



KIDS ON THE MOVE



Activity: Bound-A-Round

Equipment

- Cones to mark boundaries
- A long runway (approximately 30 meters)

Set Up

- Use the cones to make a half circle from the end of the runway to the start

How To Play:

- Line your students up in a single-file line.
- Have your students bound (walk with leaping strides) down the runway, then run (or walk) off and cover the half-circle back to the start, completing the loop by bounding down the runway.
- The leader of the line is the one responsible for setting the pace.
- Play some up-beat music to keep the energy high!

