

HIGH FIVES RUNNING CLUB

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Kids are natural runners, but spend a lot of time hearing “No Running!” How many times does a child hear this? No running in the halls... No running in the house... No running at the pool... It goes on and on. The HIGH FIVES RUNNING CLUB puts a stop to the “No Running” and let’s the kids fly! Crawl, Stand, Walk, Jog, Run... Gradually developing the habit to run can change and impact ones life forever. This program will bring a shot of energy with the daily warm-up game, then blast off with the daily workout. Our goal for the HIGH FIVES RUNNING CLUB is to get heart rates raised and to increase endurance.

Skills to focus on: This program is important to focus on safety and preventing injuries as well as what it means to give 100%. Understanding how to practice and understanding the emotions of competition. Running can be both an individual and team activity. This program is an opportunity for participants to understand the similarities and differences.

Facilities: Primarily outdoors, but many of these workouts can be done in a gym as well.

Safety: The calisthenics routine should promote proper warmup and injury prevention. Making sure that supervision is possible with whatever running area or “course” is important.

Tips:

Skills/Drills

1. See PDC Plan for reference

Games/Workouts

1. How Long is a Minute?
2. Team Mile
3. Dice Dash
4. Go Fish Laps
5. Indian Run
6. Bingo Laps
7. Relay Races
8. Solo Runs
9. Board Game Lap
10. Think Sprint
11. Tractionary
12. Like/True False
13. Telephone Lap
14. Egg Hunt
15. Red Light/Green Light (Whistle Stop)
16. Name Tag
17. Team Run
18. Uno
19. Count Back Lap

20. Trivia Run

21. Scavenger Run

22. Spelling Laps

23. 5k

24. Reverse

25. Sharks and Minnows

26. Where To?