

Running from the Corona Virus! A 4-week fun program to get kids running at home!

4 weeks	Monday	Tuesday	WED	THURSDAY	FRIDAY
Week 1	Time Trial	Circuit Training	BIKING	How Long Can You Run?	SCOOTER Hide and Seek
Week 2	Scavenger Hunt	Run Around	BIKING	SONG Run	FLIP THE CONES
Week 3	Where to Run Next	FLIP THE CONES	BIKING	Puzzle Game	WORLD'S LARGEST HOPSCOTCH
Week 4	SONG Run	CIRCUIT TRAINING	BIKING	REPEAT a FAVORITE	1 MILE Run

Game Explanations					
Run Around	Send two runners in opposite directions on a loop. When you pass each other, turn around. Try to get as far as you can on the loop before having to turn.				
Where to Run Next	Write down locations and draw them from a bag. Have kids run to the drawn location, then draw another one. Repeat.				
Circuit Training	Run to an area, grab a card, run back and do the exercise associated with that card. (Jacks=jumping jacks, Queens=squats, Kings=Star jumps. etc.)				
Scooter Hide and Seek	Using chalk and a scooter, one person rides the scooter and leaves chalk arrows to where they hide the scooter. First person to find the scooter gets to ride it back.				
Scavenger Hunt	Hide a few small things around a predetermined loop. Have kids run to find them.				
Song Run	Choose a few songs for a playlist. Run on the chorus, walk on the verses.				
Flip the Cones	Play this one in an open area with disc cones. Lay half the cones right side up, other half upside down. One runner/team flips the cones, the other turns them right side up. Play for a few minutes, then count who won. Repeat.				
Puzzle Game	Separate a puzzle into different envelopes. Place envelopes around a loop. Have kids run to collect them, then put puzzle together.				
Worlds Largest Hopscotch	Draw a hopscotch with 50-100 jumps in it. Have kids run around house and/or loop and do the hopscotch as many times as the will.				
Time Trial	Run one mile, see how fast you can do it.				
1 Mile Run	Run one mile and see if you are faster than when you started.				
How Long Can You Run?	Assign a color to each time of running. I.e, blue=1 min, purple=2 min, green=3 min, yellow=4 min, orange=5 min. Mark their hand with that color of marker when they run that long. Allow them to get as many colors as they want.				



VELOCITY KIDS CLUB