



## Week #2 - Mini Milers

**Lesson Goal:** Promote physical, social and emotional health, both now and in the future by learning about goal setting.

- **Warm Up Activity**
  - Perform Dynamic Stretching - **High Knees:** While walking or standing in place, lift knees high in the air. Intensify by adding arm movements, like a hand or elbow touch; or by speeding up the walk to a jog.
  - Play a game of “Follow the Leader” or “Simon Says”.
- **Main Activity**
  - Challenge your child to walk, jog or run for a set amount of time or a set number of laps. Emphasize that they do not always have to be running, but the goal is forward movement for the entire time.
  - As you run (or walk) together, encourage your kids to tell stories, sing and have fun during your runs.
  - What did you notice now after you were done? (increased heart rate, faster breathing, a little sweat, red cheeks)
  - Can you find your pulse? The easiest places to find your pulse is on your neck and your wrist. Can you feel it? Your beating heart creates a pulse. Your heart has to push so much blood through your body that you can feel a little thump in your arteries.
- **Cool Down**
  - Take a walk or jog to a shady and/or comfortable spot
  - Static stretching –such as **Seated Groin Stretch:** Have your child sit with legs bent so soles of the feet touch. Slowly lean forward to stretch the inner thigh muscles. Gently press down with elbows on knees to increase the stretch if needed.
  - Discussion:
    - What is a goal? What is the difference between a goal and a wish?
      - A goal is something you can achieve with hard work.
      - A wish is something that can happen without working.
    - Why are goals helpful? How will you reach your goal? Do you have a goal?
- **Wrap Up**
  - **Fun Fact** – Your heartbeat is so powerful that it could shoot water six feet into the air!
- ❖ **Healthy Habit Challenge** – Can you play an active game in place of a TV Show, laptop time or video game?
  - Go for a walk or run
  - Play with the dog
  - Jump rope
  - Run in place, reach to the sky, butt kicks, hula hoop
  - Play freeze tag or hide in seek

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