

# K!DS ON THE MOVE

## Musical Movement

Objective: Build cardiorespiratory endurance while having fun.

Materials Needed: cones on outside corners of gym/field, music

Directions: Explain to the kids that they should be running (or doing the assigned movement) whenever the music is playing. When the music stops, they can walk.

- Start the music and have the kids jog.
- Every time you stop the music, give the kids a new movement (examples - jog, sprint, side shuffle, skip, gallop)
- Start with shorter bursts of music and a total time of 8-10 minutes
- As the season progresses, you can increase the amount of time that the music is playing and the total time (suggested increase up to 15 minutes for elementary students)

### How To Change It Up

- You can include animal paces in this activity if you want to focus on pacing/running.
- Teach the kids the following paces:
  - Turtle pace - slow jog (used most in the beginning of a race)
  - Dog pace - medium running pace (used most of the time when possible)
  - Cheeta pace - sprinting pace (only used at the end of a distance race)
- While the music is playing, the Coach shouts out an animal pace for the kids to demonstrate, switching it up for the kids to practice controlling their pace. When the music is off, kids walk.