

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Run Across Canada

Game Description:

Great game to show kids how far Manitoba is!

Objective:

Keep track of daily running to see how long it takes your group to run across Manitoba.

Game Rules:

Explain to kids that this activity is that they are going to work together to see how long it will take them to run across Manitoba. When doing a warm up like running around the gym keep track of the total distance (i.e. 800m run by 20 children = 16 km). Add to the map how much children run each day to see how long it will take them. This is a great activity to tie in land marks and social studies.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)
Medium Space (Classroom, Empty Room)
Small Space (Hall, Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Run