

RUN WILD

Canada 

Tired of Just Running Laps?

Here are some ideas to make your training more fun!

Have a “high five relay”

Students run a set distance and get to high five their partners to do the next part of the run and take a quick breather.

Speed walk/ Run the distance

Spin off of red light green light. Students start off running, and when the teacher says “red light” they can slow down and speed walk or light jog, until “green light” is indicated and they can resume full running again.

Run in different ways

Backwards, sideways, skipping, jumping etc.

Partner Running

Allow kids to run with a friend so they can keep pace with them and make it more enjoyable.

Theme Run Thursdays

Introduce a different theme each week: these can include favourite colours, school colours, favourite animals, etc.

“Leader of the pack run”

Have students jog in a line. The person at the back of the pack sprints up to the front of the pack. Once the sprinter has gone to the front, the next person at the back of the line runs up to the front.

Repeat!

