

GETTING STARTED

Kids on the run is designed for youth ages 8-13. The project is a 12 week program that gives kids information that they apply to promote healthy living practices. It also encourages young people to embrace running, staying healthy, and to be the best they can be.

Each class is structured so that the young person has an opportunity to learn by doing. Afterwards the young person has the opportunity to reflect on what happened, what they learned, and how it can be applied to everyday life. This is the experimental learning process, and distinguished 4-H and Extension programs from other clubs and programs.

Ways to guide and challenge youth. . .

Guide the youth to think through why something did or did not happen. Listen. Be a resource. Challenge the youth.

Objectives:

- Promote physical health
- Prepare youth for a 3 mile race
- Promote emotional and mental health
- Develop critical thinking skills
- Develop skills management

Approach:

10 Week program that includes lessons on nutrition, hygiene, physical fitness, and behavioral topics. The program will be structured as follows:

- Meet, Warm Up, Stretching
- Workout Activities – Includes running
- Cool down, Stretching, Wrap Up
- Snack

Youth will keep records of their training in a running log. Track group mileage, set a goal for group distances.

Cost \$20.00 – T-shirt, awards, classes, snacks, log books, rewards

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.



Daily Log

KIDS ON THE RUN

DATE:

Exercise:

Distance:

Listen to your body:

GOALS:

Healthy Habits:

SELF ESTEEM:



