



Week #1 - Mini Milers - Activity Sheet

Lesson Goal: Getting to know your body

Warm Up Activity

- Let's get moving! Play a game of *Simon Says* emphasizing stretching different parts of the body. (i.e. Simon says: reach to the sky, hop in place on two feet, sway in the wind, jumping jacks, arm circles, march like a soldier, etc. - doing each movement for 20-30 seconds)

Main Activity

- Play a game or two of tag!
- First run! Show your kid (s) a fun loop around your neighborhood, encourage everyone to stick together on this run and spread yourselves out for safety. Discuss where you can run and where the boundaries are in your area. After the first lap if they are still energetic and focused, allow them to run laps at their own pace. Don't forget to track how far you ran!

Cool Down

- Cool down, jog to a nice spot to talk while doing static stretching. Demonstrate proper stretching of various body parts as they copy you. Pick one or more stretches from each major section of the body. Remind them that stretching should not be painful and remember to breathe! Take a look at this website <https://www.verywellfamily.com/simple-kids-stretching-exercises-1257070?> For some great ideas on all over body stretching. 20-30 seconds for each stretch is ideal – don't rush it! Stretching is important after your workout!

Discussion Ideas:

- How do you feel after moving your body?
- Why do you think it is important to cool down and stretch? *Cooling down and stretching at the end of physical activity help to slow heart rate to a normal rate, return breathing to a normal pace, relax the muscles, etc.*

Fun Fact: When you walk you use more than 200 muscles!

Healthy Habit Challenge!

- Muscles need protein and energy to grow strong! Can you eat a small snack and drink a glass of water within 30 minutes after exercise/play? Some suggestions for healthy snacks include:
 - Apple slices with peanut butter
 - Fruit & Nut bar
 - Greek Yogurt
 - Veggies and hummus

