

Week #1



Day 1 & 3: Obstacle Course for 20 minutes

Activity	Description	Count
Step 1: Find things you already own both inside and outside to use in your course	jump ropes, cones, jumpy balls, hula hoops, frisbees, balls, boxes, baskets, chairs, pillows etc.	Children can be timed if you wish to make it competitive or just let each child complete the course based on their own ability.
Step 2: Lay out your course in the backyard, or in the basement or garage.		The course can also be set up in a circle so multiple children can do it at the same time.
Here are some ideas on how to set them up. Use your imagination and space available.	Lay a jump rope on the ground for a balance beam element. Racers must complete the balance beam before moving to the next station.	
Don't have grass? Use sidewalk chalk to draw obstacles.	<p>Arrange shoe boxes in a pattern for either zigzagging around or jumping over.</p> <p>Create shapes and colors out of construction paper and then lay them on the ground to hop from shape to shape.</p> <p>Use a laundry basket or bucket and balls for the ball toss</p> <p>Hula hoops or old bike tires can be used to either to hold for your child to crawl or jump through, or laid flat for a jumping obstacle.</p> <p>Try a ring toss activity for a fun hand-eye coordination station.</p> <p>Set up chairs in a pattern to zigzag through or crawl under.</p> <p>Add a pop-up tunnel or create your own tunnel system by laying a sheet over chairs.</p> <p>Blow up balloons and use a baseball bat to keep them in the air for 5 hits.</p>	

Day 2 & 4: Olympics Challenge for 20 minutes

Activity	Description	Count
Swimming - Use swim goggles and simulate swimming as kids run their lane of the "pool"	Each swimmer must wear goggles and "swims" their lane of the "pool". Swimmer does the crawl with their arms as they run the lane. Can either tag partner at the other end, exchange goggles, and partner runs back or same swimmer turns around and runs back.	Each swimmer "swims" 5 laps
Long Jump	Place tape or make chalk line on ground, jumpers stand behind line and see how far they can jump. Encourage bending knees and using arms to increase distance jumped.	Each jumper goes 5 times.
High Jump Limbo	Hold broom and limbo underneath without touching. Continue to lower broom until no one can go underneath without touching.	Continue until no one can limbo without touching.
"Shot Put" - tennis ball toss	Place 5 strips of tape or make chalk lines spaced equidistant apart. Place container at one end. Child stand on the mark closest to the container, and toss one of five balls in. After each toss, they step backwards to the next mark. Repeat until the fifth line is reached. Count how many balls went in.	Repeat 5 times each athlete.
Marathon Shuffle	Athletes must race on their hands and feet, tummies facing upwards (crab position). Can race two at a time without timer or one at a time using timer.	Switch up partners or add obstacles to go around for more difficulty,
Balance Beam	Lay out piece or rope or tape line. Feet must stay on rope as child walks across.	Add more difficulty such as balancing on one foot or other movement.

Day 5: Dance Party for 20 minutes

Activity	Description	Count
Let everyone choose their favorite upbeat songs to make a 20 minute playlist. Or use a pre-made one.	Let everyone do their own thing or let each dancer lead their own dance to the song of their choice.	Keep dancing for 20 minutes, with breaks as needed.

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