



GLOBAL RUNNING DAY MILLION KID RUN

JUNE 1 2016

“We pledge to run on Global Running Day”

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SAMPLE ACTIVITIES FOR KIDS

Make running fun for kids on Global Running Day with these activities from NYRR Youth Programs! Use your imagination to create more games and activities—keep it simple and fun so everyone can join in.

Running Treasure Hunt

Combine running with the challenge of finding hidden objects.

- Write your clues on slips of paper.
- Place the clues around a large area (though for younger kids, not too large), with the first clue someplace easy to find. Make a trail to the final clue.
- Kids work together to solve the clues and walk or run from clue to clue.
- The final clue should lead to a prize that can be shared by all. It's a game, not a competition.

Laptastic!

Use kids' love of music to get them moving.

- Start by walk/jogging a lap of a track or field as a group.
- Start the music and explain the rules: Everyone walks or jogs while the music is playing, and freezes and strikes a pose when it stops. Demonstrate a couple of silly poses.
- Start and stop the music and encourage the kids to strike fun, dramatic poses.
- If you wish, ask kids to call out the names of their poses—“Fancy Pose,” “Baseball Pose,” “Friendship Pose.”
- At the end, you can have them each strike their favorite pose.

Centipede

Teach kids to vary their pace and work with a group.

- Have a group of 5-12 kids form a single-file line, with the leader holding a baton.
- As the group runs slowly, the baton is passed back from runner to runner.
- The last runner receives the baton, sprints to the front of the line, and begins passing the baton back.
- It's a teamwork exercise, not a race.

Animal Run

Teach kids the importance of proper pacing.

- Have kids start by jogging, and explain that they should run at the speed of various animals that you'll be naming.
- Call out the names of animals, or have the kids take turns calling them out. Some fun examples are cheetah, rabbit, horse, penguin, turtle, chicken, squirrel, elephant, and dog. They can also adopt the animals' movements.
- Print off cue cards with each animal on them for kids who learn better with visual prompting.

Mighty Mathletes

Combine running and learning.

- Have the students count off, and make sure each student remembers her/his number.
- Starting from a spot on a marked loop, call out various commands that require the kids to use math skills, such as “Numbers 1 through 10 run one lap!” “Even numbers run two laps and odd numbers run one lap!” and “Multiples of three run three laps and everyone else run two laps!”
- Make the math appropriate to the age group, and make sure everyone gets a chance to run.

Clean Your Space

Practice general coordination and throwing.

- Divide a gym or outdoor open space in half, and divide the group in half.
- Throw an equal number of fluff balls on each side.
- On cue, each group's goal is to keep their space as clean as possible for 2 minutes by throwing the balls to the other team's side.
- Kicking balls and throwing them at a person's face are not allowed.
- After 2 minutes, the team with the least number of balls on their side is the best cleaning team.
- For kids with restricted physicality, partner up so one becomes the runner and one is the thrower.