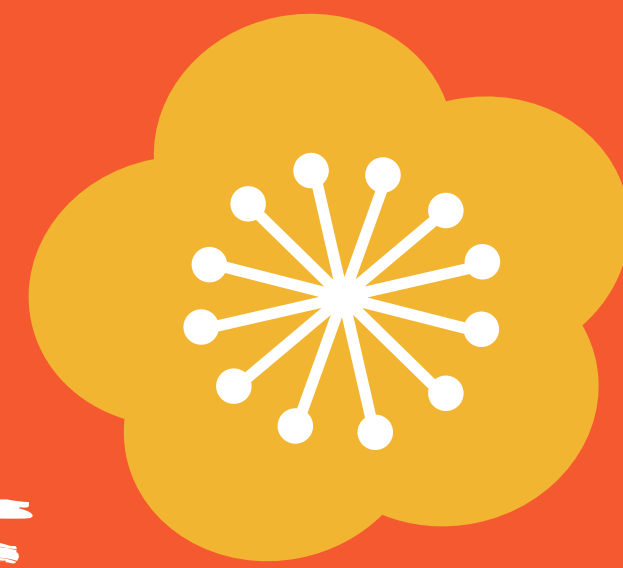


# KidsRUN<sup>RVA</sup>



## FIT CLUB ACTIVITY SPRINGTIME TOWN MINGLE

### Directions:

1. The Coach explains that they are the Mayor of Springtime Town and is going to give commands to the townspeople to perform a specific movement as they travel through the town.
2. Before beginning, explain a few of the below commands and show corresponding movements. Explain that to thrive in Springtime Town, the townspeople must work together and follow the Mayor's commands. If a townspeople is not able to find a partner for the commands that require one, they will come to the side of the playing area, perform 10 spring squats, and may return back to town.
3. Consider playing spring nature sounds or a spring music playlist in the background.
4. Play will begin with all participants lined up in the middle of the boundary for a town roll call.
5. To begin call out "mingle" and the students will walk around chatting and mingling with the other townspeople. Then call out each of the commands listed below and participants will perform the corresponding action. Introducing a few at a time may help participants remember the actions.

### Commands:

**Mingle** – walk around the playing area

**Picking flowers** – squat down and pretend to pick flowers

**Kayaking** – sit on the ground, legs extended in front of you, lean back slightly, and row that boat

**10k Time!** – run around like you are running in the 10k or 10k Mini race!

**Springtime spiders** – crab walk

**Beautiful Butterflies** – walking/running while flapping arms like wings

**Caterpillars** - bend down to touch the ground in front of toes, keeping legs and arms straight. Keep feet planted as you walk hands out until you reach a plank. Then walk your feet to meet your hands.

### Group Commands:

**Rainy Day (need 2)** – two friends with arms up touching, making a roof to stay dry

**Baseball Game (need 2)** – one friend "throws the ball" while the other knocks it out of the park

**Friendly Deer (need 2)** – two friends in plank position, high 5 with the same hand 6 times.

**Feed the Ducks (need 3)** - two friends waddle around like a duck while another friend throws food out

**Got questions? Get answers by emailing  
KidsRunRVA@sportsbackers.org**