# **PLAY** TAG



### INSTRUCTIONS

Choose one person to be "it". As the "it" person tags others, they too begin chasing those who have not been tagged, until everyone has been tagged.

MARATHON KIDS

# FOLLOW THE LEADER



### INSTRUCTIONS

Choose a kid to be the "leader." Have the "leader." choose their favorite warm up activities that get them moving, that the others will copy. Play follow the leader until varm.

MARATHON KIDS

# STRETCH + SPELL



### INSTRUCTIONS

Use body to spell out a family member's name, one letter at a time. Hold each letter for 3 seconds. Repeat until cool.

MARATHON KIDS

### **RED LIGHT** GREEN LIGHT

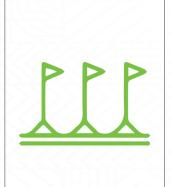


### INSTRUCTIONS

Act like cars while the parent calls out a traffic light color. Run on green. Walk on yellow. Stop on red. Mix up the colors and continue until warm.

MARATHON KIDS

# **OBSTACLE** COURSE



### INSTRUCTIONS

Make a simple obstacle course with things you have at home.

MARATHON KIDS

## **GROUP** WALK



### INSTRUCTIONS

Walk together as a family. Don't leave anyone behind.

MARATHON KIDS