leading edge PHYSIOTHERAPY

RUNWILD Canada

Tired of Running Laps? Here are some ideas to make your training more fun!

Have a “high five compliment 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. You can add in a compliment to the next student while you high five them!

Red Light/Green Light Means Speed walk/Run

A spin off of red light/ green light. Students start off running, and when the leader 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.

Pass the Positive

Students jog in a circle while passing a soft ball or beanbag. When the music stops, whoever is holding the object shares a positive message, a personal strength, or something they are grateful for. Resume the movement and keep passing the positivity around!

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!

Wacky Laps

Instead of boring distance laps, call out alternating movement prompts every 30 seconds (e.g., skip, side-shuffle, backwards jog, sideways, skipping, jumping, mimicking animals or high-knees sprint) to break up the monotony.

Mirror, Mirror Move!

Pair students up and have one student lead while the other mirrors their movements as they travel around the gym. Leaders can include skipping, jogging, hopping, or side-stepping. Switch leaders every minute so everyone gets a turn.

The Whole-Class Challenge

Instead of competing against each other, challenge the class to complete a collective goal: 100 laps, 200 lengths of the gym, or a set number of movement minutes. Students contribute at their own pace, and the class celebrates reaching the goal together.

Move to the Music

Play upbeat music while students move freely around the gym. When the music stops, call out a movement or challenge: balance on one foot, strike a superhero pose, do five star jumps, or share a high five with a classmate. Start the music again and keep moving!