



Healthy Kids Club

SESSION 4: AGENDA

MILEAGE LAP TIME

1

- 1 As students come in have them begin their lap time at the identified lap space while you take attendance.
- 2 There are different ways to track laps try using popsicle sticks, rubber bands, stamps or stickers!
- 3 Encourage students to complete mileage goals by awarding them with toe tokens after each mile completed. Don't forget the 10-mile tokens and the star of the week! ★
- 4 Sound a bell/whistle to indicate 2 minutes before end of time.
- 5 At the end ask students to count their total laps and record it on your session tracker.



If you have a speaker available try adding upbeat music to your mileage time!

SIMPLE SNACK

2

- Rice cake
- Nut butter
- Blueberries
- Ask students about the **Healthy Announcements!**



If possible, try to cover 2-3 food groups in your snack.

TAKE A BREATHER!

3



Snowball Breaths
Breathing Video

Crossing the midline exercises!

GROUP ACTIVITY

4



Cookie Jar: Start the game by setting boundaries of where the students can run. Have two players start as the taggers and give the "cookies" (balls) to half of the other players. The taggers then must try to tag students with the balls. If tagged, that student must put that ball back in the "cookie jar" (bag on sideline) and step out of bounds to cheer on other players. The players with balls may pass the ball to another player to avoid being tagged. This ball can be passed to another player by handing it off, throwing it lightly, or rolling it on the ground. Equipment required: About 10 to 15 balls (depending on the size of the group).

ADDITIONAL
MONTHLY
ACTIVITIES