

# AMA YOUTH RUN CLUB AT HOME

FUN GAMES AND ACTIVITIES TO TRY FROM HOME



## ABC RUNNING DRILL

1+ PLAYERS

Complete these drills on the balls of the feet with elbows bent at 90 degrees. **A - High Knees:** Drive one knee up so the thigh is parallel to the ground. Switch legs and repeat, moving forward at a walk, skip or run. **B - Horse Around:** Similar to A, do a high knee motion, followed by a pawing action (like a horse). Switch legs and repeat, moving forward at a march or skip. **C - Bum Kicks:** Kick one heel up to touch the glute, using your hamstrings. Switch legs and repeat.

## 4 LEAF CLOVER

1+ PLAYERS

Place four items (pylons, toys, pillows, etc.) in a square and give them each a number between one and four. Assign a different warm up activity (high knees, squat, lunge, bum kicks, mountain climbers, toe touches, push ups, sit ups, jumping jacks, etc) and duration (5 lunges, 10 seconds of mountain climbers, etc) to each item. Start players at different pylons. Move clockwise between the pylons using different locomotor movements (sprint, gallop, jog, walk, hop, jump, etc.)

## BUILDERS AND BULLDOZERS

TIMED  
1+ PLAYERS

Find plastic cups, pylons, stuffed animals or any object that you have many of that can be knocked over and stood up again. Put all of the items standing upright. Ask players to run around and knock them all down. Time how long it takes. Set them back up and do it again, trying to beat the first time. Make it harder by putting the items farther apart, in different rooms of the house, only using certain limbs, etc. See page 3 for a multi-player version of the game.

## ANIMAL PACING GAME

1+ PLAYERS

Pick an animal to symbolize different walking and running paces, such as turtle for walking, donkey for slow jogging, horse for running and cheetah for sprinting. Call out the different animal names and have players move around the space at the appropriate pace. Players can add fun by also acting out animal sounds.

## WHEEL RUN

LARGE YARD/FIELD  
1+ PLAYERS

Each spoke is a different route with the parent standing in the centre. One route may be out around a tree and back to the start; around the house and back; to the front street and back. Others can be up a short hill and back or to the playground to do the monkey bars and back. Send players off on each spoke and rotate so each player does them all.

## PACING TRIANGLE

1+ PLAYERS

Set up a triangle in a room or backyard using three pylons or plastic cups, 3-20 metres apart. Players will walk between pylons 1-2, jog between 2-3 and sprint between 3-1. Repeat several times and change directions after a few minutes. How many triangles can your players complete?

## BUTTERFLY

## BACKYARD/OPEN INDOOR AREA

1+ PLAYERS

Set up cones or plastic cups in the shape of a butterfly. This particular butterfly shape should be symmetrical, with a straight line down its centre. This centre line is called the “sprinting lane” while one side of the butterfly is the “jogging lane” and the other side of the butterfly will be the “walking lane.” Have your players start to jog around one side of the butterfly shape, then have them sprint down the centre of the butterfly before walking the other side.

## CIRCUIT TRAINING

1+ PLAYERS

Circuit training involves moving from one exercise to the next. Organize the stations so similar activities are not beside each other (e.g. wall jumps should not be beside wall sit). Each station lasts one minute, with 30 seconds to move to the next station.

Sample Exercises: bicycle, modified plank, running laps, skipping on the spot, wall jumps, lunges, butt kicks, push-ups, step-ups, wall sits, shuttle relay run, calf raises, burpees, jumping jacks, tricep dips, squat jumps...

## OBSTACLE COURSES

1+ PLAYERS

This can be done inside or out depending on available space. Include as many actions as possible, such as going over, under, or around items; crawling, hanging, hopping, skipping, etc. Players can do this individually, one after another, or in a relay format. Include some calisthenics like push-ups, sit-ups or lunges somewhere in the obstacle course to add some variety.

## PORT & STARBOARD

1+ PLAYERS

Tell players to imagine they are on a ship. You yell out commands and the players must obey. The last player to complete the command has to do 10 jumping jacks. Some commands you can try are: starboard (run to the right), port (run to the left), bow (run to the front), stern (run to the back), scrub the deck, hit the deck (lying face down), submarine (lying on back with one leg up in the air), and Captain’s coming (stand at attention and salute). Be creative and make up some of your own commands!

## ALPHABET SPELLING

1+ PLAYERS

Set up Animal Alphabet Cards around the room/house. Provide a word to spell or call out a letter. Players will move around the space (try using different locomotion - walk, run, skip, hop) to locate the letter and do the action that is on the card. To download the free cards go to: <https://everactive.org/product/animal-alphabet/> Ideas of words to spell: run, walk, play, fun, (NAME), games, physical, activity, snack, heart, health, strong, nutrition, wellness, sleep, fruit, vegetable, sweat, energy, happy, learning.

## DISTANCE RUN

1+ PLAYERS

1 KM PROGRAM		2.1 KM PROGRAM		4.2 KM PROGRAM		5 KM PROGRAM	
Run	Kilometers	Run	Kilometers	Run	Kilometers	Run	Kilometers
1	0.5	1	1	1	2	11	3.5
2	0.5	2	1	2	2	12	3.5
3	0.5	3	1	3	2.5	13	4
4	0.5	4	1	4	2.5	14	4
5	0.75	5	1.5	5	2.5	15	4
6	0.75	6	1.5	6	3	15	4.5
7	0.75	7	1.5	7	3	16	4.5
8	0.75	8	1.5	8	3	17	4.5
9	1	9	2	9	3.5	18	4.5
10	1	10	2	10	3.5	19	5
11	1	11	2	11	3.5	20	3.5
12	1	12	2	12	4	21	5 Fun Run!
13	0.5	13	1	13	3		
14	1 Fun Run!	14	2.1 Fun Run!	14	4.2 Fun Run!		

## RELAY RACES

2+ PLAYERS

There are an endless number of relay races to choose from. Use forward, backward or sideways running, hopping, skipping, crawling, cart-wheeling, running in pairs, wheelbarrows in pairs, leapfrog, etc. Incorporate actions like sit-ups, push-ups, or jumping jacks at the turnaround spot. If you want to keep players really active, have them do jumping jacks or run on the spot while waiting their turn to go.

## BUILDERS AND BULLDOZERS

CHALLENGE  
2+ PLAYERS

Using plastic cups, pylons, stuffed animals or any object that you have a lot of, and can knock over or stand up. Put half of the items standing upright and the other half knocked down. Divide players into two teams. One team, the “builders” are trying to get all of the items standing upright. The other team, the “bulldozers” are trying to knock all of the items down. On 'GO', participants run around and turn over as many cones as possible as assigned to their team cone type. Have them keep going until you call time. Whoever has the most items correct wins. Play multiple rounds, switching sides. Make it harder by putting the items farther apart, in different rooms of the house, etc. See page 1 for a single-player version.

## SNATCH IT

2+ PLAYERS

Divide into two teams. Have the opposing team form lines facing each other approximately 3-5 meters apart. Number the members of each team starting at 1 and going up. Number 1 on one team should be opposite from number 1 on the other team. Place an object, such as a bean bag, stuffed animal, etc. in the middle of the floor between the two teams. Call out a number and have corresponding players race each other to pick up the object. The player who is able to snatch the object must try and make it back to their spot without being tagged by the other player.

## ROCK PAPER SCISSORS

2+ PLAYERS

Divide into two lines. Stand facing each other at the centre of the activity space, one or two meters apart. Each side huddles together to decide if they would like to be rock (crouched down with body shaped like a ball), paper (standing with arms and legs wide) or scissors (standing with arms and legs crossed) as a team. Upon the leader calling out “Rock, Paper, Scissors” each group shows their choice. The side that wins the RPS challenge chases the other side back to an end line. Be sure to have the end line at least a couple of metres from any walls. Anyone tagged can do 5 jumping jacks, or another type of exercise before the next round begins

## STRETCHES

Stretching is an important part of your running routine. Stretching helps prevent injuries and stiffness, and it leaves your muscles relaxed. You should stretch once your muscles are warm, not before exercising when your muscles are cold. Below are a few stretches you can try, but there are lots more stretches you can do



# ADDITIONAL RESOURCES

## YOGA & RELAXATION

Consider a sun salutation flow at the beginning or end of your physical activity as a way to cool down and unwind. [Click here to view.](#)

## PARTNER STRENGTH EXERCISES

Try these partner exercises to encourage team work and build strength. [Click here to view.](#)

## LETS WARM UP POSTERS



Let's Warm Up! Poster

[CLICK TO DOWNLOAD](#)



Let's Warm Up - Junior High edition

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