

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 warm.

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