



Week #3 - Mini Milers

Lesson Goal: learning about their bodies and good running form by exploring stride lengths.

- **Warm Up Activity**
 - Perform Dynamic Stretching – Can be done by you and your child(s) taking turns calling out / demonstrating an action movement to complete or you can play a game of “Follow the Leader” or “Simon Says”.
- **Main Activity** - A stride means a step and finding the right length makes running easier, faster and is safer for the body.
 - “Crazy Steps” – Kids explore different stride lengths from monster steps to tiny steps to find the one that is just right!
 - How did it feel to run with tiny baby steps? Did you cover a distance quickly?
 - How did it feel to run with large monster strides? Did you have a lot of control over your arms and body?
 - How did it feel to have medium steps where your feet landed underneath your body?
- Let’s put that new stride knowledge to work! Challenge him/her to jog or run using that “just right stride length” 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.
 - When running together, encourage each other, tell stories, sing and have fun during your runs. Also, words of encouragement go a long way!
- **Cool Down**
 - Take a walk or jog to a shady and/or comfortable spot
 - Don’t forget your static stretching!!
 - Discussion:
- **Wrap Up**
 - **Fun Fact** – A kangaroo can hop faster than we can run and can do so for hours. Its stride length is over 21 feet long!

Healthy Habit Challenge

- How much water do you drink in a day? Do you drink the recommended daily amount of water? Give it a try! and don’t forget to carry a water bottle around with you during the day even when you are at home!
 - Ages 5 – 8 should have 5 glasses a day (1 liter)
 - Ages 9 – 12 should have 7 glasses a day (1.5 liters)

Check out www.kidsvt.com for more great ideas!