



OKLAHOMA KIDS CHALLENGE (OKC) DAYS TRAINING PROGRAM

Welcome to the Oklahoma City Memorial Kids Marathon

The Oklahoma Kids Challenge (OKC) Days training program is a 16 week program with two training sessions per week that strives to teach Oklahoma youth the story of a *Run to Remember*, while building physical and health literacy, and skills for healthy, active living. The OKC Days training program sessions are fun, age-appropriate, and non-competitive. At the end of the training program, participants will have accumulated the equivalent of 25 miles of running activity and be ready to complete the final 1.2 miles on Race Day in the Kids Marathon, one of the Oklahoma City Memorial Marathon events.

The OKC Days training program is divided into two, age-appropriate grade level sections: **K-3** and **4-6**. Each grade level section includes **32 OKC Days Activity Cards** to be used for Kids Marathon training. OKC Days Activity Cards guide Team Captains through a five-part training session that includes: Warm Up, Got Character?, OKC Days Activity, Cool Down, and Healthy Habits.

For more information about the Oklahoma City Memorial Kids Marathon, visit okcMarathon.com.



GLOSSARY AND KEY TRAINING PROGRAM INFORMATION

The Kids Marathon OKC Days training program may include terms and equipment that is unfamiliar to Team Captains. The following information is provided to help Team Captains understand and easily lead OKC Days training sessions.

Bend, Don't Break! Stretch Cards (15): Used in the Warm Up and Cool Down of each OKC Days Activity training session.

Fitness Flashcards (10): Used in activities to structure and guide participants through exercises Fitness Flashcards can be located at the end of Kids Marathon OKC Days training program.

- **GO Station:** Area where participants can “GO” and physical activities can be safely performed.
- **Pacing:** Rate of movement that can be maintained for a duration of time.
- **Place Marker:** Used to create GO Station perimeter and/or structure activities.
- **Running Etiquette:** Participants should follow basic guidelines to decrease risk of injury and promote positive running experiences, such as: face oncoming traffic, use crosswalk, pass safely, do not litter, respect running course, trails and/or track, follow all traffic signals.
- **Stretching Spot:** Areas used in cool down to safely perform *Bend, Don't Break!* stretches.



SCHEDULE OF ACTIVITIES

Week	Character Quality	OKC Days	Activity K-3	Activity 4-6
1	Commitment	1 2	Tied Up In Knots Freeze Run	Jump, Jump, Fit Freeze Run
2	Enthusiasm	1 2	Hawks & Doves 400 Yard Run	Ringmaster Tag 600 Yard Run
3	Thoroughness	1 2	Magician Tag Here Come the Bears	Jewel Thieves Shipwreck
4	Diligence	1 2	Hibernation Fitness Stations	Hourglass Relay Fitness Stations
5	Alertness	1 2	See You Later, Alligator Snakes	See You Later, Alligator Snakes
6	Courage	1 2	Shark Attack Hit the Spot	Sharks & Minnows Circuit Hit the Spot
7	Service	1 2	Lion Tamer Tag Fitness Musical Hoops	Chicken Tacos Fitness Musical Hoops
8	Endurance	1 2	Fitness Relay 600 Yard Run	Fitness Relay 800 Yard Run

SCHEDULE OF ACTIVITIES CONTINUED

Week	Character Quality	OKC Days	Activity K-3	Activity 4-6
9	Honor	1 2	Dog Catcher Pirate's Treasure	Dog Catcher Construction Zone
10	Positivity	1 2	Running the Die Fitness Flashcard Sprints	Running the Die Fitness Flashcard Sprints
11	Patience	1 2	Simon Says Sweat Bees & Butterflies	Simon Says Sweat Bees & Butterflies
12	Humility	1 2	Cat & Mouse Tag Fitness Flashcard / Flag Tag	Cat & Mouse Tag Fitness Flashcard / Flag Tag
13	Respect	1 2	Creature Crossing Speedway	Creature Crossing Speedway
14	Resilience	1 2	Hexagon Hustle Fitness Circle	Hexagon Hustle Fitness Circle
15	Kindness	1 2	Zookeeper Tag Blob Tag	Zookeeper Tag Elbow Tag
16	Responsibility	1 2	Rock, Paper, Scissors War 800 Yard Run	Rock, Paper, Scissors War 1 Mile Run



OKC DAYS ACTIVITIES K-3

The Kids Marathon grade level K-3 OKC Days training program includes two, 40 minute training activities per week. The OKC Days training program uses a variety of fun, non-competitive activities designed to teach the story of a *Run to Remember* and build basic running technique, dynamic agility, core strength, endurance, coordination, and aerobic capacity. Team Captains should provide simple instructions and cues to reinforce activities, and create an environment that allows for challenge, recognition, appreciation, and quality.

Week #	Character Quality	OKC Activity: Day 1	OKC Activity: Day 2
1	Commitment	Tied Up In Knots	Freeze Run
2	Enthusiasm	Hawks & Doves	400 Yard Run
3	Thoroughness	Magician Tag	Here Come the Bears
4	Diligence	Hibernation	Fitness Stations
5	Alertness	See You Later, Alligator	Snakes
6	Courage	Shark Attack	Hit the Spot
7	Service	Lion Tamer Tag	Fitness Musical Hoops



OKC DAYS ACTIVITIES K-3

Week #	Character Quality	OKC Activity: Day 1	OKC Activity: Day 2
8	Endurance	Fitness Relay	600 Yard Run
9	Honor	Dog Catcher	Pirate's Treasure
10	Positivity	Running the Die	Fitness Flashcard Sprints
11	Patience	Simon Says Sweat	Bees & Butterflies
12	Humility	Cat & Mouse Tag	Fitness Flashcard Flag Tag
13	Respect	Creature Crossing	Speedway
14	Resilience	Hexagon Hustle	Fitness Circle
15	Kindness	Zookeeper Tag	Blob Tag
16	Responsibility	Rock, Paper, Scissors War	800 Yard Run



K-3

COMMITMENT TIED UP IN KNOTS

Week	Day
1	1

Equipment & Set Up

8 Cones

Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Participants stand on perimeter of GO Station. Participants walk ends and jog length of GO Station perimeter 4 times. Introduce pacing.

Got Character? (5 Minutes)

It is the first day of the Oklahoma City Kids Marathon training program and we are so glad to have you here! It all begins when you **commit** to taking the first step and cross the starting line. What are some things you can do to make sure you keep your **commitment**?

OKC Days Activity (20 Minutes)

1. Divide participants into teams of ten. Participants stand and face forward in a circle, shoulder-distance apart.
2. Participants lift their left hand and reach across circle to take the left hand of another participant. Repeat with right hand (Make sure participants do not hold hands with those directly beside them).
3. On "GO," teams must communicate and figure out how to untangle the knot (forming a circle) without letting go of hands.
4. Repeat exercise or incorporate variation: 5 participants close eyes or no verbal communication.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders demonstrate and lead participants through proper stretching techniques of *Bend, Don't Break!* #1-5 Stretch Cards with 10-20 second stretches, and jog to next Stretching Spot.

Healthy Habits (5 Minutes)

Warm Up and Cool Down: Make it a habit to include a warm up and cool down in your workout routine. This will increase blood flow to your muscles as you get started and decrease the risk of injury.

K-3

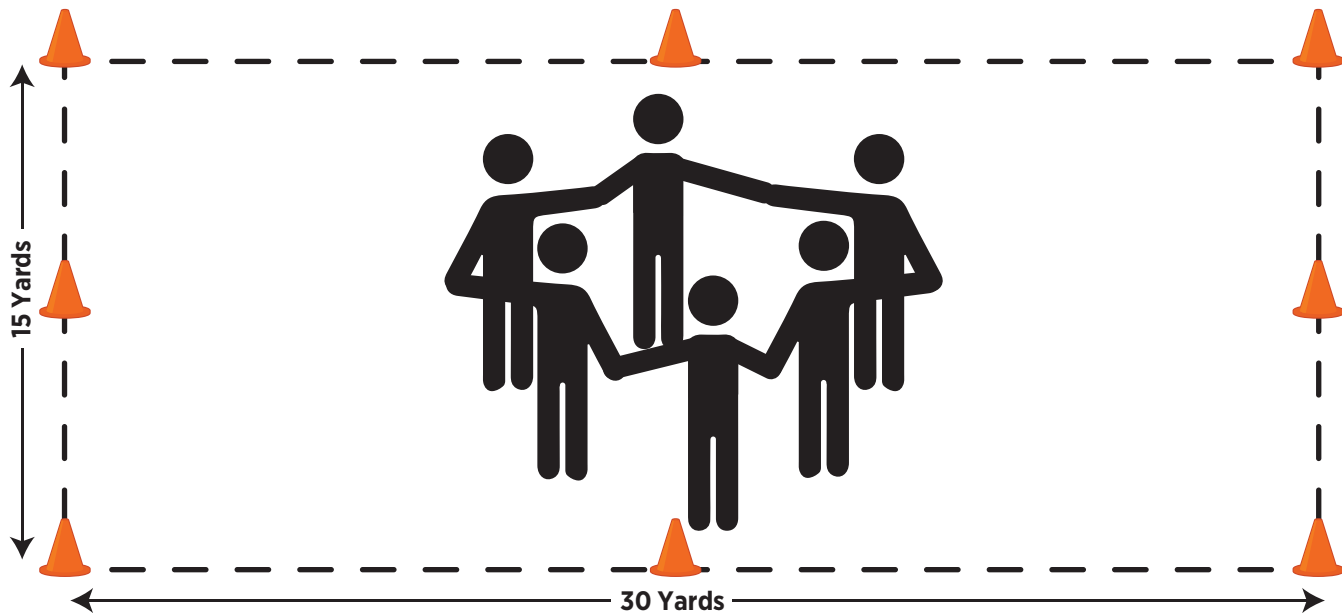
COMMITMENT TIED UP IN KNOTS

Week

1

Day

1





K-3

COMMITMENT FREEZE RUN

Week

1

Day

2

Equipment & Set Up

1 Whistle / 8 Cones

Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Divide participants into two teams. Teams jog around perimeter of GO Station 4 times.

Reinforce pacing and remind to stay with teams.

Got Character? (5 Minutes)

Make a **commitment** to yourself to try your best and have fun in your Kids Marathon training.

How can you show your **commitment**? How can you encourage others to be **committed**?

OKC Days Activity (20 Minutes)

1. Participants scatter inside GO Station.
2. On "GO," participants move quickly in random directions inside GO Station.
3. On whistle, participants "Freeze" and hold movement until command is given to change movement (run, jog, skip) and/or direction (sideways, backward).
4. Repeat exercise or incorporate variation: increase speed of movements once participants demonstrate awareness of space and safe navigation.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders demonstrate and lead participants through proper stretching techniques of *Bend, Don't Break!* #1-5 Stretch Cards with 10-20 second stretches, and jog to next Stretching Spot.

Healthy Habits (5 Minutes)

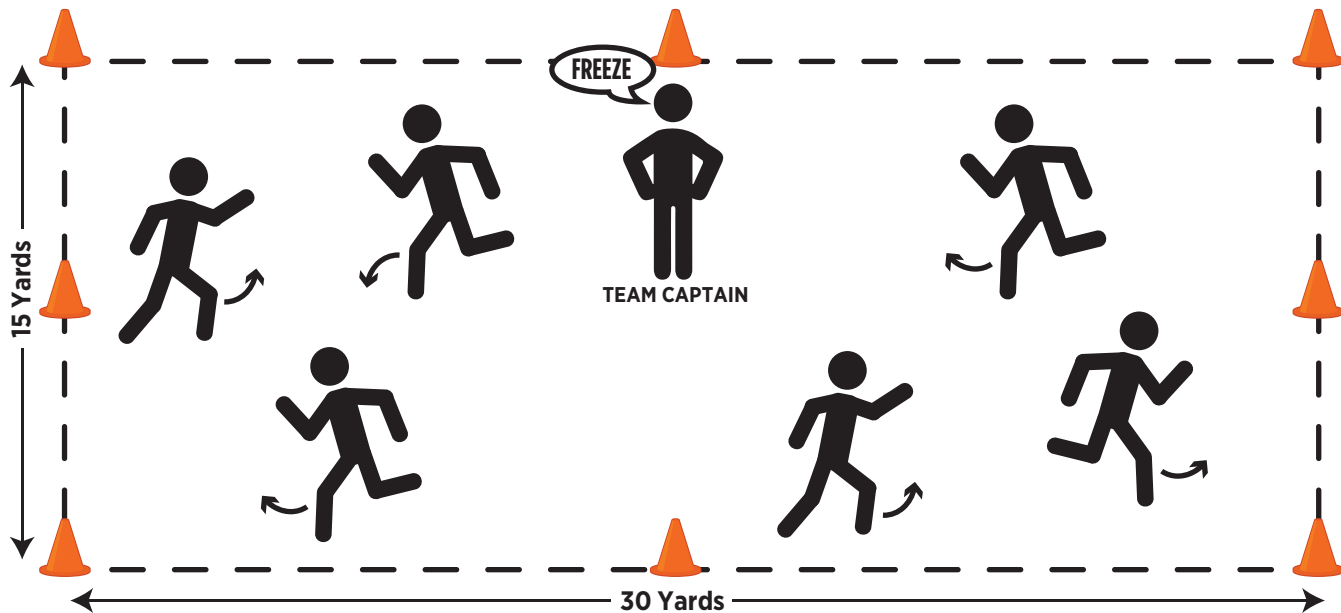
Every Sip Counts: Try to drink extra water when you are out in warm weather, especially when exercising or playing outside.

K-3

COMMITMENT FREEZE RUN

Week
1

Day
2





K-3

ENTHUSIASM HAWKS & DOVES

Week**2****Day****1**

Equipment & Set Up

14 Cones

Set up 8 cones in 15 x 30 yard rectangular GO Station.

Set up 1 cone in opposite corners to create 5 x 5 yard “nests”.

Set up 2 cones in open space of GO Station/near perimeter to create a 3 x 8 rectangular “cage”.

Warm Up (5 Minutes)

Divide participants into six even teams. Teams jog, run, and jump in place for 1 minute each.

Then, do 10 jumping jacks. Reinforce pacing and to stay with teams.

Got Character? (5 Minutes)

Having **enthusiasm** is an important characteristic of being a leader, both on and off the GO Station.

Enthusiasm is being the first to line up, offering encouragement to other participants, or helping to clean up.

How can you show **enthusiasm**?

OKC Days Activity (20 Minutes)

1. Select two participants to be “hawks” and remaining participants to be “doves.” Doves and hawks start in opposite nests.
2. On “GO,” doves and hawks leave nests. Hawks cannot return to nest, as nests become safe zones for doves. The hawks attempt to tag doves. If tagged, a dove must go to the cage. A dove can be “let out of the cage” by a “free dove” who gives them a high five.
3. Continue exercise until most doves have been tagged.
4. Repeat exercise with new hawks.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders demonstrate and lead participants through proper stretching techniques of *Bend, Don't Break!* #1-5 Stretch Cards with 10-20 second stretches, and jog to next Stretching Spot.

Healthy Habits (5 Minutes)

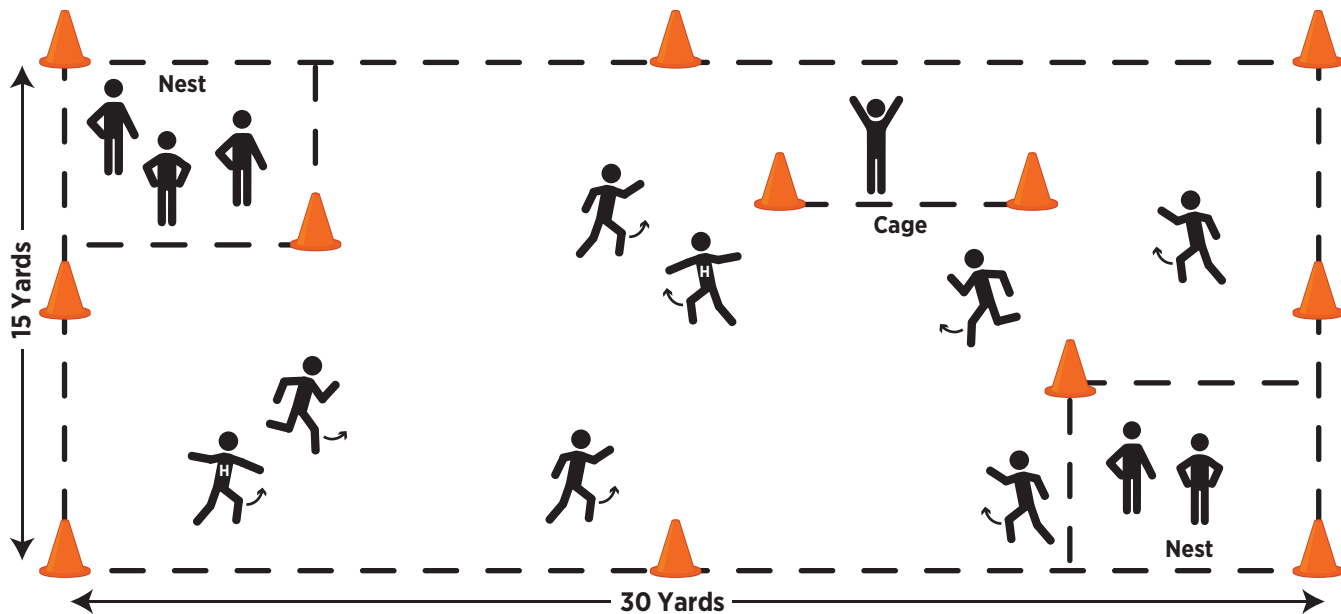
Goal Setting: You have dreams to achieve, but where do you start? Set S.M.A.R.T. goals that are Specific, Measurable, Attainable, Relevant, and Time-bound to help you do your very best!

K-3

ENTHUSIASM HAWKS & DOVES

Week
2

Day
1





K-3

ENTHUSIASM 400 YARD RUN

Week
2

Day
2

Equipment & Set Up

1 Stopwatch / 10 Cones

Set up 8 cones in 20 x 20 yard square GO Station or use track or known distance.

Set up 2 cones to mark start/finish line.

Warm Up (5 Minutes)

Divide participants into two teams. Teams jog around perimeter of GO Station 4 times. Reinforce pacing and to stay with teams.

Got Character? (5 Minutes)

Be a leader and be **enthusiastic** in your Kids Marathon training! **Enthusiasm** is infectious and can lead to an increase in commitment and dedication. How can you show **enthusiasm**? Remember to ask yourself, are you an energy giver or energy drainer?

OKC Days Activity (20 Minutes)

1. Divide participants into pairs. Split pairs into two groups – A's and B's. Direct A's to start on the perimeter of GO Station/track and B's to stand inside.
2. On "GO," A's walk/run the perimeter 5 times (400 yards) for time. Record times. B's cheer on their A partners.
3. When all A's complete run, direct A's to inside of GO Station/track and B's to perimeter. Repeat run for B partners. Record times.

Cool Down (5 Minutes)

Divide participants into teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #1-5 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Switch off the Screen and Get Active: Sedentary time spent watching TV, playing video games, and surfing online is linked to childhood obesity. Be sure to break up any screen time with physical activity, such as walking the dog or riding your bike!

K-3

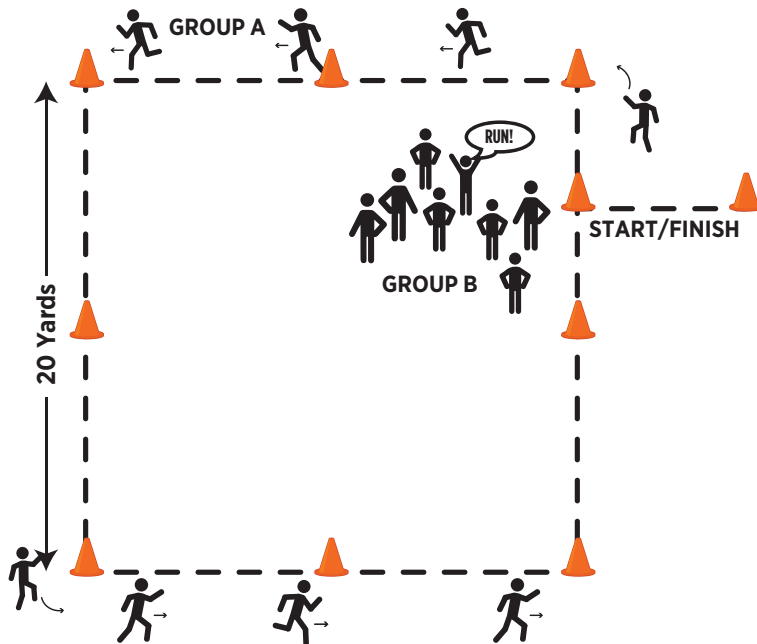
ENTHUSIASM 400 YARD RUN

Week

2

Day

2





K-3

THOROUGHNESS MAGICIAN TAG

Week

3

Day

1

Equipment & Set Up

1 Small Foam Noodle (Wand)/Tagger
8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Participants stand on perimeter of GO Station. Participants walk ends and jog length of GO Station perimeter 3 times. Reinforce pacing.

Got Character? (5 Minutes)

Thoroughness in your Kids Marathon training will help you get running experience without developing bad habits or risking injury. How can you best prepare for training?

OKC Days Activity (20 Minutes)

1. Select three or four participants to be “magicians” and assign each a different locomotor pattern (hop, slide, gallop) and give a “wand” (foam noodle) to tag other participants. Remainder of participants scatter inside GO Station.
2. On “GO,” participants move around to avoid being tagged by a magician. If a participant is tagged, they must assume that magician’s locomotor pattern.
3. Continue exercise for 3-5 minutes. Repeat exercise or incorporate variation: select new magicians or different locomotor patterns.

Cool Down (5 Minutes)

Divide participants into teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #1-5 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

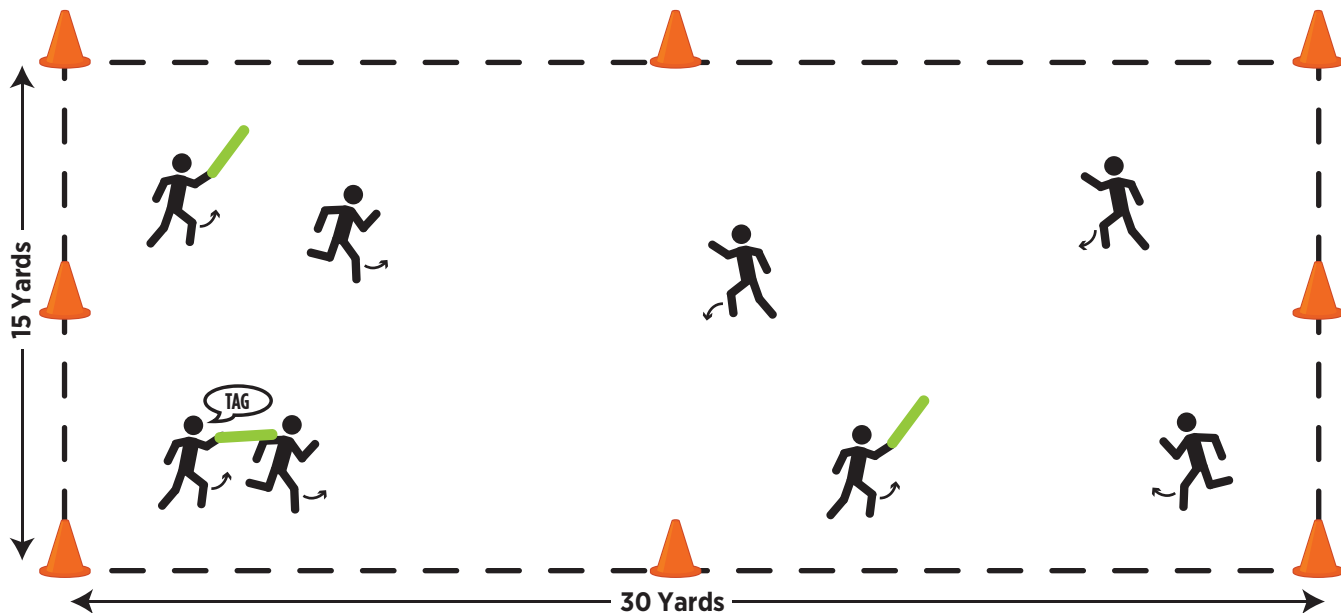
Be a Great Team Player: Playing on a team can be lots of fun! It is important to treat other players, coaches, and referees with respect, listen to instructions, and play fairly.

K-3

THOROUGHNESS MAGICIAN TAG

Week
3

Day
1





K-3

THOROUGHNESS HERE COME THE BEARS

Week**3****Day****2**

Equipment & Set Up

8 Cones

Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Divide participants into two teams. Teams jog 4 times around perimeter of GO Station. Reinforce pacing and remind to stay with teams.

Got Character? (5 Minutes)

It is important to pay attention to details in your Kids Marathon training. Ask yourself questions, such as: Did I come prepared for training (water, running shoes)? How far did I run today? Did I try my best?

OKC Days Activity (20 Minutes)

1. Select two participants to be “catchers” and direct to middle of GO Station. Catchers can only move side-to-side in the GO Station. Remaining participants line up along the end of GO Station perimeter to be “bears”.
2. To start, catchers shout, “Here Come the Bears” and signal the bears try to move across the GO Station without being “caught”. Any bears who are caught join the catchers the next round. Play until all have been caught.
3. Repeat exercise or incorporate variation: change locomotor patterns of bears to increase participants level of difficulty.

Cool Down (5 Minutes)

Divide participants into teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #1-5 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Fuel Up: Your body burns approximately 100 calories for each mile you run. Eat enough nutritious foods throughout the day, so you have enough energy to fuel you to the end of your workout!

K-3

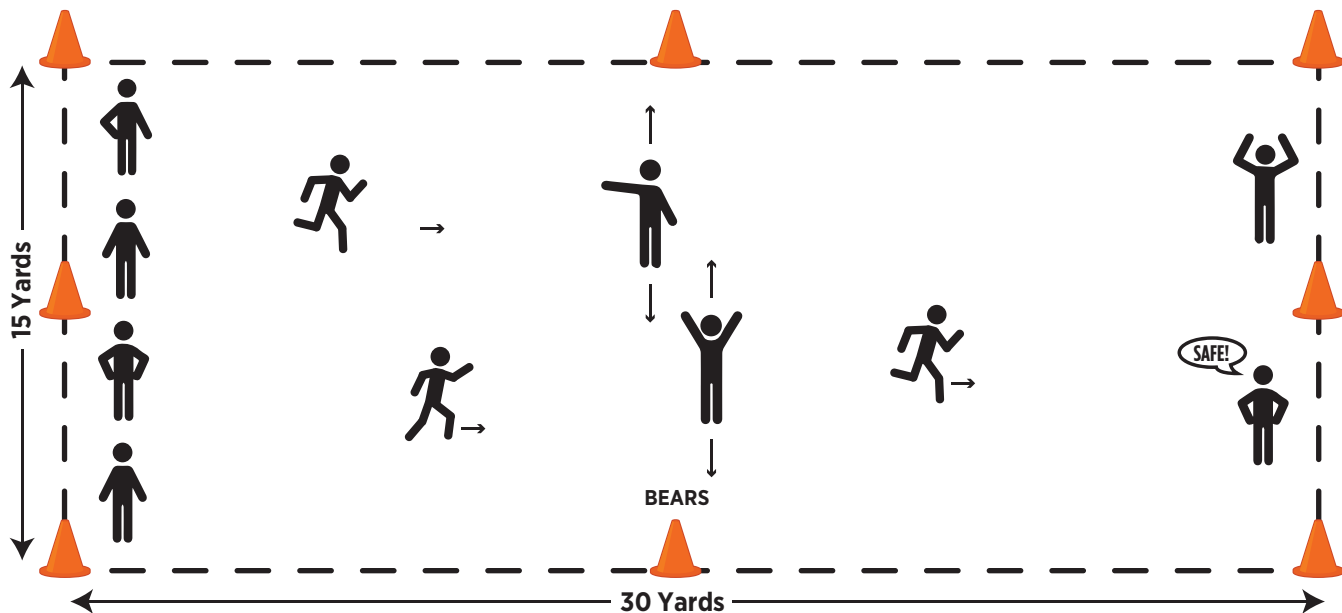
THOROUGHNESS HERE COME THE BEARS

Week

3

Day

2





K-3

DILIGENCE HIBERNATION

Week**4****Day****1**

Equipment & Set Up

8 Cones

Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Divide participants into five teams. Teams line up at end of GO Station. Team Captain and/or Student Leader call out and demonstrate dynamic warm up. On “GO,” the first participant in each line repeat exemplified dynamic warm up movement and move across GO Station to opposite end. Next participant begins exercise when preceding participant is half-way across GO Station. Turn line around and repeat exercise back across GO Station. Suggested dynamic warm up includes: jog, high knees, butt kicks, side shuffle, lateral lunge, skip, leg swings, and sprint.

Got Character? (5 Minutes)

It is important to have **diligence** in your Kids Marathon training. Runners quickly learn that if they just go through the motions of practice, they will not run at their absolute best or have fun. What goals can you set to keep you on track and finish the Kids Marathon?

OKC Days Activity (20 Minutes)

1. Participants scatter inside GO Station. Team Captain and/or Student Leaders select an animal locomotor pattern (gallop like a horse, skip like a bear, walk like an elephant, fly like a bird, chomp like a crocodile).
2. On “day time”, participants move around GO Station by the animal locomotor pattern. After 30 seconds, call out, “night time,” to signal participants to quickly curl up on ground to pretend to be “sleeping animals.”
3. Repeat exercise or incorporate variation: change animal locomotor patterns.

Cool Down (5 Minutes)

Divide participants into pairs and assign to a Stretching Spot with a *Bend, Don't Break!* #1-5 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Stay Hydrated: Did you know almost 60% of your body is made up of water? It is very important to stay hydrated to keep your body functioning properly. Try drinking water with meals and anytime you are thirsty!

K-3

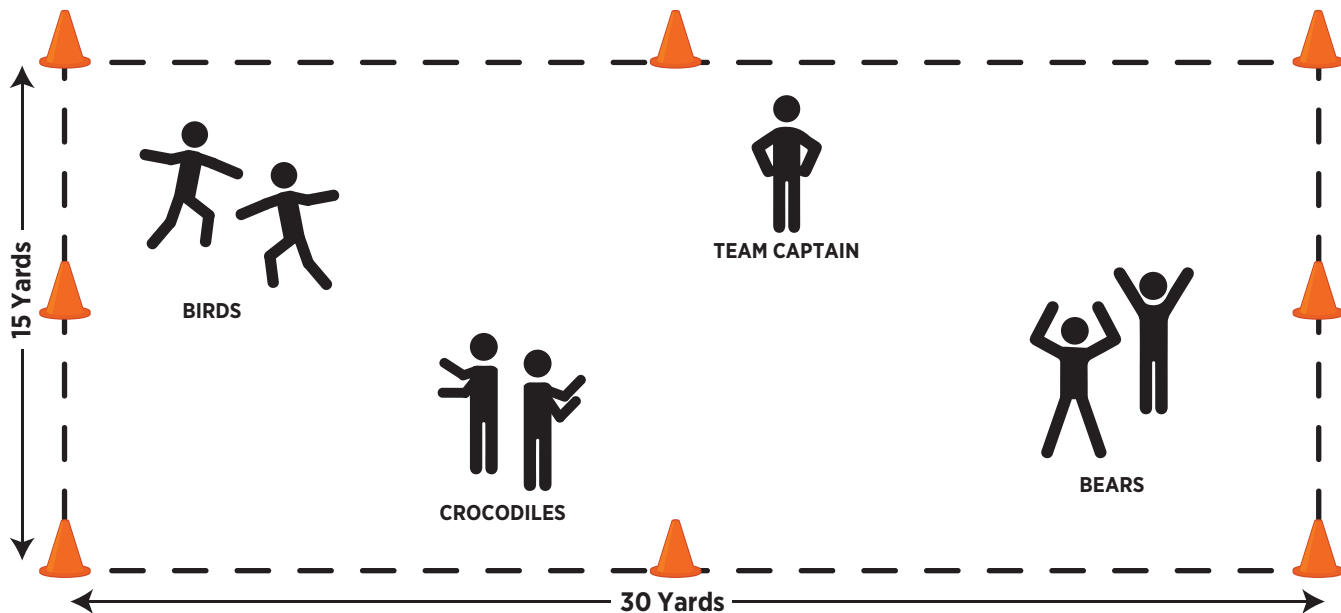
DILIGENCE HIBERNATION

Week

4

Day

1





K-3

DILIGENCE FITNESS STATIONS

Week
4

Day
2

Equipment & Set Up

1 Set of 10 Fitness Flashcards / 1 Stopwatch / 8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.
Scatter Fitness Stations evenly throughout GO Station.

Warm Up (5 Minutes)

Divide participants into four teams. Teams jog 5 times around perimeter of GO Station. Reinforce pacing and introduce running etiquette.

Got Character? (5 Minutes)

Diligence in Kids Marathon training will help you improve your endurance, increase speed, and have fun! How can you make sure you work hard? How can you encourage others to do their best?

OKC Days Activity (20 Minutes)

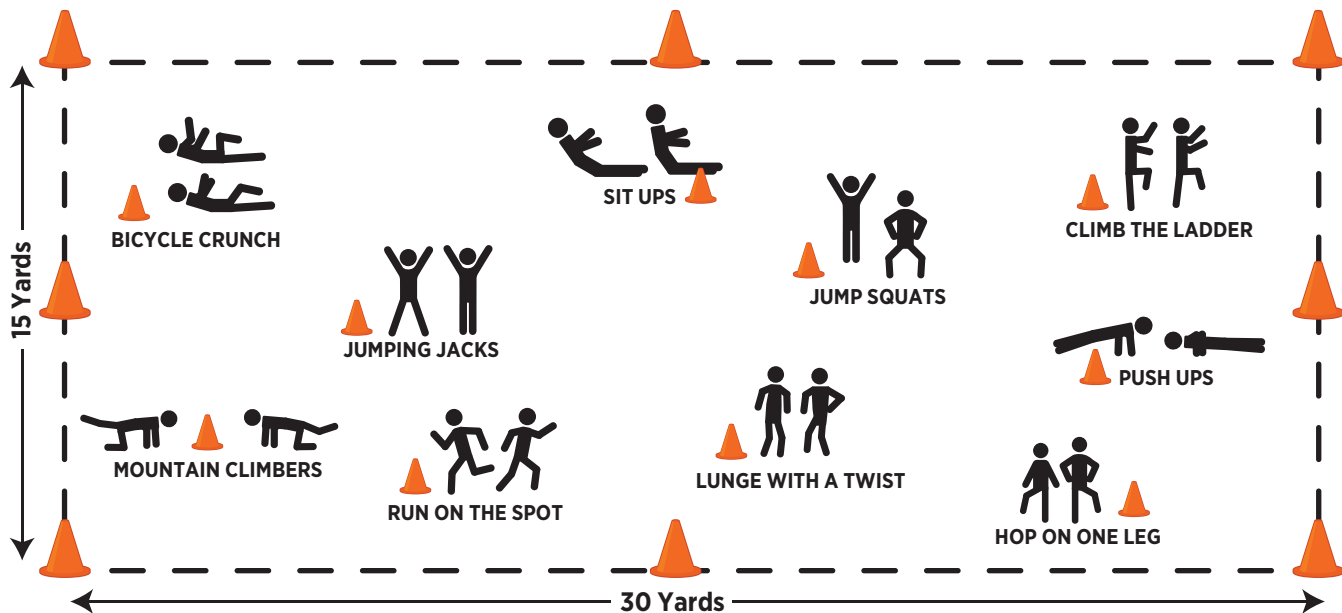
1. Divide participants into teams with a Student Leader and direct to different Fitness Stations.
2. On "GO," teams perform 5 repetitions of the Fitness Flashcard exercise at the Fitness Station. Teams jog to the next Fitness Station after all participants have completed exercise.
3. Teams must visit each Fitness Station before repeating a station. The team that completes the most Fitness Stations in 5 minutes wins.
4. Repeat exercise or incorporate variation: create new teams, increase number of repetitions or different locomotor pattern between Fitness Stations.

Cool Down (5 Minutes)

Assign partners to a Stretching Spot with a *Bend, Don't Break!* #1-5 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Get Up and Get Outside: Screen time can be fun and educational, but spending too much time staying still can be bad to your health. It is important to remember to balance screen time with physical activity so your body can grow to be strong and healthy!





K-3

ALERTNESS SEE YOU LATER, ALLIGATOR

Week**5****Day****1**

Equipment & Set Up

1 Pool Noodle / Hula Hoops / 8 Cones

Set up cones in 15 x 30 yard rectangular GO Station.

Spread out two less hoops than number of participants inside GO Station.

Warm Up (5 Minutes)

Divide participants into 6 teams. Teams march, jog, and jump on the spot for 1 minute each. Then, do 15 jumping jacks.

Got Character? (5 Minutes)

Alertness is one of the most powerful tools in sport. Being **alert** in your Kids Marathon training will help you become aware of everything around you and do the right thing. Listen to activity instructions and look out for other runners or uneven terrain. Remember, if you see something, say something!

OKC Days Activity (20 Minutes)

1. Select one participant to be “tagger” and give a foam noodle to tag other participants. Remaining participants start inside hula hoops with one participant standing in open area of GO Station.
2. On “GO,” the tagger will attempt to tag the participant who is outside of the hula hoops with the pool noodle. Participant can escape tagger by hopping inside a hula hoop and saying, “See You Later, Alligator”. Then, the participant who originally stood inside the hula hoop must leave and is now the one being chased.
3. If tagger is successful, they drop the noodle in place and the tagged participant becomes the tagger.
4. Depending on number of participants, it may be better to divide participants into teams and create two or three small games.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders demonstrate and lead participants through proper stretching techniques of *Bend, Don't Break!* #6-10 Stretch Cards with 10-20 second stretches, and jog to next Stretching Spot.

Healthy Habits (5 Minutes)

Get Moving: Active transportation happens when you use physical activity to travel to and from a destination. Try walking, cycling, scootering or skating to take active transportation the next time you go somewhere!

K-3

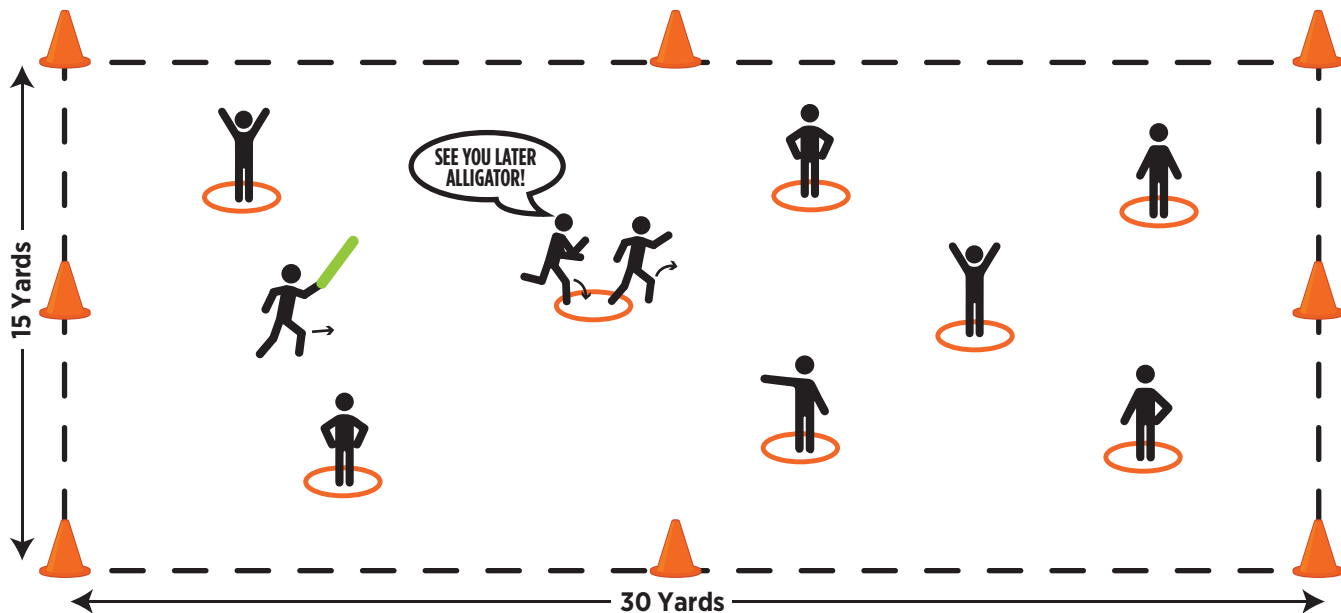
ALERTNESS SEE YOU LATER, ALLIGATOR

Week

5

Day

1





K-3

ALERTNESS SNAKES

Week
5

Day
2

Equipment & Set Up

50 Bean Bags (Bugs) / Baskets (1 per team) / 8 Cones
Set up cones in 15 x 30 yard rectangular GO Station. Scatter bugs inside Go Station.

Warm Up (5 Minutes)

Participants jog and skip 3 times each around perimeter of GO Station.

Got Character? (5 Minutes)

It is important to concentrate and stay focused during your Kids Marathon training and on Race Day. This high level of concentration or **alertness**, called “in the zone”, will allow you to perform at your best and have the most fun! What do you think about when you run? How can you limit distractions?

OKC Days Activity (20 Minutes)

1. Divide participants into teams of five. Each team is a “snake” (head, body, tail). Give each “tail” a basket.
2. On “GO,” snakes move together inside GO Station in attempt to “eat” (collect) as many “bugs” as possible. To eat, the snake’s head must pick up the bug and pass it to the participant immediately behind. Continue to pass the bug between participants, alternating between overhead and under leg passes. The tail places the bug inside the bag.
3. Continue exercise for a set time or until all bugs have been eaten. Repeat exercise or incorporate variation: Create larger snakes or change passing techniques.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders demonstrate and lead participants through proper stretching techniques of *Bend, Don't Break!* #6-10 Stretch Cards with 10-20 second stretches, and jog to next Stretching Spot.

Healthy Habits (5 Minutes)

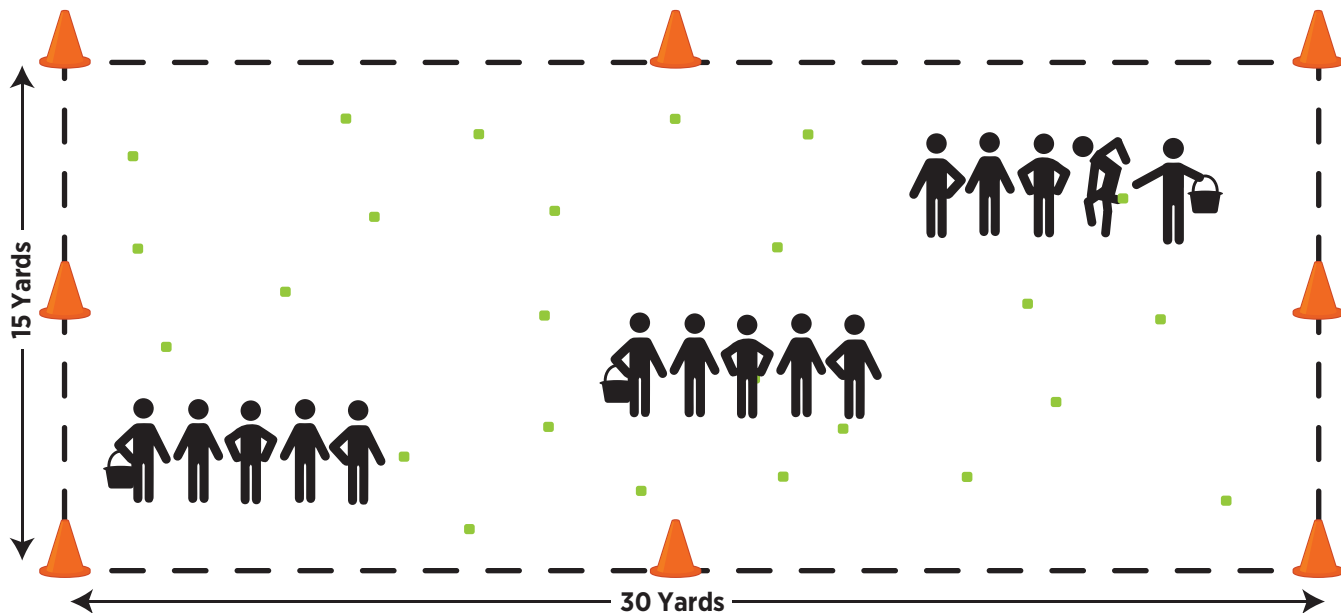
Run on the Right, Pass on the Left: Make sure you allow room for others to pass you and for pedestrians traveling in the other direction. It is important to let others know you will be passing by saying, “passing on your left.”

K-3

ALERTNESS SNAKES

Week
5

Day
2





K-3

COURAGE SHARK ATTACK

Week
6

Day
1

Equipment & Set Up

12 Cones

Set up 8 cones in 15 x 30 yard rectangular GO Station.

Set up 2 cones on each end of Go Station to mark “beach” (safe zones).

Warm Up (5 Minutes)

Divide participants into two teams. Teams jog 4 times around perimeter of GO Station. Reinforce pacing and running etiquette.

Got Character? (5 Minutes)

Congratulations! You demonstrated a lot of **courage** when you decided to try something new and participate in the Kids Marathon. How can you continue to be **courageous** in your Kids Marathon training? How can you encourage others to be **courageous**?

OKC Days Activity (20 Minutes)

1. Select two participants to be “sharks” who start in middle of “ocean” (GO Station). Remaining participants are “swimmers” and start at end of GO Station.
2. Sharks call out “Shark Attack” to signal swimmers to “swim” (run) through the ocean to the “beach” (opposite end of GO Station). A swimmer is “safe” if they successfully reach the beach without being “bit” (tagged). If a swimmer is bit, they are “injured” and must sit down and wave their arms for help. On the next round, a swimmer can “rescue” an injured swimmer by giving them a high five. The rescued swimmer must do 5 sit ups before joining the next round.
3. Continue exercise for a set time period and repeat with new sharks.

Cool Down (5 Minutes)

Assign teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #6-10 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

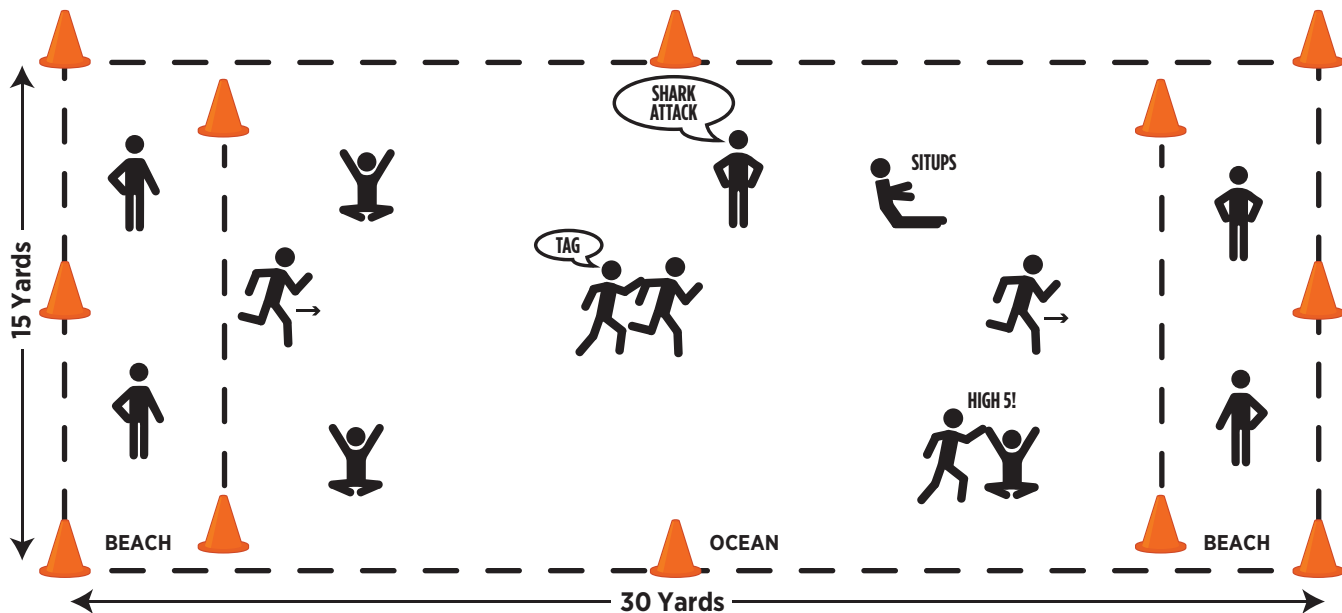
Start the day with a healthy breakfast to refuel your body and provide energy for the day! Try eating eggs, greek yogurt, fruits or oatmeal. What fun new recipes can you try?

K-3

COURAGE SHARK ATTACK

Week
6

Day
1





K-3

COURAGE HIT THE SPOT

Week
6

Day
2

Equipment & Set Up

1 Speaker System and Music / 1 Stopwatch / 15-20 Place Markers (Cones or Poly Spots) / 8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.
Scatter place markers inside GO Station.

Warm Up (5 Minutes)

Divide participants into teams of five. Teams jog 6 times around perimeter of GO Station. Reinforce pacing and running etiquette.

Got Character? (5 Minutes)

A **courageous** person has the ability to achieve a goal despite any obstacles they encounter. What are some obstacles a runner may face in their Kids Marathon training? What helps you overcome obstacles? How can you encourage others to be **courageous**?

OKC Days Activity (20 Minutes)

1. Participants scatter inside GO Station – 1 per place marker.
2. Start music to signal participants to “GO.” Participants run and attempt to touch as many “spots” (place markers) as possible while calling out a count for each spot touched.
3. Continue music for 3 minutes. When music stops, participants “Freeze”, and share score.
4. Repeat exercise 3 times and encourage participants to beat their first score or incorporate variation: different locomotor pattern between spots.

Cool Down (5 Minutes)

Assign teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #6-10 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

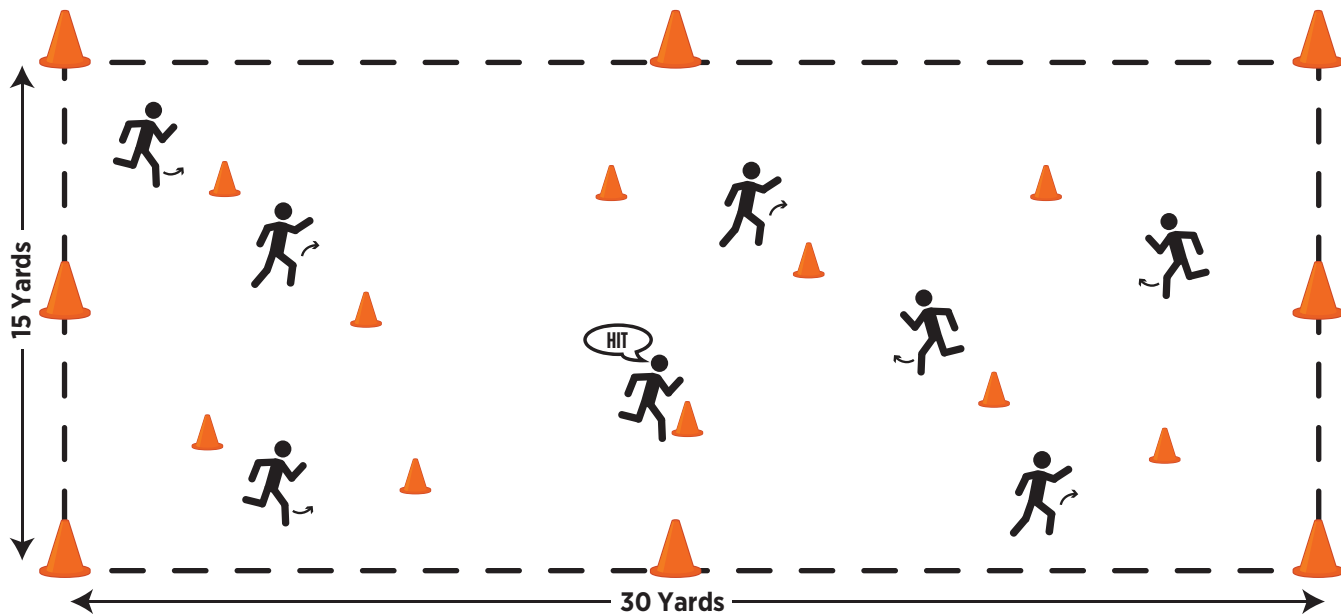
Wash Up: Keeping hands clean is one of the most important steps to take to avoid getting sick and spreading germs. Be sure to wash your hands before eating food, after petting an animal or blowing your nose. Remember these simple steps: Wet, Lather, Scrub, Rinse, Dry!

K-3

COURAGE HIT THE SPOT

Week
6

Day
2





K-3

SERVICE LION TAMER TAG

Week

7

Day

1

Equipment & Set Up

2 Pool Noodles / 3 Hula Hoops / 8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Participants stand on perimeter of GO Station. Participants jog ends and sprint length of GO Station perimeter 3 times. Reinforce running etiquette and remind to go slow around corners.

Got Character? (5 Minutes)

Service in your Kids Marathon training will provide the opportunity for you to show compassion and help others in need. No matter the size of the good deed, you can make a big difference for others! Why is it important to **serve** others? How can you **serve** your teammates or Team Captain?

OKC Days Activity (20 Minutes)

1. Select two participants to be “lion tamers” and give each a pool noodle. Select three participants to be “monkeys” and give each a hula hoop.
2. Remaining participants scatter inside GO Station.
3. On “GO,” lion tamers attempt to tag participants. If tagged, participants become “lions” and get on all fours.
4. Monkeys can free lions by bringing the hula hoop to a lion who must pass through the hula hoop. Lions cannot be tagged by tamers while passing through hula hoop.
5. Continue exercise for set time. Repeat exercise and select different lion tamers and monkeys.

Cool Down (5 Minutes)

Assign teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #6-10 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

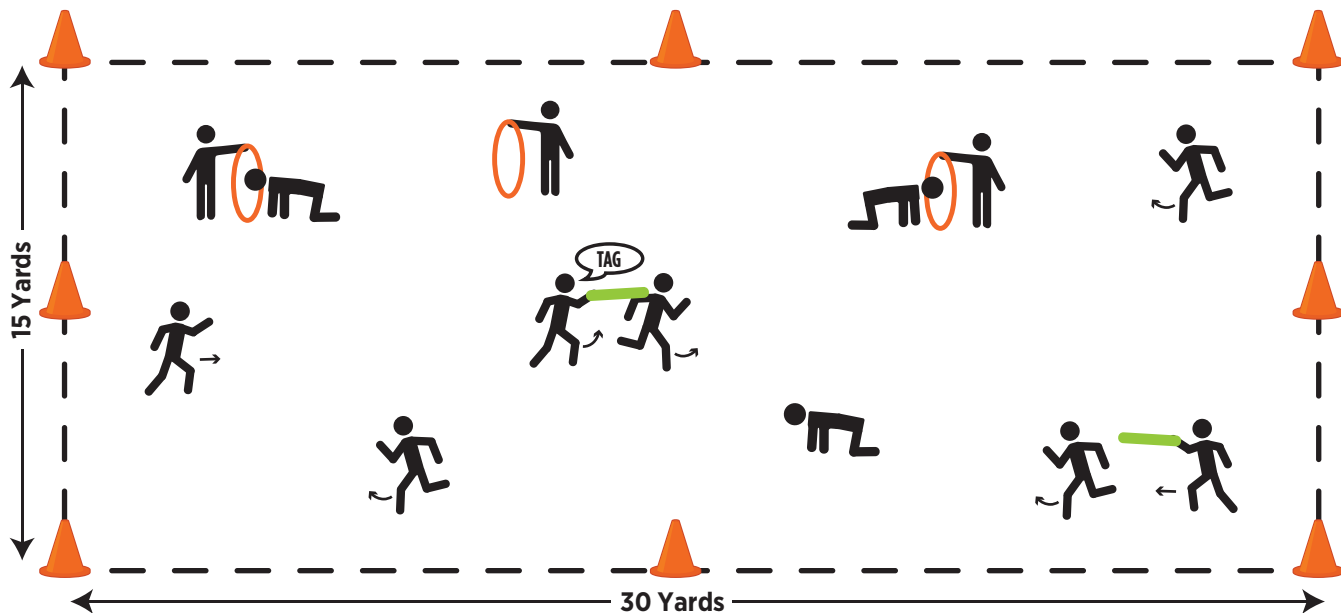
Keep an Activity Log: Track your exercise: type, time, and level. What activities do you enjoy most? Are there any new activities you want to try?

K-3

SERVICE LION TAMER TAG

Week
7

Day
1





K-3

SERVICE FITNESS MUSICAL HOOPS

Week**7****Day****2**

Equipment & Set Up

1 Speaker System and Music / 10 Hula Hoops / 10 Fitness Flashcards / 8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.
Set up 10 hula hoops evenly spaced apart inside perimeter of GO Station.

Warm Up (5 Minutes)

Divide participants into five teams. Teams line up at end of GO Station. Team Captain and/or Student Leader call out and demonstrate dynamic warm up. On "GO," the first participant in each line repeat exemplified dynamic warm up movement and move across GO Station to opposite end. Next participant will begin exercise when preceding participant is half-way across GO Station. Turn line around and repeat exercise back across GO Station. Suggested dynamic warm up includes: jog, high knees, butt kicks, side shuffle, lateral lunge, skip, leg swings, and sprint.

Got Character? (5 Minutes)

A **servant** leader makes the conscious decision to help, inspire, and lead others to reach their full potential. Why is it important to lead others? How can you be a **servant** leader in Kids Marathon training?

OKC Days Activity (20 Minutes)

1. Participants scatter around perimeter of GO Station. Participants must stay close to perimeter of GO Station and cannot cross through center.
2. Select direction and locomotor pattern.
3. Start music to signal participants to "GO." Continue music 10-30 seconds. When music stops, participants must quickly get into a hula hoop. More than one participant can enter the same hula hoop. If one participant is not inside a hula hoop, all participants must perform a Fitness Flashcard exercise.
4. Call out different locomotor pattern and start music for next round. Remove 1 hula hoop each round to increase level of difficulty, until only 1 hula hoop remains to end the game.

Cool Down (5 Minutes)

Assign teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #6-10 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Sun Safety: Protect yourself from the sun and apply sunscreen to your skin that is not covered by clothes (face, neck, ears, arms).

K-3

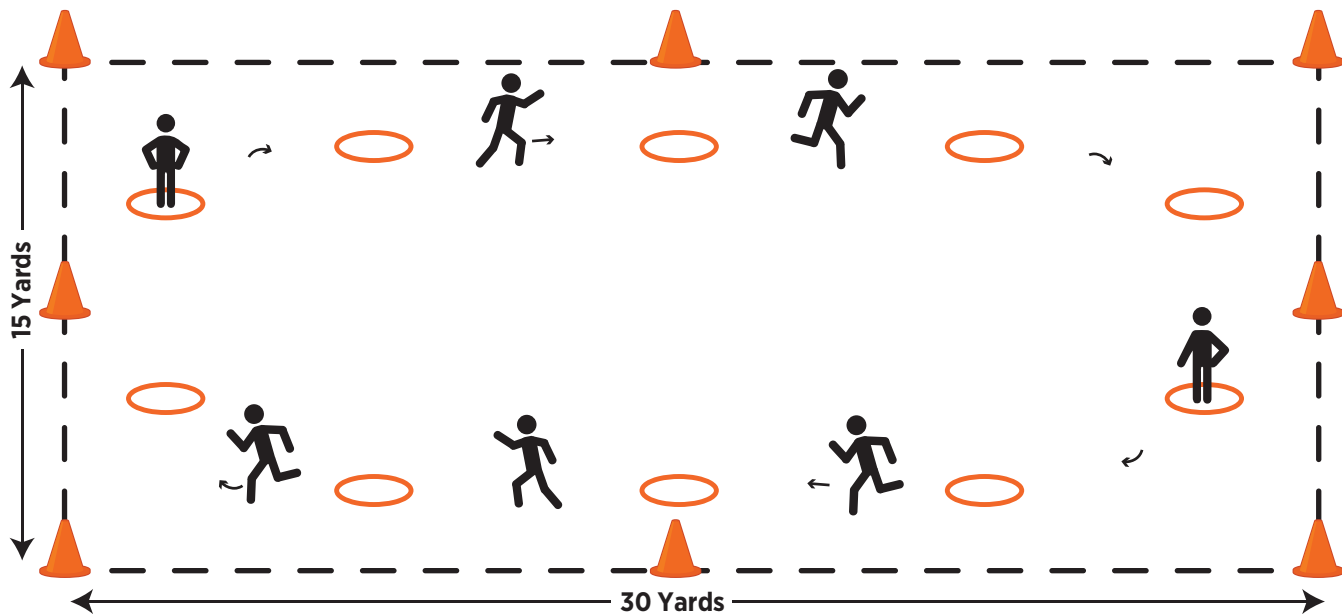
SERVICE FITNESS MUSICAL HOOPS

Week

7

Day

2





K-3

ENDURANCE FITNESS RELAY

Week**8****Day****1**

Equipment & Set Up

1 Set of 10 Fitness Flashcards / 5 Relay Batons / 10 Place Markers (Cones or Poly Spots) / 8 Cones
Set up cones in 20 x 30 yard rectangular GO Station.
Set up five place markers 5 yards inside each of the GO Station end lines to create five rows.
Place one Fitness Flashcard at each place marker.

Warm Up (5 Minutes)

Divide participants into pairs. Pairs alternate between 1 minute of jogging and running perimeter of GO Station 3 times. Reinforce pacing, running etiquette, and go slower around corners.

Got Character? (5 Minutes)

Endurance in your Kids Marathon training will give you the strength and stamina you need to cross the finish line on Race Day. You can increase your **endurance** by training different muscle groups, exercising at a high intensity, and exercising for long periods of time. What are some exercises or games you could do to improve your **endurance**?

OKC Days Activity (20 Minutes)

1. Divide participants into teams of five and direct half of each team to the #1 or #2 place marker in each row. Give the first participant at place marker #1 a relay baton.
2. On "GO," the participant with a relay baton runs towards the paired #2 place marker and hands off the relay baton to the first participant who accepts the relay baton and runs toward #1 place marker. Repeat until all team members are back in line at their starting place marker. If the relay baton is dropped, the team must restart. The first team to have all members return to their starting place marker and sit down wins.
3. In between running, participants perform the Fitness Flashcards exercise at place markers.

Cool Down (5 Minutes)

Assign partners to a Stretching Spot with a *Bend, Don't Break!* #6-10 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

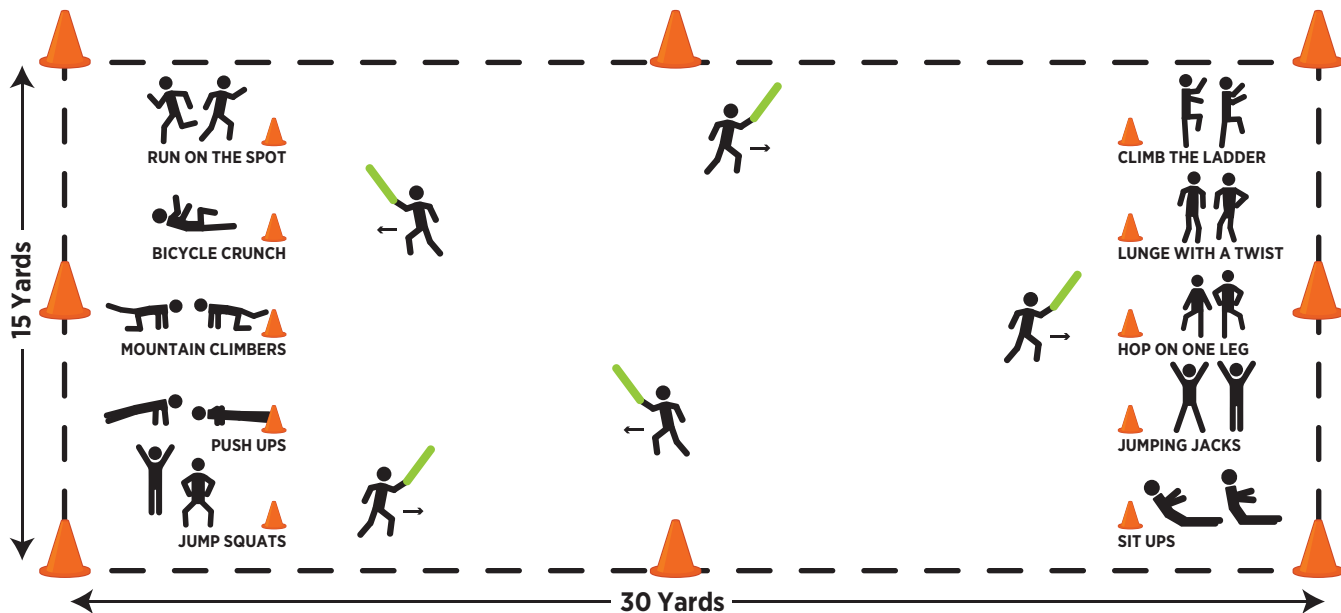
Make Healthy Substitutions: Instead of getting a side of fries at your favorite restaurant, ask for a cup of fruit or steamed vegetables. Your body will thank you!

K-3

ENDURANCE FITNESS RELAY

Week
8

Day
1





K-3

ENDURANCE 600 YARDS

Week

8

Day

2

Equipment & Set Up

1 Stopwatch

8 Cones

Set up cones in 20 x 20 yard square GO Station or use track or known distance.

Warm Up (5 Minutes)

Divide participants into four teams. Teams march, jog, and hop in place for 1 minute each.

Got Character? (5 Minutes)

It is important to have mental **endurance** in your Kids Marathon training to help you persevere through challenging exercises or long runs. Think about a time you wanted to stop. What made you keep going? How can you **encourage** others who want to stop?

OKC Days Activity (20 Minutes)

1. Divide participants into pairs. Split pairs into two groups – A's and B's. Direct A's to start on the perimeter of GO Station/track and B's to stand inside.
2. On "GO," A's walk/run the perimeter seven and half times (600 yards) for time. Record times. B's cheer on their A partners.
3. When all A's complete run, direct A's to inside of GO Station/track and B's to perimeter. Repeat run for B partners. Record times.

Cool Down (5 Minutes)

Assign partners to a Stretching Spot with a *Bend, Don't Break!* #6-10 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Be a Good Sport: Winning a game or race is exciting; however, it is important to realize not everyone is feeling the same way. Remember to be modest, say "thank you" to compliments, and cheer others on to success.

K-3

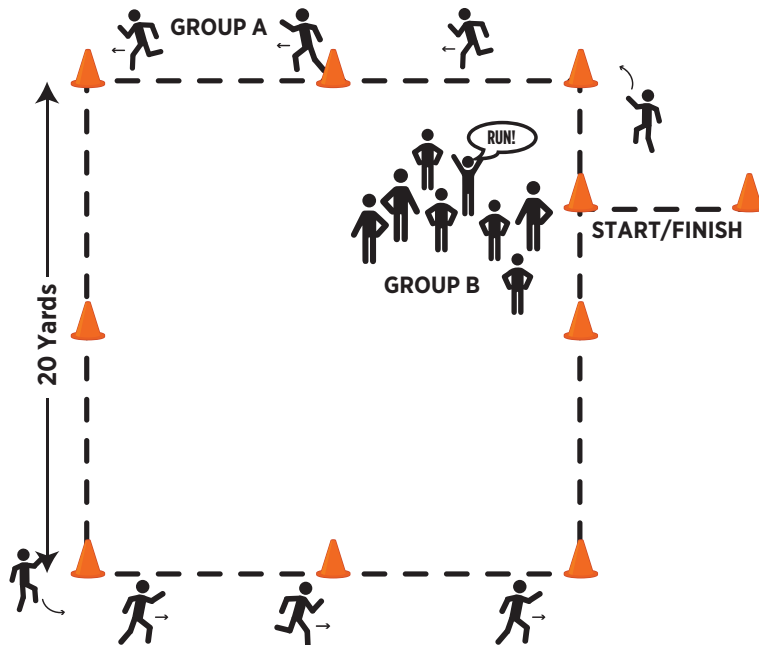
ENDURANCE 600 YARDS

Week

8

Day

2





K-3

HONOR DOG CATCHER

Week**9****Day****1**

Equipment & Set Up

2 Pool Noodles / Pinnies/Flag Belts for each Participant / 8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Participants scatter inside GO Station. Team Captain and/or Student Leaders lead participants through dynamic warm up: 30 seconds jogging on the spot, 15 jumping jacks, 10 body weight squats, 5 hip rotations, 5 lunges (each leg), and 10 arm circles.

Got Character? (5 Minutes)

Demonstrating **honor** in your Kids Marathon training will empower **you** and other participants to do **their** best and achieve the goal of completing the Kids Marathon. How can you be **honorable** in your training? How can you keep yourself accountable?

OKC Days Activity (20 Minutes)

1. Divide participants into three teams and give participants on each team a different color pinny (blue, red, yellow). Participants wear flag belt or tuck $\frac{3}{4}$ of pinny into waistband. Team Captain and/or Student Leader demonstrate how to safely pull flag.
2. Select one team to be “dog catchers” who try to “catch” the “loose dog” teams by pulling on flags or pinnies.
3. Repeat exercise when all loose dogs have been captured and switch dog catchers.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders demonstrate and lead participants through proper stretching techniques of *Bend, Don't Break!* #10-15 Stretch Cards with 10-20 second stretches, and jog to next Stretching Spot.

Healthy Habits (5 Minutes)

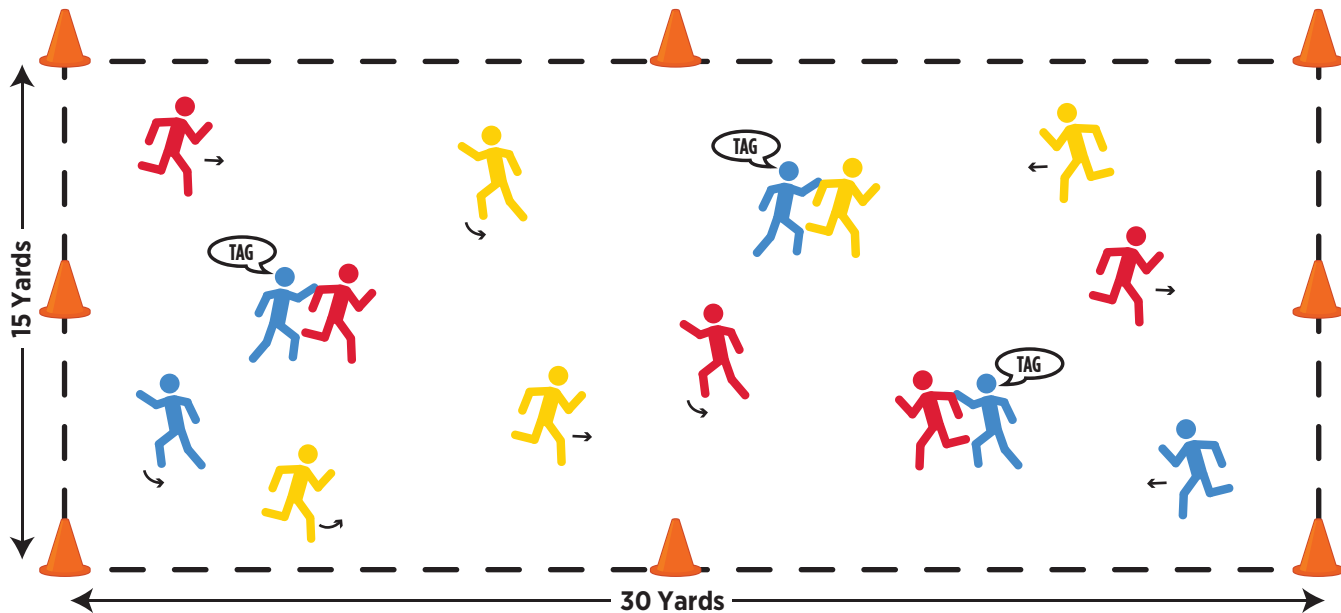
Brain Food: Your brain develops and exercises as you “feed” it with experiences. It is important to provide your brain with many opportunities to grow. Try reading a book before bed or visiting the library.

K-3

HONOR DOG CATCHER

Week
9

Day
1





K-3

HONOR PIRATE'S TREASURE

Week

9

Day

2

Equipment & Set Up

50 Bean Bags (Treasure) / 5 Hula Hoops (Sips) / 8 Cones

Set up cones in 15 x 30 yard rectangular GO Station. Set up one hula hoop in each corner and center of GO Station. Place treasure in hula hoop in center of GO Station.

Warm Up (5 Minutes)

Participants jog perimeter of GO Station 5 times. Reinforce pacing and running etiquette.

Got Character? (5 Minutes)

Be **honorable** in your Kids Marathon training and hold yourself to a high standard. Ask yourself questions, such as: Do I consistently work hard? Do I complete all repetitions of an exercise? Do I play by the rules? What can I do differently to be a positive example and encourage others to reach a higher standard?

OKC Days Activity (20 Minutes)

1. Select three participants to be "sailors" who guard the treasure on the "King's ship" (center hula hoop). Divide remaining participants into four teams of "pirates" and give each a different color pinny.
2. Pirate teams start in "ships" in corners of GO Station. On "GO," pirates attempt to steal treasure from the sailors and bring back to their "ship" without being tagged. If tagged, pirates must return treasure to the King's ship and do 5 jumping jacks by their ship before rejoining activity.
3. Continue exercise until all treasure is stolen from the King's ship. The pirate team who collected the most treasure wins.
4. Repeat exercise and select new sailors.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders demonstrate and lead participants through proper stretching techniques of *Bend, Don't Break!* #10-15 Stretch Cards with 10-20 second stretches, and jog to next Stretching Spot.

Healthy Habits (5 Minutes)

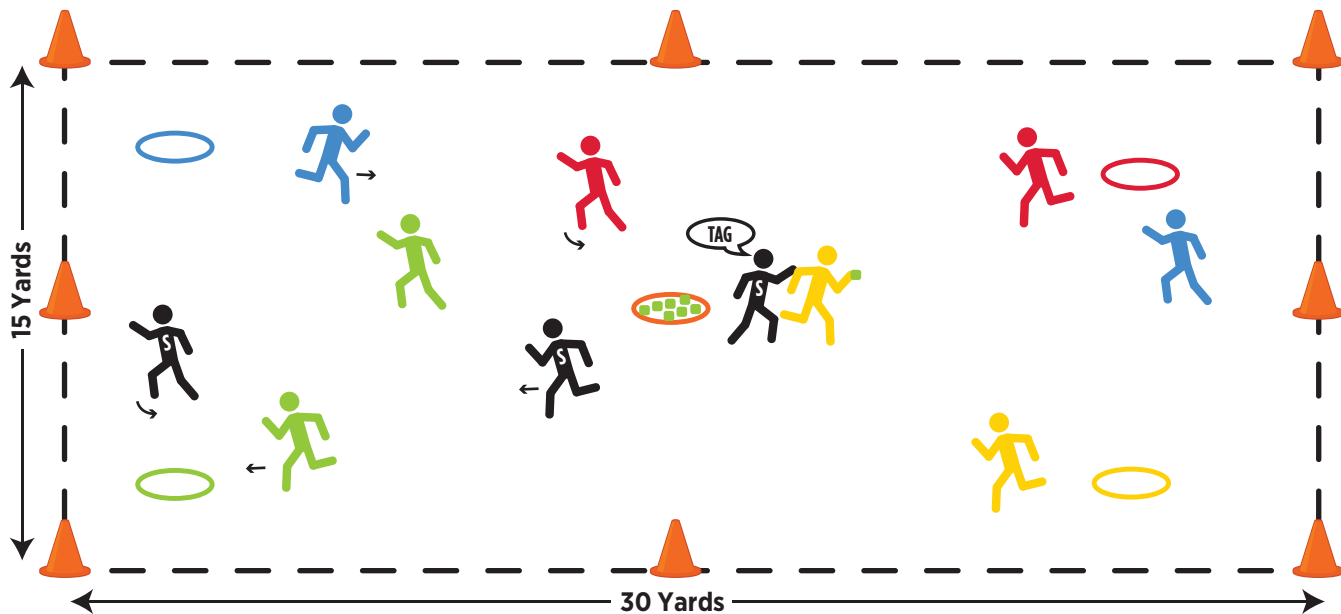
Eat Less Sugar: Keep an eye on added sugars in your drinks and food. These sugars trick your brain and you end up digesting more calories. Try to substitute natural foods (apples, celery, water) for processed foods (candy, chips, soda).

K-3

HONOR PIRATE'S TREASURE

Week
9

Day
2





K-3

POSITIVITY RUNNING THE DIE

Week
10

Day
1

Equipment & Set Up

1 Plastic or Foam Die / 8 Cones / Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Popcorn: Participants scatter inside GO Station. Participants start in squat position, with head tucked in and arms wrapped overhead. Participants pretend to be kernels of popcorn and pot is getting hotter. Begin to jump up and down on the spot when “popcorn” begins to pop. Continue for 20-30 seconds, rest, and repeat.

Got Character? (5 Minutes)

A **positive** attitude can elevate the training and talent of a runner to the next level and give them the edge they need to be competitive and do their best. What motivates you to do your best? How can a **positive** attitude help you overcome obstacles?

OKC Days Activity (20 Minutes)

1. Participants scatter around perimeter of GO Station.
2. Team Captain explain and demonstrate the many different running speeds (saunter, walk, jog, run, sprint) and how participants will practice speeds using a die to determine locomotor pattern level/speed (1 – Saunter, 2 – Walk, 3 – Power Walk, 4 – Slow Jog, 5 – Run, 6 – Sprint).
3. On “GO,” participants move at a level 1 (saunter). Increase levels/speeds as participants demonstrate awareness of space and safe navigation.
4. Team Captain and/or Student Leaders roll die and call out new level/speed the participants are to run.
5. Repeat exercise until participants demonstrate competency at all levels/speeds.

Cool Down (5 Minutes)

Assign teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #10-15 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

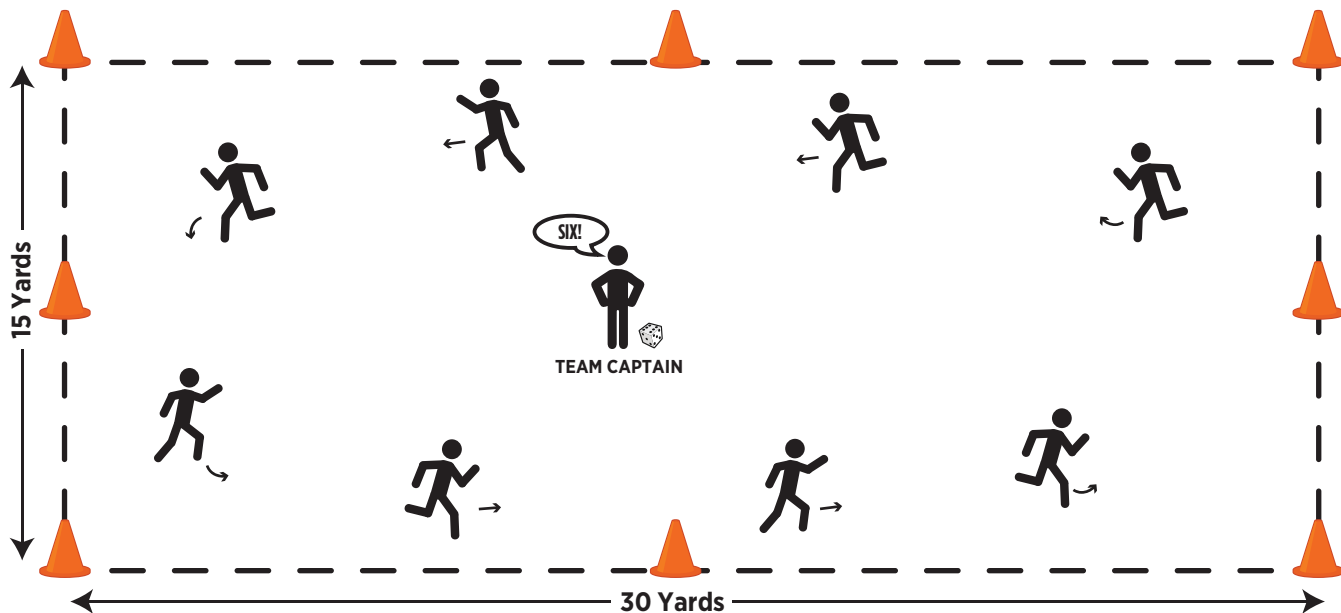
Nutritious Snacks: Choose fruit (bananas, apples, oranges) or vegetables (bell peppers, cucumber, carrots) as snacks during and after school to refuel your body!

K-3

POSITIVITY RUNNING THE DIE

Week
10

Day
1





K-3

POSITIVITY FITNESS FLASHCARD SPRINTS

Week
10

Day
2

Equipment & Set Up

8 Cones / 20-30 Place Markers (Cones or Poly Spots) – Dependent on Number of Participants
Set up 8 cones in 15x 30 yard Rectangular GO Station. Set up two rows of fifteen place markers (place marker #1 and #2 make a set). Set up place markers 4-5 yards apart and each row 2-3 yards apart.

Warm Up (5 Minutes)

Divide participants into teams of four. Teams jog around the perimeter of spots 5 times. Remind teams to stay together.

Got Character? (5 Minutes)

A **positive** attitude can give you the optimism you need to succeed in your Kids Marathon training. Remember, attitudes are contagious. How do you feel when you are around someone with a bad attitude? What can you do to encourage others to be more **positive**?

OKC Days Activity (20 Minutes)

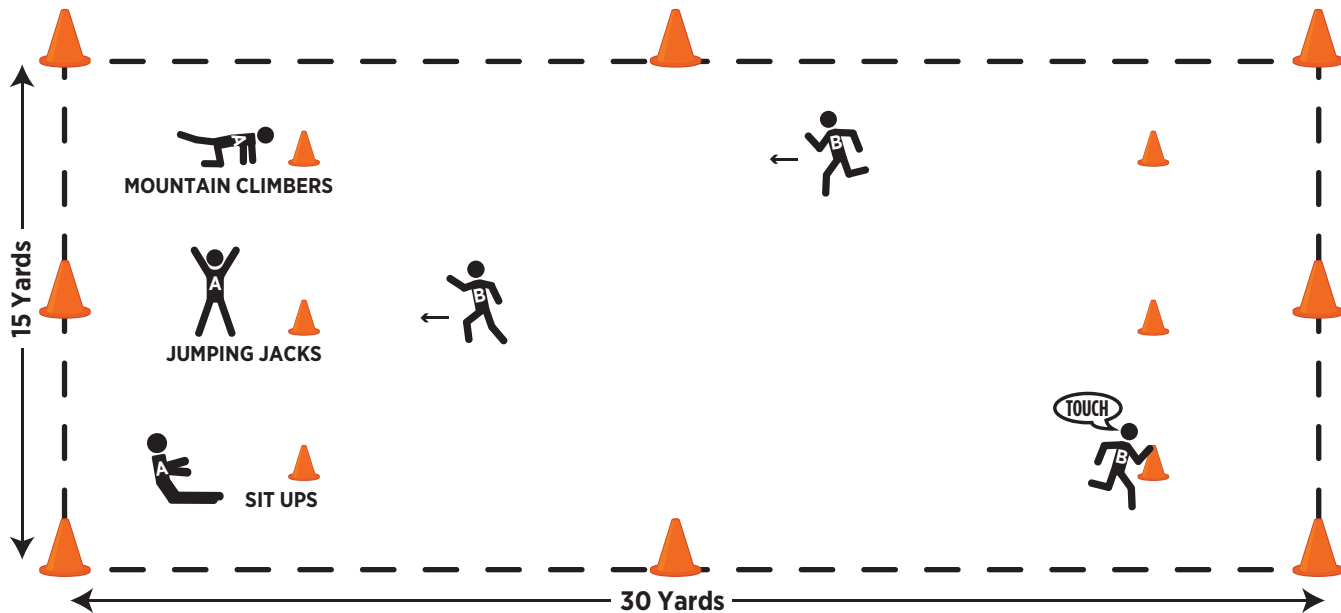
1. Divide participants into pairs and assign A and B partners. Pairs line up behind a #1 place marker at end of GO Station.
2. On “GO,” A’s sprint to #2 place marker and touch it with hand before turning and running back to starting place marker. B’s do a Fitness Flashcard exercise while partner sprints.
3. A’s high five B’s to signal B’s to sprint and A’s do Fitness Flashcard exercise. Continue exercise until each set of partners has completed 5 sets of sprints and Fitness Flashcard exercises. Partners sit down behind #1 place marker when finished.
4. Repeat exercise or incorporate variation: different locomotor pattern or change Fitness Flashcard exercises.

Cool Down (5 Minutes)

Assign teams of four and a Student Leader to a Stretching Spot with a *Bend, Don’t Break!* #10-15 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Rethink Your Drink: Did you know sugary drinks are a major contributor to obesity, diabetes, and tooth decay? Try to substitute water or milk at meal time or when you are thirsty.





K-3

PATIENCE SIMON SAYS SWEAT

Week
11

Day
1

Equipment & Set Up

8 Cones / Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Line Tag: Participants scatter on gymnasium floor marked lines in GO Station. Select two participants to be taggers. On "GO," participants follow the lines and avoid the taggers. Participants cannot leave lines at any time or automatically become a "road block". If tagged, the participant becomes a road block. The last participant standing wins the game.

Got Character? (5 Minutes)

Having **patience** in your training is a powerful tool to help you develop the technical skills, speed, and endurance you need to complete the Kids Marathon. What are some ways you can demonstrate **patience** in your training? How can you encourage others to be **patient**?

OKC Days Activity (20 Minutes)

1. Participants scatter inside GO Station.
2. Team Captain and/or Student Leader is "Simon" who calls out fitness exercises (5 pushups, march on the spot, 10 mountain climbers, 10 jump squats).
3. Participants respond to calls and do movements only when preceded by "Simon Says".
4. If Simon does not say "Simon Says", participants who moved will run perimeter of GO Station twice or perform 10 repetitions of a Fitness Flashcard exercise before rejoining the game.
5. Repeat exercise or incorporate variation: participants who do not follow Simon's commands are eliminated for the duration of game round.

Cool Down (5 Minutes)

Assign teams of four and a Student Leader to a Stretching Spot with a *Bend, Don't Break!* #10-15 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

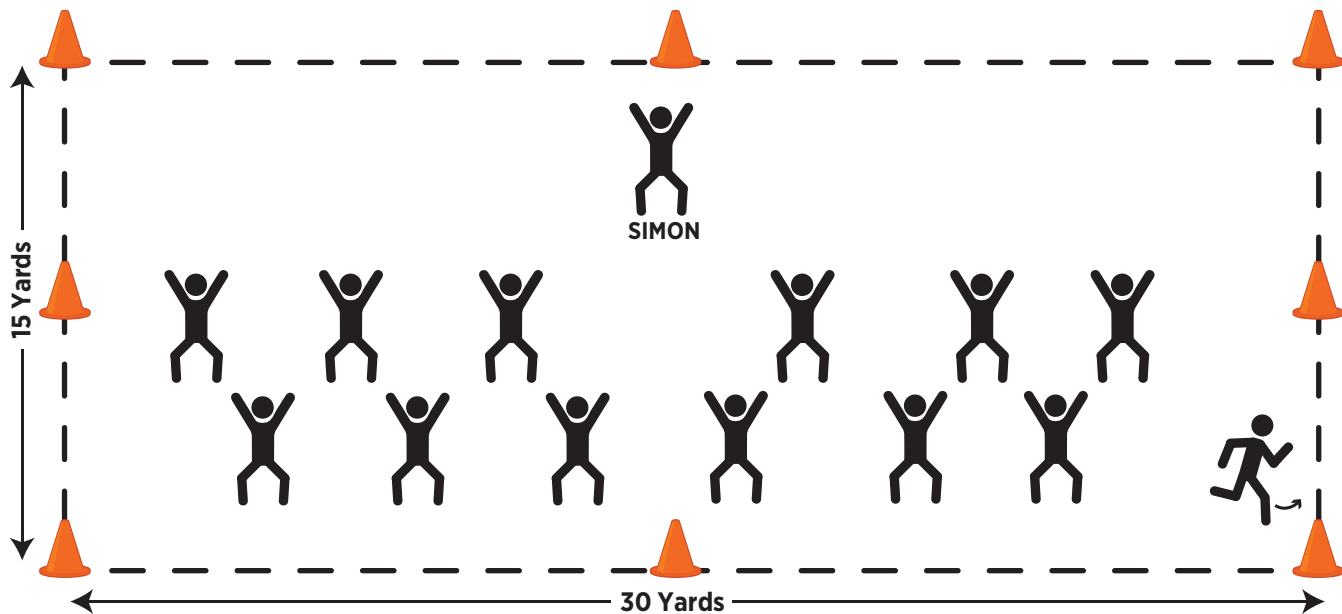
Rest Up: It is important to get a good night's sleep to make sure you wake up refreshed and have the energy to make healthy choices during the day. Try establishing a bedtime routine and relax before bedtime.

K-3

PATIENCE SIMON SAYS SWEAT

Week
11

Day
1





K-3

PATIENCE BEES & BUTTERFLIES

Week

11

Day

2

Equipment & Set Up

2 Pool Noodles / 14 Cones

Set up 8 cones in 15 x 30 yard rectangular GO Station.

Set up 4 cones in 3 yard diameter in center of GO Station ("cocoon").

Warm Up (5 Minutes)

Divide participants into four teams. Teams march, jog, and hop in place for 1 minute each.

Got Character? (5 Minutes)

Have you ever swung a baseball bat too early and realized you may have hit the ball if you were **patient**? **Patient** athletes display high levels of composure and persevere through tough challenges. Why do you think a **patient** athlete tends to be more encouraged and sticks to their goals? How can you be **patient** with your goals?

OKC Days Activity (20 Minutes)

1. Select two participants to be "bees" and give "stingers" (pool noodles) and remaining participants to be "butterflies."
2. Participants scatter inside GO Station. On "GO," bees attempt to "sting" as many butterflies as possible – tag on legs only. If tagged, a butterfly becomes "injured" and must freeze. A butterfly can be "healed" by two other butterflies who link arms around injured butterfly and escort to the "cocoon." Bees are not allowed to enter cocoon at any time.
3. Butterfly must do 10 jumping jacks to "repair" wings before leaving cocoon.
4. Continue exercise for set time. Repeat exercise when only a few butterflies have not be stung and select new bees.

Cool Down (5 Minutes)

Assign partners to a Stretching Spot with a *Bend, Don't Break!* #10-15 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

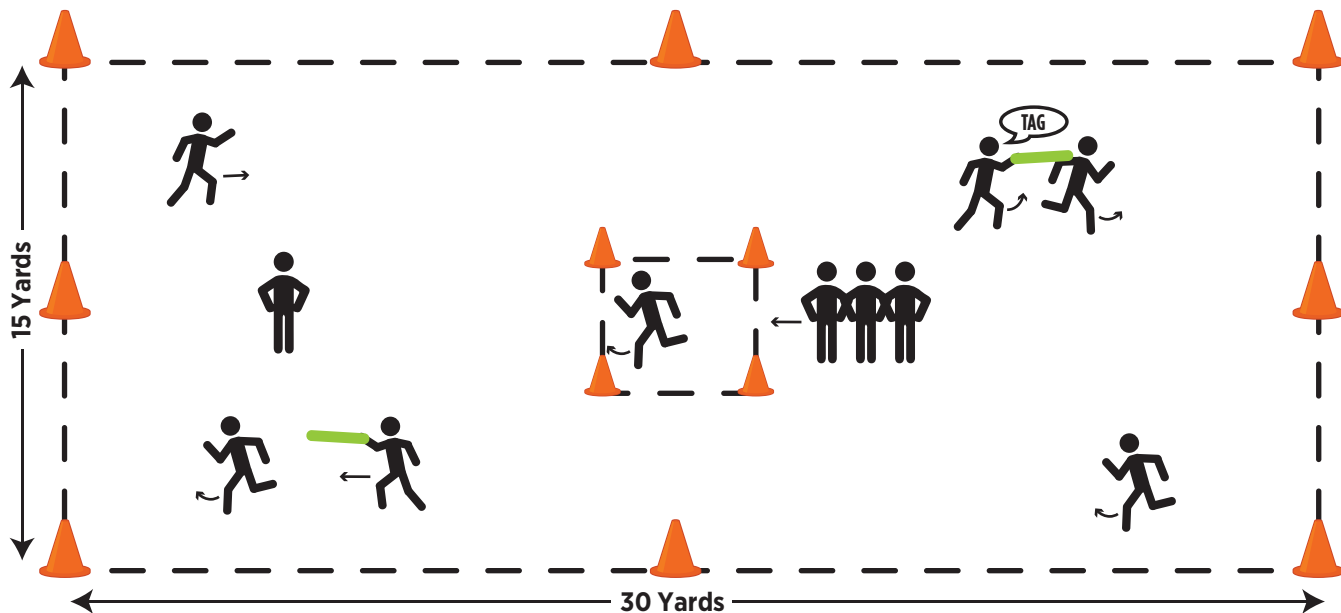
Be Active: Physical activity will help you be healthy and fit in all sorts of ways, such as having strong bones and muscles, improving heart health, and increasing self-esteem.

K-3

PATIENCE BEES & BUTTERFLIES

Week
11

Day
2





K-3

HUMILITY CAT & MOUSE TAG

Week
12

Day
1

Equipment & Set Up

8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Participants jog 5 times and skips 3 times around perimeter of GO Station.

Got Character? (5 Minutes)

Humility in your Kids Marathon training will allow for faster improvement and keep you motivated towards achieving your goals! What does it feel like when a teammate does not share credit of a team's victory? How can you demonstrate **humility**?

OKC Days Activity (20 Minutes)

1. Divide participants into pairs. Split pairs into two groups – “Cats” and “Mice.” Direct cats and mice to line up facing each other on perimeter at opposite ends of GO Station.
2. Cats turn to away from mice, to face perimeter of GO Station.
3. On “GO,” mice sneak across GO Station towards cats. Select a different locomotor pattern for mice (skip, hop, shuffle) each round.
4. Call out “the mice are here” to signal cats to turn around, chase and tag “their mouse” across the GO Station. Mice are safe when they cross end perimeter of GO Station.
5. Repeat exercise and switch roles of pairs or incorporate touch variation: Mice sneak up on “their cat”, tap cat on shoulder to signal cat to chase and tag “their mouse”.

Cool Down (5 Minutes)

Assign partners to a Stretching Spot with a *Bend, Don't Break!* #10-15 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

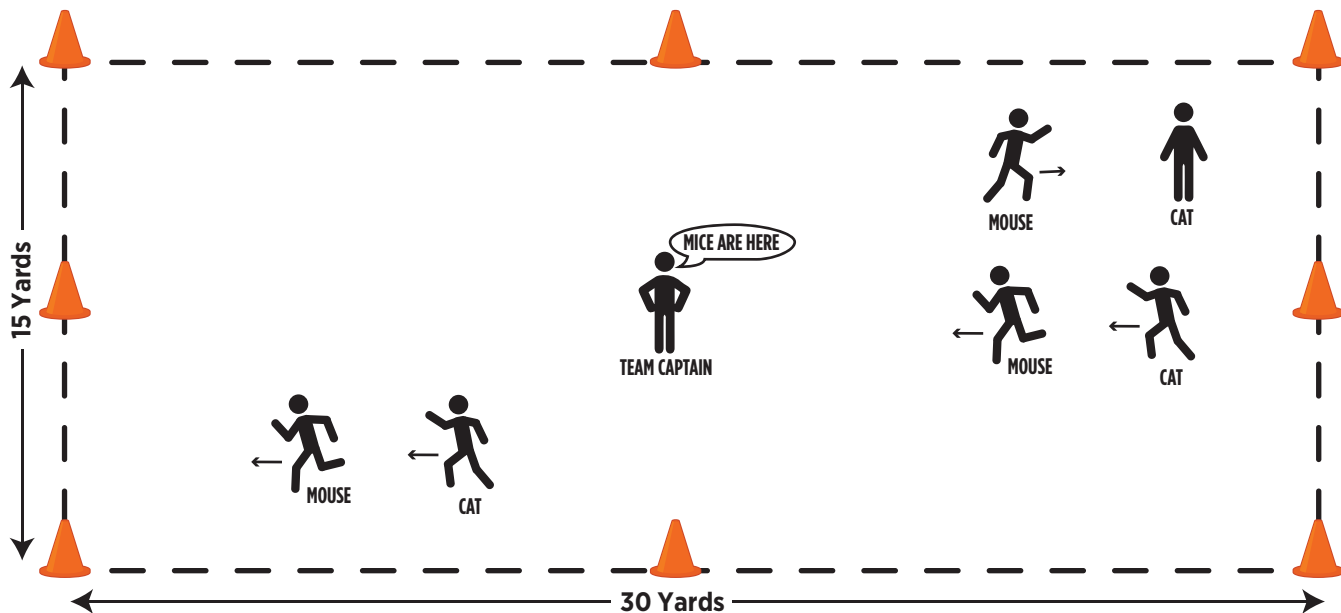
Keep a Food Journal: Track what you eat, how much, when, and why. Do you notice any patterns?

K-3

HUMILITY CAT & MOUSE TAG

Week
12

Day
1





K-3

HUMILITY FITNESS FLASHCARD FLAG TAG

Week
12

Day
2

Equipment & Set Up

Pinny/Flag Belt for each Participant / 8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.
Scatter Fitness Flashcards inside GO Station.

Warm Up (5 Minutes)

Participants scatter inside GO Station. Participants demonstrate various animal/object locomotor patterns (gallop like a horse, fly like an airplane, swim like a fish) for 30 seconds each. Repeat exercise 6 times.

Got Character? (5 Minutes)

It is important to be **humble** in your Kids Marathon training. Be aware of your strengths and weaknesses and allow for feedback to help you improve your skills and challenge yourself to be better. How can **humility** build your self-confidence? How can you best accept feedback? How can you give positive feedback?

OKC Days Activity (20 Minutes)

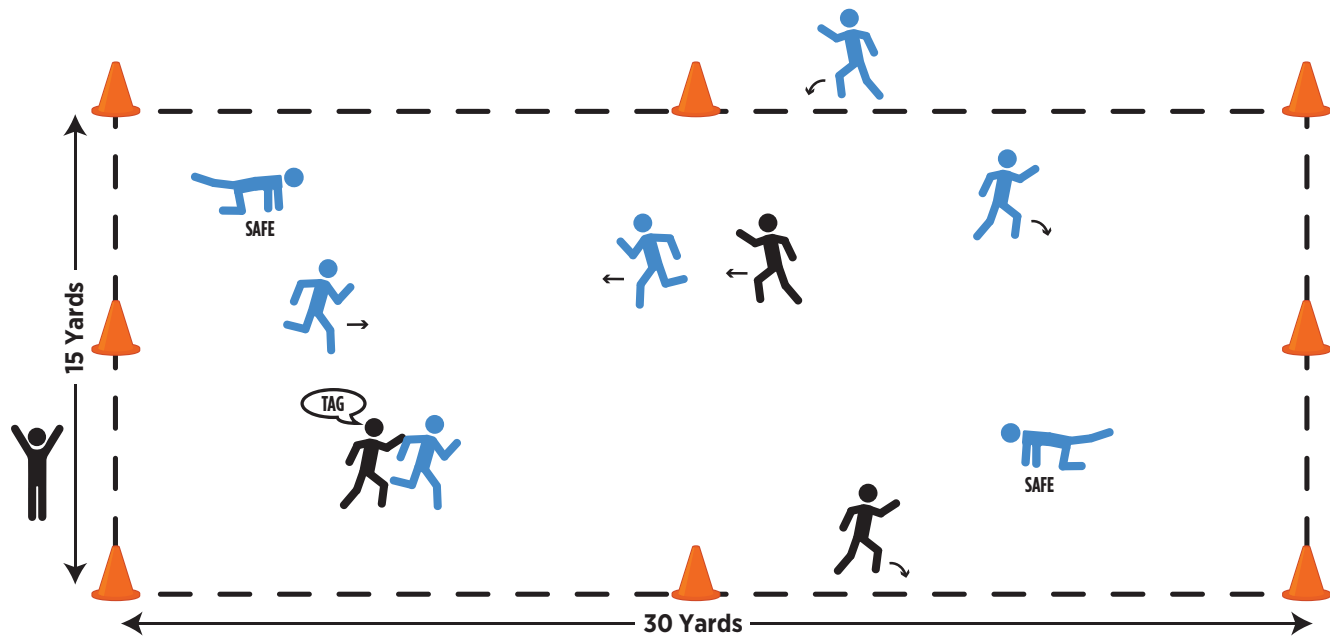
1. Select two or three participants to be “taggers”. Remaining participants scatter inside GO Station with $\frac{3}{4}$ of pinny tucked into waistband or flag belt showing. Team Captain and/or Student Leader demonstrate how to safely pull flag.
2. On “GO,” taggers attempt to pull flag from other participants. If flag is pulled, tagger returns it, and “caught” participant goes outside perimeter of GO Station to complete 10 jumping jacks before returning to game.
3. Participants can be “safe” from taggers while completing instructed exercise at Fitness Flashcards for up to 10 seconds.
4. Repeat exercise and select new taggers.

Cool Down (5 Minutes)

Assign partners to a Stretching Spot with a *Bend, Don't Break!* #10-15 Stretch Card. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Mix it Up: Tie up your shoes and go for a run on different surfaces, such as pavement, trails or around the school. Where do you think you will run next?





K-3

RESPECT CREATURE CROSSING

Week
13

Day
1

Equipment & Set Up

12 Hula Hoops / 3 Mats / 20 Bean Bags / 3 Scooter Boards / 8 Cones

Set up cones in 15 x 30 yard rectangular GO Station. Set up mats across width of GO Station with gaps in between. Set up scooter boards in open area behind mats. Set up hula hoops in random pattern behind scooter boards. Each area should be approximately 1/3 of GO Station.

Warm Up (5 Minutes)

Participants scatter inside GO Station. Team Captain and/or Student Leaders lead participants through dynamic warm up: 30 seconds jogging on the spot, 15 jumping jacks, 10 body weight squats, 5 hip rotations, 5 lunges (each leg), and 10 arm circles.

Got Character? (5 Minutes)

Demonstrating **respect** in your Kids Marathon training will encourage positive behavior, ensure safety, and make it a positive experience. How do you feel **respect**? How do you show **respect** towards others?

OKC Days Activity (20 Minutes)

1. Select three participants to be "lizards" who stand behind mats. Select three participants to be "crocodiles" who move on scooter boards in open area of GO Station. Select three participants to be "frogs" who hop on "lily pads" (hula hoops). Lizards, crocodiles, and frogs cannot leave their stations. These three stations create the "swamp". Remaining participants are "insects" and start on "swamp bank" on end of GO Station in front of lizards.
2. On "GO," insects attempt to cross the swamp without being tagged by a lizard, crocodile or frog to get "food" (bean bags). Insects can attempt to cross individually, in pairs, or at own pace. If an insect is tagged, they must return to the swamp bank. If an insect makes it through the swamp, they collect food and return to swamp bank walking on perimeter of GO Station. An insect is "safe" when returning with food.
3. Continue exercise until all food has been captured.
4. Repeat exercise with new reptiles.

Cool Down (5 Minutes)

Select 5 of the *Bend, Don't Break!* Stretch Cards and assign Student Leader and teams of four to a Stretching Spot. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

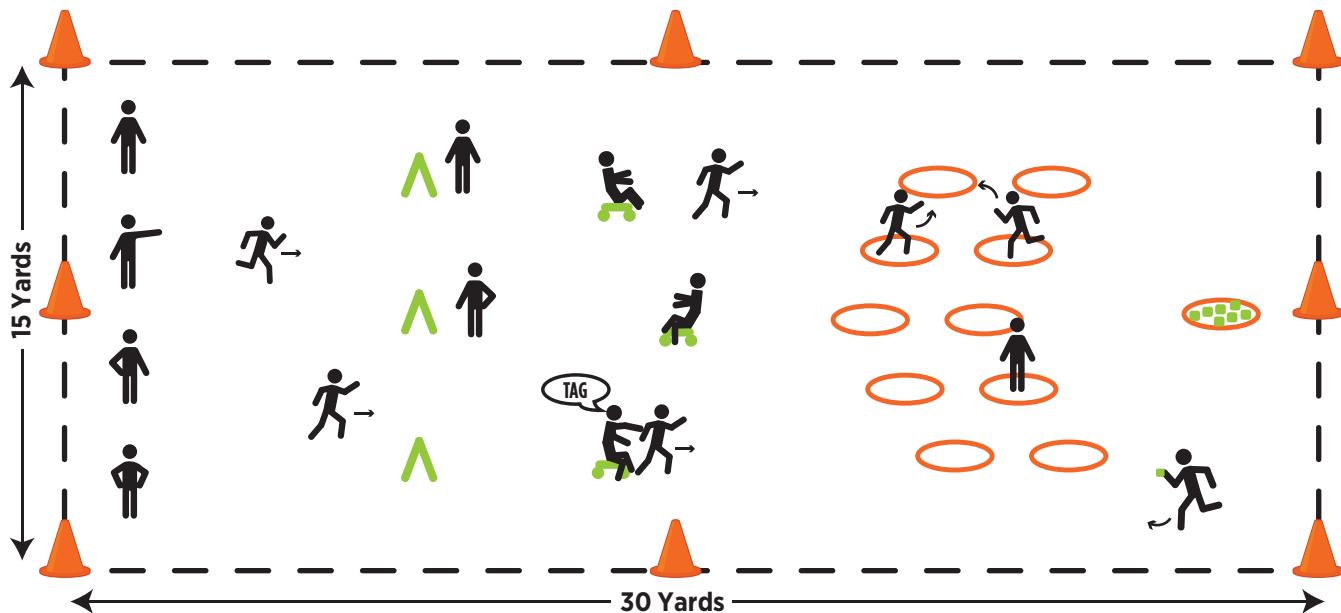
Never Litter: It is common to hold onto an empty water bottle or snack wrapper in the middle of a run. Make sure you come prepared by wearing something with pockets or hold onto your waste until you find a garbage or recycling bin.

K-3

RESPECT CREATURE CROSSING

Week
13

Day
1





K-3

RESPECT SPEEDWAY

Week
13

Day
2

Equipment & Set Up

6 Relay Batons / 8 Cones

Set up cones in 10 x 20 oval GO Station track with designated Start/Finish Line.

Warm Up (5 Minutes)

Divide participants into four teams. Teams jog, run, and sprint around perimeter of GO Station for 1 minute each.

Got Character? (5 Minutes)

Be a leader and display good sportsmanship during your Kids Marathon training. What does sportsmanship mean? How can you show **respect** to yourself, teammates, opponents, Team Captains, and officials? How can you encourage others to be “good sports”?

OKC Days Activity (20 Minutes)

1. Divide participants into teams of four. Direct one participant from each team to line up at Start Line and rest of team to wait inside of GO Station.
2. On “GO,” the first participant runs the perimeter of GO Station with relay baton and hands off to next team member when completed. The first team to successfully complete 4 laps without dropping the relay baton wins.
3. Repeat exercise or incorporate variation: run in opposite direction or change locomotor pattern.

Cool Down (5 Minutes)

Select 5 of the *Bend, Don't Break!* Stretch Cards and assign Student Leader and teams of four to a Stretching Spot. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

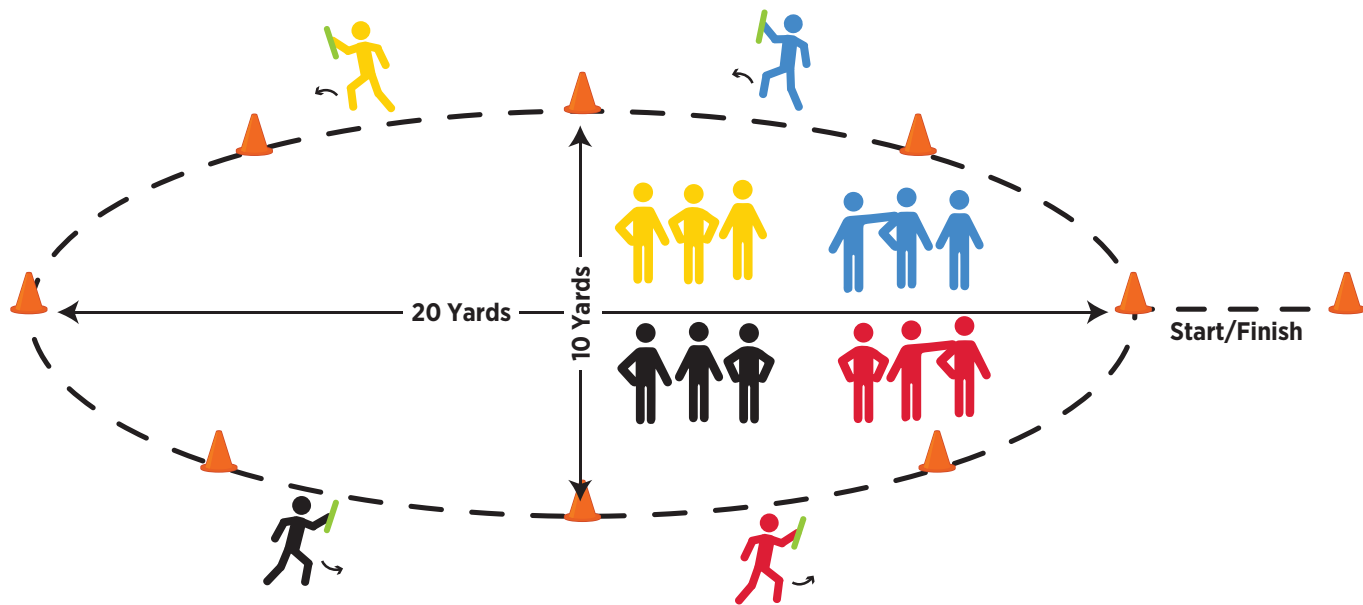
Step off the Course to Stop: If you experience a cramp or need to slow to a walk, be courteous of others and step to the side of the track. Abruptly stopping could lead to a collision, so stay safe and step aside!

K-3

RESPECT SPEEDWAY

Week
13

Day
2





K-3

RESILIENCE HEXAGON HUSTLE

Week
14

Day
1

Equipment & Set Up

1 Speaker System and Music / 6 Fitness Flashcards / 6 Cones
Set up cones 5 yards apart in hexagon GO Station.
Place 1 Fitness Flashcard on each cone.

Warm Up (5 Minutes)

Divide participants into teams of five. Teams jog and run 2 minutes each around perimeter of GO Station.
Then, do 10 pushups.

Got Character? (5 Minutes)

Resilience or “mental toughness” is a key to success in your Kids Marathon training. **Resilience** will help you overcome setbacks, stay focused, and be confident in your abilities. Can you think of a time when you were discouraged? How did you pick yourself back up? How can you encourage others?

OKC Days Activity (20 Minutes)

1. Participants scatter around perimeter of GO Station.
2. Start music to signal participants to “GO.” Participants jog around perimeter of GO Station and complete 10 repetitions of each Fitness Flashcard exercise before moving to next cone.
3. Play music for 30 seconds and turn off to “Freeze” participants. Team Captain and/or Student Leader call out a different exercise for participants to perform for 30 seconds.
4. Restart music and repeat exercise or incorporate variation: increase interval times or different locomotor patterns.

Cool Down (5 Minutes)

Select 5 of the *Bend, Don't Break!* Stretch Cards and assign Student Leader and teams of four to a Stretching Spot. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

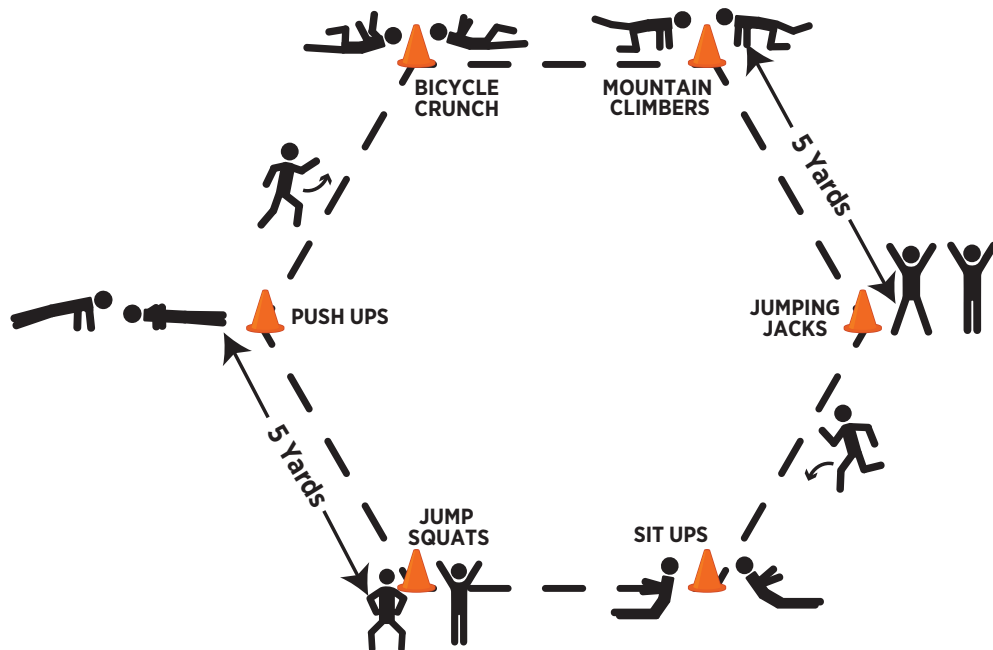
Eat Colorfully: Eating a variety of colorful food provides vitamins, minerals, and antioxidants to nourish your body. Try to have at least three different colors of food on your plate!

K-3

RESILIENCE HEXAGON HUSTLE

Week
14

Day
1





K-3

RESILIENCE FITNESS CIRCLE

Week
14

Day
2

Equipment & Set Up

1 Set of 10 Fitness Flashcards / 1 Stopwatch / 8 Cones
Set up cones in a 20 yard diameter GO Station.
Place a Fitness Flashcard at each cone.

Warm Up (5 Minutes)

Participants run and sprint 3 times around perimeter of GO Station. Reinforce pacing and remind to go slow around corners.

Got Character? (5 Minutes)

Being **resilient** will help you achieve your Kids Marathon goal! Can you remember the last goal you achieved? Did you face any obstacles? How did you overcome them and achieve your goal?

OKC Days Activity (20 Minutes)

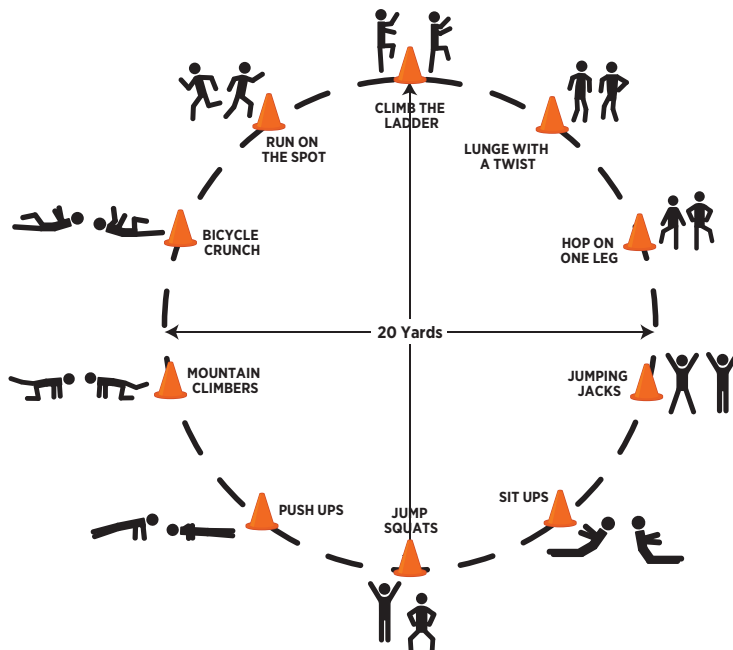
1. Divide participants into small teams with Student Leaders and assign teams to a Fitness Flashcard station.
2. On "GO," participants must continuously perform the indicated exercise. After approximately 30 seconds, call out, "Freeze" and give command to "move to next station" in clockwise direction. Start timer once all team members have successfully moved to next station. Repeat "Freeze" and "Rotate" until teams have completed every station.
3. Repeat exercise and instruct teams to perform different locomotor patterns between stations (hop, skip, bear crawl, sprint).

Cool Down (5 Minutes)

Select 5 of the *Bend, Don't Break!* Stretch Cards and assign Student Leader and teams of four to a Stretching Spot. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

Regular Health Check Ups: It is always a good idea to schedule regular checkup appointments with your doctor, dentist, and optometrist to keep healthy!





K-3

KINDNESS ZOOKEEPER TAG

Week
15

Day
1

Equipment & Set Up

4 Hula Hoops / 8 Cones

Set up cones in 15 x 30 yard rectangular GO Station.

Set up 1 hula hoop in each corner of GO Station.

Warm Up (5 Minutes)

Divide participants into pairs. Pairs run and sprint perimeter of GO Station 2 times each. Then, do 10 squat jumps (squat down, touch ground, and jump up with arms up).

Got Character? (5 Minutes)

Encourage others in their Kids Marathon training and show them **kindness**! Being **kind** to teammates, opponents, and Team Captains will create a more positive, safe, and fun environment. Have you ever cheered someone on during a race? How do you think it made them feel?

OKC Days Activity (20 Minutes)

1. Select two participants to be “zookeepers” and one to be the “monkey”. Divide remaining participants into four teams and assign each a different animal to imitate locomotor pattern (bear, crocodile, elephant, zebra).
2. On “GO,” the zookeepers attempt to put all the animals back in their “cages” (hula hoops). If an “animal” is tagged, they must return to their cage. A captured animal can be “free” if the monkey gives them a high five and lets them out. The monkey cannot be captured.
3. Continue exercise until all animals are caged. Repeat exercise or incorporate a variation: select new zookeepers, monkeys or different animal locomotor patterns.

Cool Down (5 Minutes)

Select 5 of the *Bend, Don't Break!* Stretch Cards and assign Student Leader and teams of four to a Stretching Spot. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

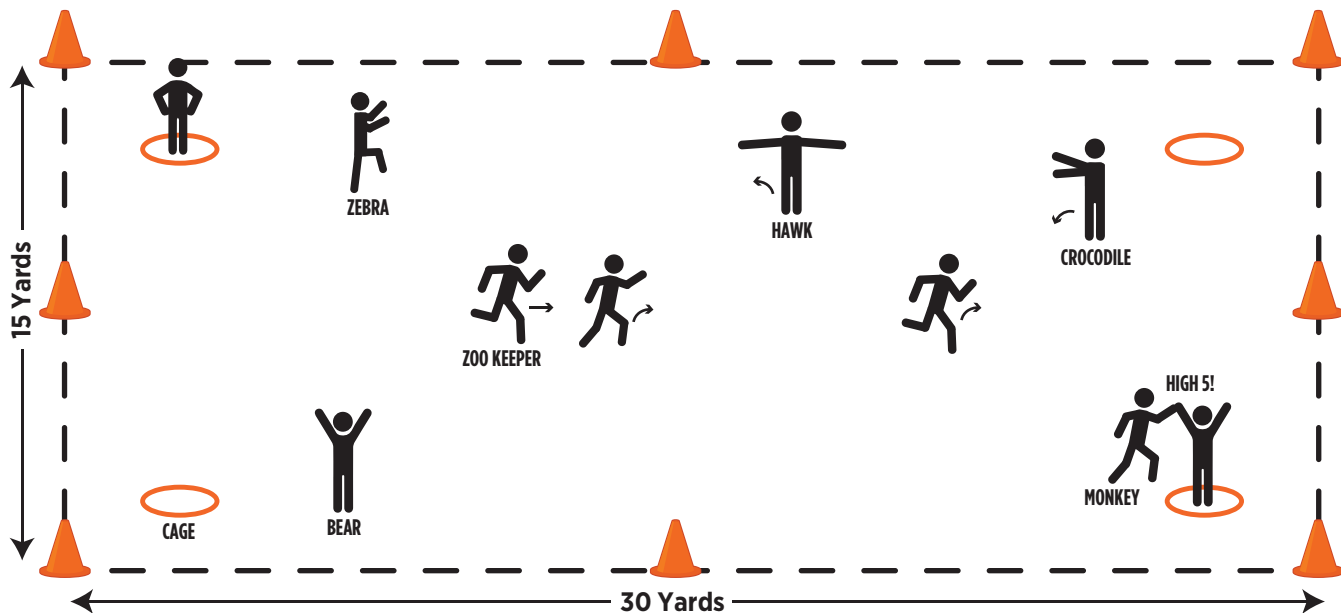
Sprint to the Finish: Save your energy for a final blast as you approach the finish line. Push yourself to take a few deep breaths, pump your arms, and shorten your stride to pick up speed!

K-3

KINDNESS ZOOKEEPER TAG

Week
15

Day
1





K-3

KINDNESS BLOB TAG

Week
15

Day
2

Equipment & Set Up

8 Cones
Set up cones in 15 x 30 yard rectangular GO Station.

Warm Up (5 Minutes)

Participants jog 3 times and sprints 2 times around perimeter of GO Station. Reinforce running etiquette.

Got Character? (5 Minutes)

Did you know the positive effects of **kindness** experienced by the “giver”, “receiver”, and “witnesses” improves their moods and make each more likely to “pay it forward”? When have you seen someone “pay it forward”? How did it make you feel? Did it inspire you to “pay it forward”?

OKC Days Activity (20 Minutes)

1. Select two participants to be the starting “blob” by joining hands.
2. On “GO,” blob attempts to tag other participants. If tagged, participants must join hands and become part of the blob.
3. Continue exercise until all participants are tagged. Repeat exercise and select a new starting blob.

Cool Down (5 Minutes)

Select 5 of the *Bend, Don't Break!* Stretch Cards and assign Student Leader and teams of four to a Stretching Spot. Hold each stretch 10-20 seconds before jogging to next Stretching Spot.

Healthy Habits (5 Minutes)

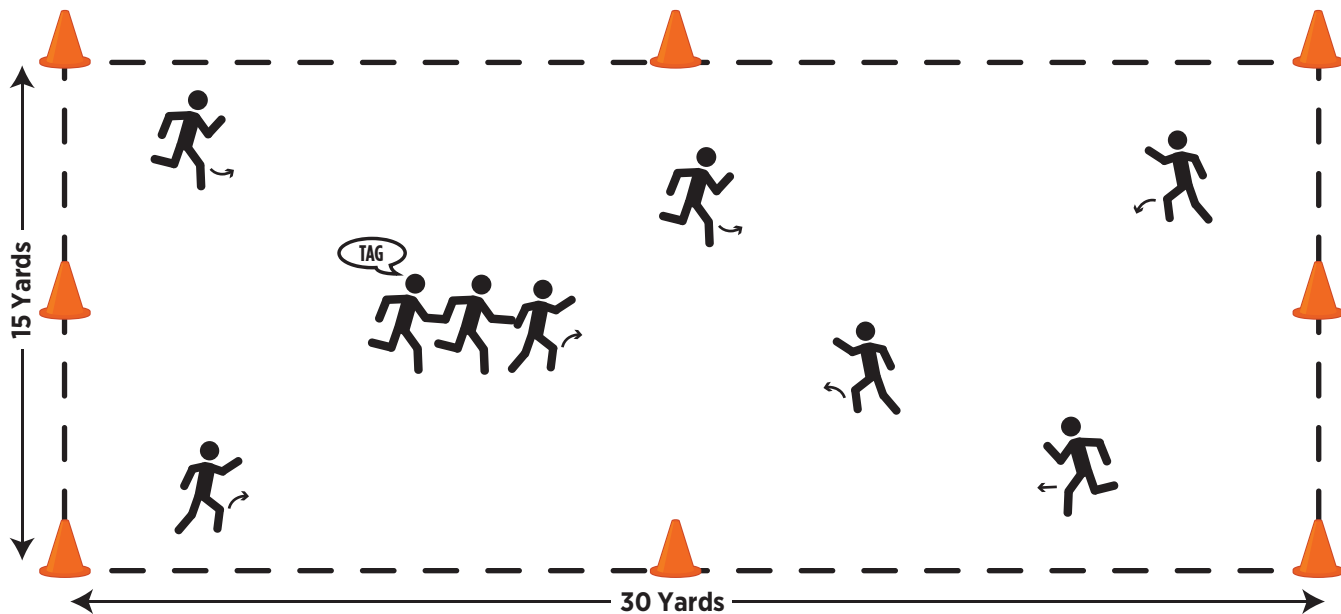
Read Every Day: Did you know if you read 20 minutes every day, you will read 1.8 million words per year? Ask a parent, grandparent or sibling to sit down and read with you tonight!

K-3

KINDNESS BLOB TAG

Week
15

Day
2





K-3

RESPONSIBILITY ROCK, PAPER, SCISSORS WAR

Week
16

Day
1

Equipment & Set Up

2 Place Markers (Poly Spots or Cones) / 8 Cones
Set up cones in 15 x 30 yard rectangular GO Station. Set up place markers inside and at opposite ends of Go Station.

Warm Up (5 Minutes)

Participants jog perimeter of GO Station for 2 minutes. Team Captain and/or Student Leaders lead group through whole body stretch.

Got Character? (5 Minutes)

Be **responsible** in your Kids Marathon training and recognize your choices and actions that will set you up for success on Race Day. Ask yourself questions, such as: Did I work my hardest today? Did I make good decisions? Did I get closer to achieving my goal?

OKC Days Activity (20 Minutes)

1. Divide participants into two teams. Direct each team to the #1 or #2 place marker at opposite ends of GO Station.
2. On "GO," the first participant in each line will run towards each other until they meet (approximately half-way in GO Station). The participants play Rock, Paper, Scissors. The losing participant returns to the back of their team line and winning participant continues running towards the opposing place marker until they meet another opposing participant. The participants play Rock, Paper, Scissors. The losing participant returns to team line and winning participant continues to advance forward, playing Rock, Paper, Scissors against opposing participants until they cross "scoring line". The next participant of scoring team will then play Rock, Paper, Scissors.
3. Continue exercise until teams score 5 points. Repeat exercise.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders lead participants in a full-body stretch routine, holding each stretch 10-20 seconds to prepare for Race Day!

Healthy Habits (5 Minutes)

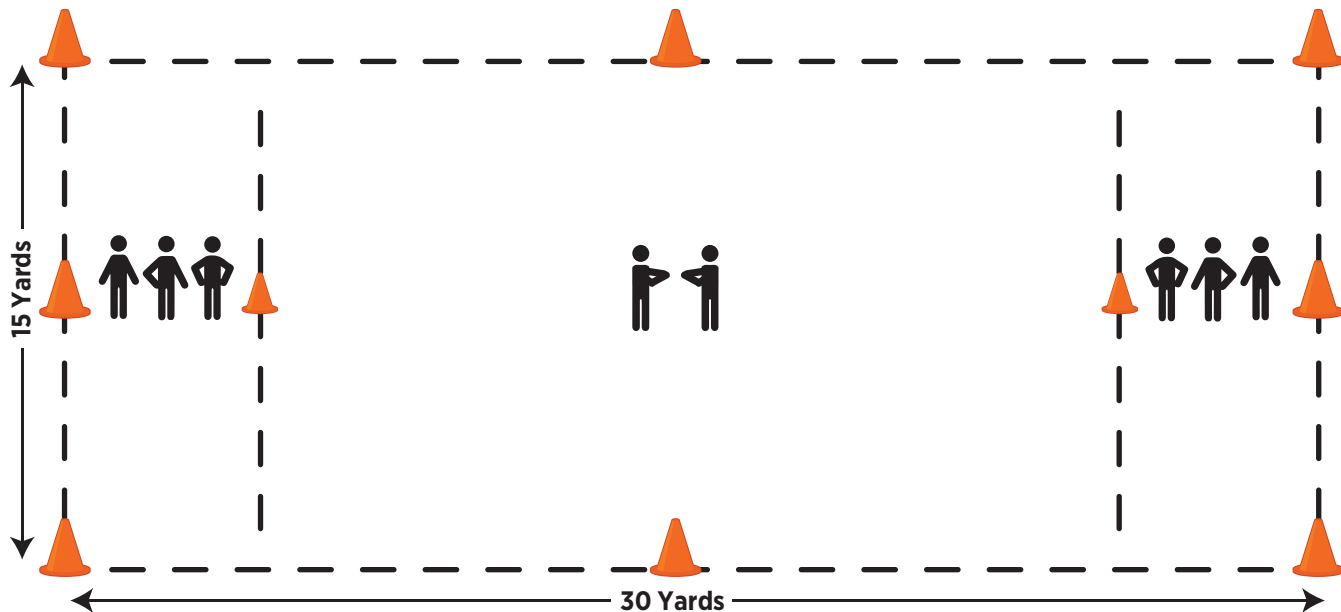
Race Day Meal Preparation: Race Day is almost here! It is important to eat the right foods to fuel your body and maximize your training. Add carbohydrates to your meals, such as bagels, rice, and pasta to give you a boost and allow you to work out longer.

K-3

RESPONSIBILITY ROCK, PAPER, SCISSORS WAR

Week
16

Day
1





K-3

RESPONSIBILITY 800 YARD RUN

Week
16

Day
2

Equipment & Set Up

1 Stopwatch / 10 Cones

Set up 8 cones in 20 x 20 yard square GO Station or use track or known distance.

Set up 2 cones to mark start/finish line.

Warm Up (5 Minutes)

Participants jog perimeter of GO Station for 2 minutes. Team Captain and/or Student Leaders lead group through whole body stretch.

Got Character? (5 Minutes)

Be **responsible** on the Kids Marathon Race Day! Ask yourself questions, such as: Do I know what time the race starts? Do I know what the weather will be like? Where will the race start?

OKC Days Activity (20 Minutes)

1. Divide participants into pairs. Split pairs into two groups – A's and B's. Direct A's to start on the perimeter of GO Station/track and B's to stand inside.
2. On "GO," As walk/run the perimeter 10 times (800 yards) for time. Record times.
B's cheer on their A partners.
3. When all A's complete run, direct A's to inside of GO Station/track and B's to perimeter.
Repeat run for B partners. Record times.

Cool Down (5 Minutes)

Team Captain and/or Student Leaders lead participants in a full-body stretch routine, holding each stretch 10-20 seconds to prepare for Race Day!

Healthy Habits (5 Minutes)

Run Your Own Race: Do not compare yourself to what others are doing. Focus on what is in your control and do your very best!

K-3

RESPONSIBILITY 800 YARD RUN

Week
16

Day
2

