

# KIDS ON THE RUN

## LESSON PLAN -4

### AGENDA

*Meet/Warm Up/Stretch*

Pat me on the back

*Stretch,*

*Workout Activity – Plyometrics*

Jumping jacks, striders, skipping, bounding, hops

*Workout Activity – Running Games*

Arm and Ab Workout

*Cool Down/Stretch*

Q/A – Let kids set mood

*Healthy Habits/Log It*

Goal Setting/Training Log Lesson

*Wrap Up*

Meeting time, encourage extra fitness during week, recognize hard workers

### HEALTHY HABIT RECIPE

Grains

Healthy bread that will be different to the kids, like sunflower seed with a light spread of yogurt butter or something similar.

### RUNNING ACTIVITY GUIDE

Kids will run to one corner of the track, do ten pushups, run to the next do 10 sit ups, and repeat at each corner. They will rest after completing one lap. Then repeat this 2 times. For a total of 3 laps

See stretching guidelines.

### SELF ESTEEM ACTIVITY

Pat on the back.

Kids will write positive comments about each member of the team and pat it on their back.

We can all find good in anyone. And we are all good at different things.

See supplemental information.