

Week #4



Day 1

Activity	Description	Count
Don't Fall In! Challenge players to balance on an assortment of objects. Players work individually or as a team to get over to the other side without falling off the objects (into the water). Challenges ballance skills. Stress cooperation and teamwork and the benefits of being a team player. Cheer for your team!	Designate the activity area. There should be a start line and an finish line with everything in between the "water." Set up an assortment of objects from the start line to the finish line that can be walked on such as a mat, yoga blocks, jump rope etc. Players take turns beginning at the start line and try to balance on the objects without falling off (into the water) until they get to the finish line. If a player falls off the objects and into the "water" the team must start from the beginning again. Lay out a new assortment of objects and repeat.	Play for 20 minutes

Day 2

Activity	Description	Count
Follow The Leader Players follow the leader and perform the same movements. Vary the movements based on the age of the players. Movements can include skipping, bunny hops, running, bear walks, crab walks, hopping on one leg etc. Tip: Add music. When a song ends, change leaders.	Setup a loop course with cones or other objects. Choose a leader. The leader moves around the loop, using any desired movements. The other players follow behind and imitate the leader's movements. After a few minutes the next player in line becomes the leader. The former leader runs to the back of the line. Each new leader should begin with new movements.	Play for 20 minutes

Day 3

Activity	Description	Count
Alphabet Game Players throw an object and recite the alphabet as they make successful catches. Depending on the age of the players, it may not be possible to recite the entire alphabet. Tip: Spell words or count numbers instead of reciting the alphabet.	Split players into pairs. If you have an odd number, create a mix of groups of two and three. Give each pair an object to pass back and forth such as a beanbag, paper ball, foam ball, etc. Players begin throwing the object back and forth. For each successful catch the pair recite the next letter of the alphabet. If a catch is missed, restart at "A". The goal is to complete the alphabet.	Play for 20 minutes

Day 4

Activity	Description	Count
Freeze It! Players must freeze when the leader calls "Freeze It" and balance on the number of body parts the leaders calls out.	Pick a leader. Leader shouts out a movement such as hopping, skipping, jumping, running etc. Players follow the leader's movements. The leader calls "Freeze It" and a number that indicates how many body parts the players needs to balance on for 5 seconds. For example, if 3 is called, players can balance on 2 hands and one foot. If 5 is called, players can balance on 2 hands, 2 feet and their head. Change leaders and repeat a different movement until all players have a turn.	Repeat for 20 minutes

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