**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**