

PDC Plan (first 4 classes): High Fives Running Club

Programming Day Card - 1

Warm Up: Calisthenics Routine

Skill/Review: Effort

Drill: N/A

Games:

1. How Long is a Minute?
2. Dice Dash
3. Team Mile
4. Indian Run
5. Go Fish Laps

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Calisthenics Routine

Skill/Review: Competition

Drill: N/A

Games:

1. Bingo Laps
2. Solo Runs
3. Relay Races
4. Think Sprint
5. Board Game Lap

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Calisthenics Routine

Skill/Review: Sportsmanship

Drill: N/A

Games:

1. Like/True False
2. Tractionary
3. Egg Hunt
4. Telephone Lap
5. Red Light/Green Light (Whistle Stop)

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Calisthenics Routine

Skill/Review: Practice

Drill: N/A

Games:

1. Name Tag
2. Uno
3. Team Run
4. Trivia Run
5. 5k

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment