



Activity Ideas

Keep training fresh and fun by adding a variety of activities. Below are some ideas that you can use in the classroom, and some you can adapt to use at home. These ideas can get you started, but be creative. And don't forget to ask your kids for their ideas. Remember, you are in this together. What is challenging for a child is different than what is challenging for an adult. Keep shorter attention spans in mind. The goal is to build fitness, while enjoying time with kids.

Running Games

Select the games most appropriate for your group

Team Relay: Form small groups. Half on each side of the field or hall/gym. The first person sprints toward a partner who is facing them, they slap hands, the first person then goes to the end of the line and sits down. The partner sprints to the other side, slaps hands with the person at the head of the line, then sits at the end of the line. And so on. The game ends when everyone is sitting down. You can repeat the relay as many times as appropriate, each time moving the two lines a little further apart.

Drills Alphabet Game: Split the group into two teams. The two teams line up on one side of the gym or field. At the other end the instructor will set out cards containing letters of the alphabet on them. Each time a member of the team runs down to the other end they grab a card and bring it back. At the end of 3 minutes the team that can spell the longest word with the letters they have gathered wins.

Duck, Duck, Goose: Form circles of at least 10 students. One person is "it" and circles the group tapping each person on the head saying "duck" "duck" until they get to a new person that they have chosen to be "it" and say "goose". The goose must then chase the person that tapped them on the head and try to catch them before the old "goose" gets back to the new goose's spot in the circle.

Run The Court Drill: You will need to use a basketball court for this game. Or a football field if you are feeling really fit! Have one student standing at each corner, making one corner the "start line". The person who is standing at the start line will run to the next corner, slap that runner's hand and take their place. The first corner runner will run to second corner and so on. As each student leaves the start line, another person can take their place until all students have "run the court".

Warm Up Drill

Select 2-3 drills to complete before each day's run or create your own!

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| Skipping: | Skip for 25–50 metres or 3–5 minutes |
| High Knees: | High Knees for 25 - 50 metres or 3-5 minutes |
| Star Jumps: | 25 total |
| Butt Kicks: | Students will try to "kick" their butts with each step for 25–50 metres or 3–5 minutes |

Cool Down/Stretching

Select 1-2 cool down activities to complete after each day's run or create your own!

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| Heel Walks: | Heel Walks for 25-50 metres or 3-5 minutes |
| Toe Walk: | Toe Walks for 25-50 metres or 3-5 minutes |
| Backwards Walk: | Walk Backward for 25-50 metres or 3-5 minutes |