

Week #3



Day 1 & 3: Running Games for 20 minutes

Activity	Description	Count
Flip The Cones This game can be for teams to compete against each other or for individual players who can play for time or just for fun. Object is to flip" cones or objects over on the playing field. Spread a bunch of disc cones, or other things that can be flipped over, out over your yard, driveway or other playing area. Place half of them right side up and the other half upside down.	Make two groups. One group tries to get as many objects as possible right side up and the other group to get as many as possible upside down. Allow the kids to play for a few minutes and then blow a whistle to stop. One player from each team counts the objects to see which group has won. Since the objects are ready to go, they can play again.	The amount of time you allow for each round is dependent on the number of cones you have and the age of the kids. Younger kids need more time than older kids to turn the cones over.
Freeze - Warm Object of game is for the seeker to freeze the other players	Pick a "seeker", from whom the rest of the players have to run away. The seeker runs and tries to tag the players by saying "Freeze". Once frozen, the player must stay where they are and not move; the seeker then stays close and guards the frozen player. Other players must try to unfreeze the player by touching the player and saying "Warm". While trying to unfreeze, if the other players also get frozen, then they too must join the first player and wait until other players warm them.	The player who gets frozen three times will then become the seeker. Play for 10 minutes or until all players have had a chance to be the seeker.

Day 2 & 4: Water Games for 20 minutes

Activity	Description	Count
Fill The Bucket Ideal game for younger kids. Place an empty bucket or large pot at the end of the finish line for each team. For a smaller group, just use one bucket. Place a water source at the start and give each player a cup.	Players line up at their team start line with a cup filled with water. Blow whistle, players run toward their bucket and empty cup of water into the bucket. The team whose bucket fills first wins. If playing with one bucket, time how long it takes to fill bucket.	Play for 10 minutes and see how many times the bucket gets filled.
Squeeze The Sponge Each player needs one sponge and one small bucket. Place a large water bucket in the center of the playing area. Players create spokes radiating out to their own small buckets about 15-20 paces out. The object is for each player to see how much water they can transfer from the large bucket to their smaller bucket using a sponge before time runs out.	Players start at the location of their small bucket. When the whistle blows, they run to the center bucket, soak their sponge with water, run back to their smaller bucket and squeeze the water into it. Players continue to run back and forth until time is up.	Play continues for 10 minutes or until water is used up in the large bucket. Winner has the most water in his or her small bucket.

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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