

MARATHON KIDS



**PHYSICAL
ACTIVITY
CARDS**

**KIDS
RUN
FREE** 

Let's Play

These games are a good way to keep things fresh with your runners, and can be incorporated for any length of time. You could use games as a warm up to running Marathon kids laps, in your normal PE lessons or during the winter months if running outside is not possible.



Marathon Kids has converted time spent doing each game to an amount of distance run. Performing these games for the following lengths of time will allow runners to track the corresponding distance on their Kilometre Log:

MARATHON KIDS		Physical Activity Cards
RED LIGHT, GREEN LIGHT		GOAL: 20 minutes of activity = 1KM MATERIALS: None needed
OBJECTIVE: To move quickly from the starting line to the finish line when the "light is green." To work on reaction time when the "light turns red".	Instructions: <ol style="list-style-type: none">1. Designate both a starting and finish line.2. Players line up on the starting line.3. When Marathon Champion says "green light" players start running towards the finish line.4. When Marathon Champion says "red light" all players must freeze where they are and wait for the "light to turn green" again.5. If a player doesn't stop moving quickly enough, they return to the starting line and start over.6. The first player to cross the finish line wins.7. Keep playing back and forth until time runs out.	

This section will state the objective of each game. Use this to help your runners understand the main goals and purpose of the activity.

Check here to see if any additional materials are needed for each game.

Follow these simple instructions to successfully set up and run each game.

Are there other running games you have used that have been successful? We'd love to share them with other Marathon Champions! If you have some great ideas, send them to the Marathon Kids team at marathonkids@kidsrunfree.co.uk and we'll spread the word.



MARATHON KIDS

Physical Activity Cards

THE CONE GAME

GOAL: 20 minutes of activity = 1KM

MATERIALS: Small cones

OBJECTIVE:

To be the team with the most cones in their designated position (either sitting upright or laying down) after a designated amount of time.

INSTRUCIONS:

1. Before starting, spread out cones far enough apart to ensure running.
2. Half of the cones should be sitting upright and half should be laying down to start.
3. Split players into two teams: one team in charge of laying cones down, the other in charge of keeping cones upright.
4. Teams run around and move the cones to upright or lying down positions.
5. When the time is up, count the number of cones upright and laying down, then identify the winning team.
6. Play two rounds so each team gets the chance to do each activity.



MARATHON KIDS

Physical Activity Cards

NAUGHTY SQUIRRELS

GOAL: 20 minutes of activity = 1KM

MATERIALS: Bucket and, balls

OBJECTIVE:

To be the team with the most 'acorns' in their Squirrel Home

INSTRUCIONS:

1. Split players into teams and give each team a Squirrel Home (bucket).
2. Marathon Champion put Acorns (balls) all around the playing space.
3. Marathon Champion starts game and all squirrels run to collect as many Acorns as possible putting them into their Squirrel Home for safe keeping.
4. When all acorns are collected Squirrels spread out around the room leaving their Acorns unprotected.
5. Marathon Champion starts second part of game, Squirrels now try to steal each other's acorns for themselves.
6. When the time is up the team with the most acorns is the winner.

MARATHON KIDS

Physical Activity Cards

BALLOON STOMP

GOAL: 20 minutes of activity = 1KM

MATERIALS: Balloons, string

OBJECTIVE:

To pop other players' balloons with feet while protecting own balloon from getting popped.

INSTRUCIONS:

1. Inflate enough ballons for each player.
2. Each player gets a balloon and a string.
3. Tie one end of the string to the inflate balloon, and the other end around ankle.
4. Players run around, trying to pop other people's balloons by stomping on them while protecting their own balloon.
5. Players may not touch own balloon withtheir hands, and both feet must stay on the ground except for running or stomping (no hopping on one foot to protect balloon).
6. The last player with an unpopped balloon is the winner.



MARATHON KIDS

Physical Activity Cards

BLOB TAG

GOAL: 20 minutes of activity = 1KM

MATERIALS: None

OBJECTIVE:

To be the last player not attached to the Blob.

INSTRUCIONS:

1. One player start as "it" and runs around trying to tag the other players.
2. If a player gets tagged, they must join hands with the person who tagged them - they have now started to form the Blob, and they are both "it."
3. The Blob must stay connected and keep trying to tag other players, who then also become part of the Blob.
4. The Blob will keep growing and working together until all of the players have been tagged.
5. The last player to be tagged wins.

MARATHON KIDS

Physical Activity Cards

ANIMAL FRIENDS

GOAL: 20 minutes of activity = 1KM

MATERIALS: Small cones

OBJECTIVE:

To get moving and having fun by having players act like their favorite animals.

This can also be a great ice breaker/get-to-know-you game.

INSTRUCIONS:

1. Designate both a starting and finish line.
2. Players line up on the starting line.
3. Players take turns suggesting their favorite animals to act like.
4. When an animal has been chosen, players act like the animal as they run/move from the starting line to the finish line and back.
5. Repeat until everyone has chosen an animal or until time runs out.



MARATHON KIDS

Physical Activity Cards

SHARKS AND MINNOWS

GOAL: 20 minutes of activity = 1KM

MATERIALS: Bucket and, balls

OBJECTIVE:

To be the last minnow swimming, as well as to keep moving throughout the entire game.

INSTRUCIONS:

1. Choose 1-2 players to be the "sharks" trying to tag the other players, or "minnows."
2. Designate both a starting and a finish line.
3. Minnows start on the starting line and slowly "swim" (jog/run) forward.
4. When the Marathon Champion yells "SHARK ATTACK!" the minnows must "swim" quickly to the finishline, past the shark(s) without being tagged.
5. Once tagged, minnows become sharks too.
6. Continue the game (running back and forth) until there are only 1-2 minnows left.
7. These minnows become the sharks in the next round.

MARATHON KIDS

Physical Activity Cards

FOUR CORNERS

GOAL: 20 minutes of activity = 1KM

MATERIALS: Small Cones

OBJECTIVE:

To get moving by running from corner to corner and to learn a variety of new exercises.

INSTRUCIONS:

1. Using cones, designate 4 corners.
2. Players start at any corner they want to.
3. The Marathon Champion stands in the middle of the space.
4. The Marathon Champion closes eyes and says "GO!"; and players run to a different corner of their choosing (spread out to all 4 corners).
5. The Marathon Champion, eyes still closed, points to a corner (now open eyes).
6. Players in that corner must do an exercise chosen by Coach while everyone else counts to 5,10, etc.
7. Keep going, switching up exercises, until time is up.



MARATHON KIDS

Physical Activity Cards

EVERYONE'S IT

GOAL: 20 minutes of activity = 1KM

MATERIALS: None

OBJECTIVE:

To get the whole group moving at once with the goal of tagging as many other players as possible. To practice goal setting and achieving through friendly competition.

Additionally, stress the importance of honesty and how it relates to goal achieving.

INSTRUCIONS:

1. Set boundaries for the playing area.
2. Players must stay in bounds. If a player goes out of bounds they will have to do an activity (ex: 10 jumping jacks).
3. Everyone's goal is to tag as many other players as possible.
4. Players should keep count of how many others they have tagged.
5. When tagged, nothing happens to the player. They just keep playing!
6. When game ends, ask players to say how many others they tagged.
7. For the next round, players set a goal for themselves and try to meet/exceed it.

MARATHON KIDS

Physical Activity Cards

RED LIGHT, GREEN LIGHT

GOAL: 20 minutes of activity = 1KM

MATERIALS: None

OBJECTIVE:

To move quickly from the starting line to the finish line when the "light is green."

To work on reaction time when the "light turns red".

INSTRUCIONS:

1. Designate both a starting and finish line.
2. Players line up on the starting line.
3. When the Marathon Champion says "green light" players may start running towards the finish line
4. When the Marathon Champion says "red light" all players must freeze where they are and wait for the "light to turn green" again.
5. If a player doesn't stop moving quickly enough, they return to the starting line and start over.
6. The first player to cross the finish line wins
7. Keep playing back and forth until time runs out.



MARATHON KIDS

Physical Activity Cards

FREEZE DANCE

GOAL: 20 minutes of activity = 1KM

MATERIALS: Music

OBJECTIVE:

To get moving and acting silly when the music is playing. To practice balance and work on reaction time when the music stops.

INSTRUCIONS:

1. Players spread out in an open area.
2. When the music starts, players dance/jump/move with the music.
3. When the music stops, players must freeze and hold that position until the music starts again.
4. For older players, if they don't hold their frozen pose until the music starts, they will have to do an activity (ex: 10 jumping jacks) chosen by The Marathon Champion
5. Keep playing for an entire song or until time runs out.

MARATHON KIDS

Physical Activity Cards

JUMP JUMP

GOAL: 20 minutes of activity = 1KM

MATERIALS: None

OBJECTIVE:

To be the first to reach the finish line while still following the directions!

INSTRUCIONS:

1. Designate both a starting and finish line.
2. Players line up on the starting line.
3. The Marathon Champion calls out directions like: One jump! Two jumps! Hops on right foot four times!
4. Players move forward towards the finish line while doing each activity.
5. Continue to give jumping directions until players reach the finish line.
6. If players don't follow directions, they return to the starting line and start over.
7. The first player to cross the finish line wins
8. Keep playing back and forth until time runs out.



MARATHON KIDS

Physical Activity Cards

NEWSPAPER RACE

GOAL: 20 minutes of activity = 1KM

MATERIALS: Newspaper

OBJECTIVE:

To keep the newspaper from falling to the ground. The more players run, the longer their newspaper will stay up!

INSTRUCIONS:

1. Players spread out with a sheet of newspaper.
2. The Marathon Champion demonstrates how to run with the newspaper. First hold it on chest, start running, then let go. The wind resistance keeps the newspaper in place.
3. Play a test round to learn the process.
4. Start the first round, encouraging players to keep running fast to keep their newspapers from falling.
5. Players are out once their newspaper falls.
6. Last person to be running with their newspaper still against their chest wins!
7. Keep playing until time runs out.



www.marathonkids.co.uk



@marathonkids



marathonkids

MARATHON KIDS



KIDS RUN FREE

Kids Run Free is a charity registered with the Charity Commission in England and Wales (1146636) and a registered Company Limited by Guarantee, England and Wales (07465668).

Registered office: Kensall Cottages, Stratford Road, Oversley Green, Alcester, Warwickshire, B49 6PH.

© 2017 Marathon Kids. All Rights Reserved.

Design by www.longkat.com