

Week #2



Day 1 & 3: Running Games for 20 minutes

Activity	Description	Count
Sprint/Jog/Walk Lanes Set up three parallel lanes with cones or other markers on yard. Or mark with chalk on pavement. Center lane is the "sprinting lane", one outside lane is the "jogging lane", the other outside lane is the "walking lane."	Kids start jogging up one side, then sprint down the center lane before walking up the next lane. Kids can run individually for time, or go on course together and see how many laps they can do in 10 minutes.	Repeat as many times to make 10 minutes
Red Light, Green Light Players can yell out "red light" and "green light" OR make a sign using colored paper with a red side and a green side. Flip the sign back and forth during the game.	Choose one player to be "it". "It" stands at far end of playing field. Rest of players stay at other end. When "it" calls out "green light," the other players run as fast as they can toward the "it" child. At any point while the players are running, the child who is "it" can yell out "red light," and anyone who fails to stop completely must return to the starting line. The first person to reach the end line is the winner and becomes "it."	Repeat as many times to make 10 minutes or until all players have been "it".

Day 2 & 4: Running Games for 20 minutes

Activity	Description	Count
Where to Run Next? On small pieces of paper write different landmarks such as specific trees, parts of the house, playscape, parked car, or items arranged in the backyard or driveway. Put pieces of paper in small bag.	One player pulls out piece of papers and reads the location. All players have to run to that location Once everyone reaches the destination, a different child pulls out another piece of paper.	Play until all the pieces of paper have been pulled from the bag or for 10 minutes.
I-Spy Players run to locations in the play area after guessing the location based on clues. Clue such as "I SPY SOMETHING THAT STARTS WITH P" could mean the playscape. Once the location is correctly guessed, all players run there. Then next players provides a clue to another location. Clues can also be color based.	Players take turns giving clues to visible landmarks in the play area. Once the location is identified, all players have to run there.	Play until every player has had a turn or for 10 minutes.

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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