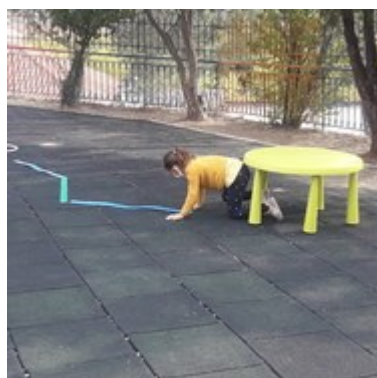
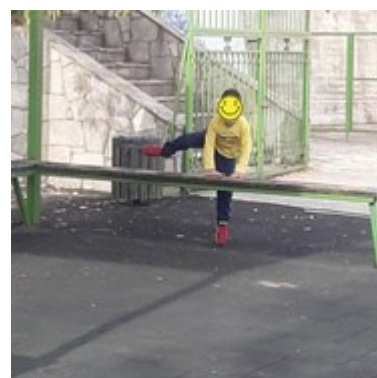
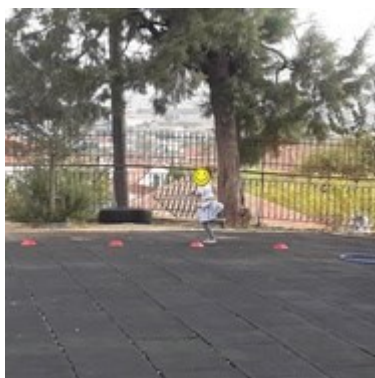
Quote: Çiğdem Çermeli Ceylan

# 1st Kindergarten of Liti

Liti/Greece



The outdoor obstacle run





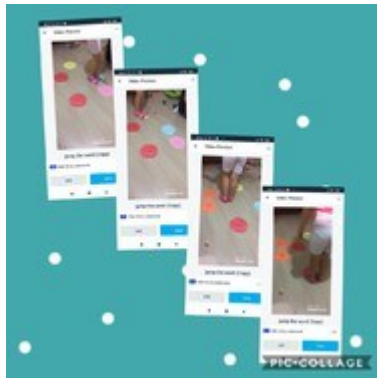
# Sabri Katırcı ilkokulu



Osmangazi/ Turkey



The outdoor obstacle run



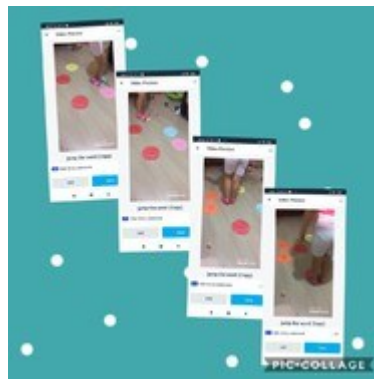
# Sabri Katırcı ilkokulu



Osmangazi/Turkey



The indoor obstacle run



"Kelime koşusu, jump the word"

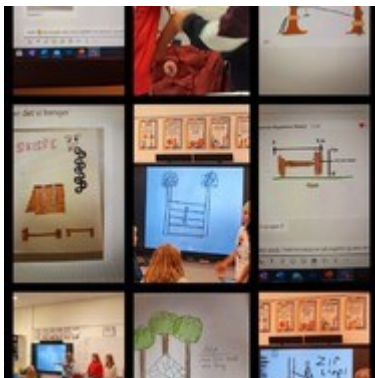
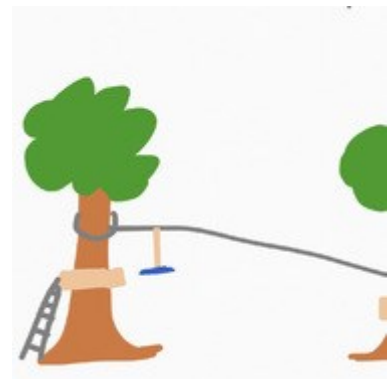
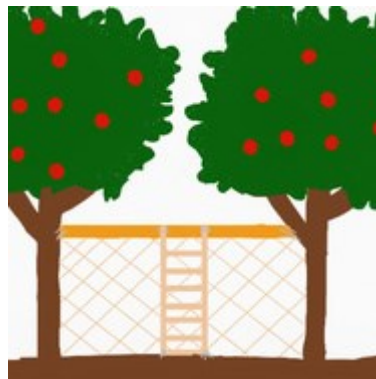
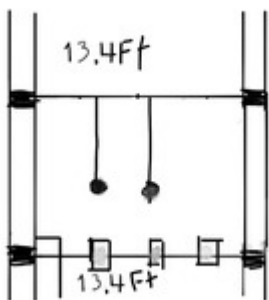
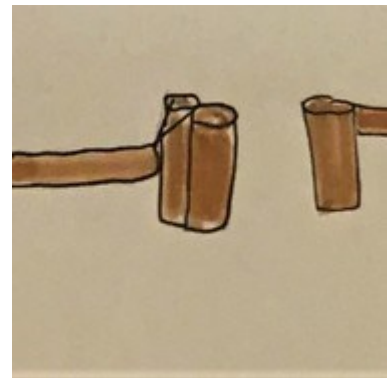
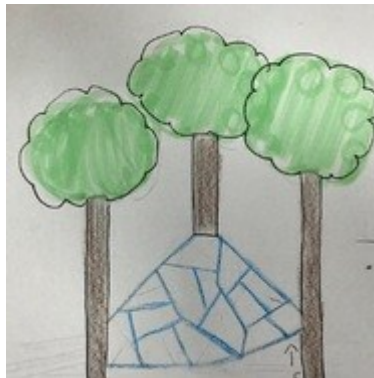
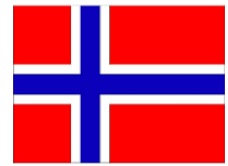
Quote: Müjde Kazanoğlu



# Spetalen

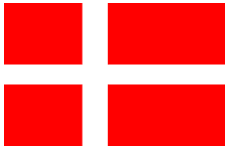


*Saltenes/Norway*

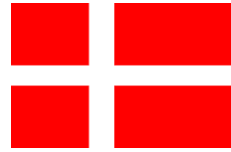




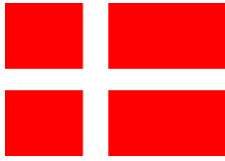
# Pilehaveskolen



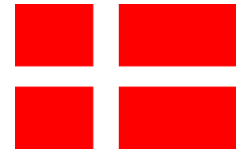
Assens /Denmark



# 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 whiped 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

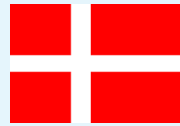




# Participants in this project



Diyana Icheva from Kindergarden2 H. Kr. Andersen  
Katia Plachkova from Kindergarden2 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, 1ο Ολοήμερο Νηπιαγωγείο Λητής



Ane Kristin Holm Larsen, Thor Heyerdahl Videregående Skole  
Hilde Øen, Spetalen



Barış ŞAHİN, Şehit İbrahim Barış Yurtseven Ortaokulu  
Çiğdem Çermeli Ceylan, Kıryarlar Özel Eğitim Uygulama Okulu  
Müjde Kazanoğlu, Sabri Katırcı İlkokulu

