The OTA iPlay "Home Game"

Theme: Run With It Week

Iron-Kid Warm Up   Completed: _____
1. **1 Minute Jog**
2. **10 Jumping Jacks**
3. **15 Rocket Launchers**
4. **20 Second Plank**
5. **25 Second Body Twist**

Kids are natural runners but spend a lot of time hearing "No Running!" How many times does a child hear this? No running in the halls… No running in the house… No running at the pool… It goes on and on. "Run With It Week" puts a stop to the "No Running" and lets the kids fly! Crawl, Stand, Walk, Jog, Run… Gradually developing the habit to run can change and impact one's life forever. These games and challenges will bring a shot of energy with a goal of raising heart rates and building endurance. Just run with it!

Games/Challenges
- **How Long is a Minute?**   **Completed ____**
- **Dice Dash**   **Completed ____**
- **Go Fish Laps**   **Completed ____**
- **Bingo Laps**   **Completed ____**
- **Obstacle Race**   **Completed ____**
- **Board Game Lap**   **Completed ____**
- **Think Sprint**   **Completed ____**
- **Like/True False**   **Completed ____**
- **Egg Hunt**   **Completed ____**
- **Red Light/Green Light (Whistle Stop)**   **Completed ____**
- **Spelling Laps**   **Completed ____**
- **Where To?**   **Completed ____**
- **The 5K**   **Completed ____**

Game Plan: Directions and Instructions for "Run With It Week"
*Note – we have tried to develop a program with as much flexibility as possible understanding that age groups, available supplies and sports equipment, space constraints, level of parental/guardian involvement all varies. The number of "repetitions" your "team" decides to do is up to you. If you're having fun, keep doing it. If one is enough – move on! Feel free to substitute, modify, alter, improvise wherever needed.

EQUIPMENT LIST

1. Cones

2. Cards

3. Bingo Cards

4. Baton (optional)

5. Direction Cards

6. Paper

7. Bags

8. Markers

9. Box

10. Popsicle Sticks

1. **How Long Is a Minute?**

   Equipment Needed: No equipment required.

   Set Up: No set up required.

   How to Play:
   1. Players will run, walk, or jog for one minute.
   2. Each minute the pace (run, walk, jog) will change.
   3. Players continue this for ten minutes.

2. **Dice Dash**

   Equipment Needed: Cones

   Set Up: Create numbered zones using the cones.

   How to Play:
   1. The Monitor calls out a number.
   2. Players then must run to the corresponding numbered zone.

3. **Go Fish Laps**

   Equipment Needed: Cards

   Set Up: Monitor is at the start/finish line with the cards.

   How to Play:
   1. Player is given two cards at the beginning.
   2. After each "lap" player will exchange one card with the Monitor trying to get a pair.
   3. Player can keep track of how many pairs they have.

4. **Bingo Laps**

   <u>Equipment Needed:</u>   Bingo Cards

   <u>Set Up:</u>   Player gets a bingo card and a marker.

   <u>How to Play:</u>
   1. After each "lap" a player runs, the Monitor will call out something (Number, word, etc.) on their bingo card.
   2. Player continues to run until they have a bingo.

5. **Obstacle Race**

   <u>Equipment Needed:</u>   Anything to create a course to run through

   <u>Set Up:</u>   Plan the route of obstacles

   <u>How to Play:</u>
   1. On "GO", player starts obstacle race
   2. Timing optional

6. **Board Game Lap**

   <u>Equipment Needed:</u>   Direction Cards

   <u>Set Up:</u>   Create direction cards that give different directions between each "lap" such as do push-ups, do sit ups, do jumping jacks, get water, walk, skip, etc.

   <u>How to Play:</u>
   1. At the end of each "lap" player will receive a direction card.
   2. Player then must complete what the direction card says before starting their next lap.

7. **Think Sprint**

Equipment Needed: Cones or "Markers"

Set Up: Place three cones in different places around the field and designate as agree, disagree, or undecided.

How to Play:
1. The Monitor will yell out a statement.
2. Players must then sprint to their answer (Agree, Disagree, Undecided).

8. **Like/True False**

Equipment Needed: Cones or "Marker"

Set Up: Mark a turnaround point with a cone.

How to Play:
1. The Monitor calls out a statement ("Likes Spaghetti" or "Wearing Red").
2. If the statement applies to the player, they must run out to the cone and back.

9. **Egg Hunt**

Equipment Needed: Eggs/Objects

Set Up: Place the objects around the field/track.

How to Play:
1. Player must run around and return to the starting position with the properly collected items.

10. Red Light/Green Light (Whistle Stop)

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. Player try to make it from point A to point B while the Monitor yells red light (stop) and green light (go).

Tip:

- Feel free to add a yellow light for a slower pace run.

11. Spelling "Laps"

Equipment Needed: Paper, Markers

Set Up: Select "spelling words"

How to Play:

1. Give player a word.
2. After first "lap", they will try and spell word
3. If they are correct, they receive points, if they are wrong, they run another "lap"
4. After each "lap" they try again.
5. Can't run more "laps" than there are letters in the word

12. **Where To?**

   Equipment Needed: Pieces of Paper, Bag

   Set Up: Write landmarks (i.e. – shed, tree, stop sign, fire hydrant, etc.) on the pieces of paper and mix them up in a bag.

   How to Play:
   1. Player will choose a piece of paper out of the bag and run to the landmark that is written on it.
   2. Once player reaches the landmark they turn around and run back to get the next piece of paper.

13. **THE 5k**

   Equipment Needed: No equipment required.

   Set Up: No set up required.

   How to Play:
   1. Player will run a 5k (3.1 miles) as fast as they can.