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

Programming Day Card - 1

Warm Up: Calisthenics Routine

Skill/Review: Teammates

Drill: N/A

Games:

1. Scavenger Run

2. Reverse

3. Spelling Laps

4. Sharks and Minnows

5. Count Back Lap

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Calisthenics Routine

Skill/Review: Respect

Drill: N/A

Games:

1. Team Mile

2. Indian Run

3. Where To?

4. Like/True False

5. Spelling Laps

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Calisthenics Routine

Skill/Review: Strategy

Drill: N/A

Games:

1. Dice Dash

2. Bingo Laps

3. Go Fish Laps

4. Board Game Lap

5. Tractionary

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Calisthenics Routine

Skill/Review: Encouragement

Drill: N/A

Games:

1. Uno

2. Trivia Run

3. Name Tag

4. Sharks and Minnows

5. 5k

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment