

Physical Literacy Running Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>Running Technique:</p> <ul style="list-style-type: none">- Looking straight ahead- Open shoulders (pretend you're squeezing a pencil between your shoulder blades)- Arms at 90* angle, hands move from chin to hip- Hands relaxed- Long, tall spine- Knees in line with the middle of your foot <p>Have campers practice this technique and leaders can help correct if needed</p>	
<p>Relay races:</p> <ol style="list-style-type: none">1. Choose a point that each camper must run to and back, high five next person in line. Continue until everyone has gone2. Run forwards there, run backwards back (watch for collisions)3. Silly race: Have each team come up with some silly way to run. They will have to do their relay like this	