

Ready, Set, Go! Fun Running Adventures

Materials Needed:

- Safe Open Space (like a backyard, park, or large indoor room free of obstacles)
- Cones, small toys, or chalk (optional, for marking start/finish lines or paths)
- Water Bottle
- Comfortable clothes and running shoes

Let's Get Started! (Warm-up - 5 minutes)

Before we run super fast, let's warm up our amazing bodies!

1. **Wiggle Worms:** Wiggle your whole body like a wiggly worm on the ground.
2. **Tall Trees:** Stand tall and reach your arms way up high like tree branches. Gently sway side to side.
3. **Toe Touches:** Try to touch your toes! Keep your legs mostly straight. It's okay if you can't reach yet!
4. **Marching Time:** March in place, lifting your knees high like a soldier.

Running Fun Time! (Main Activities - 15-20 minutes)

Now it's time to RUN! Remember to look where you are going!

- **Animal Races:** Let's pretend to be animals! Can you run fast like a cheetah? Hop like a kangaroo? Waddle like a penguin? Gallop like a horse? Make the animal sounds too!
- **Red Light, Green Light:** When I say "Green Light!" run fast! When I say "Red Light!" FREEZE! (You can add "Yellow Light" for walking slowly).
- **Follow the Leader:** Follow me! We will run in curvy lines, zig-zags, slow, and fast! (Take turns being the leader).
- **Quick Sprints:** Let's see how fast we can run from this spot to that spot (use markers or landmarks if you have them). Ready, set, GO! Let's do it 3 times with rests in between.
- **Run and Tag (Gentle):** A gentle game of tag. The goal is just light taps, focusing on running and dodging.

Cooling Down Our Engines (Cool-down - 5 minutes)

Wow, great running! Let's cool down our bodies.

1. **Slow Motion Walk:** Walk very, very slowly around our space.
2. **Deep Breaths:** Take big breaths in through your nose (smell the flowers!) and blow out slowly through your mouth (blow out the candles!).
3. **Gentle Stretches:** Let's sit down and stretch our legs again, reaching gently for our toes.
4. **Water Break:** Time for some water! Running makes us thirsty.

Great job running today! You were super speedy and had lots of fun moving your body!