

Leap, Jump, and Hurdle Make a "Box-stacle" Course

Happy Feet Kids' Club Running Game



1. Paint various sized cardboard boxes with bright colored poster paint.

2. Label each box with directions like: "Leap over (box), then run." (to next station), "Run around, then walk.", "Jump over,

then jog.", "Hurdle then sprint.", "Bounce a ball on top, then skip.", etc.

3. Set up boxes on a field. Divide kids into groups so they can start at different points. Give each child a partner within each group to help with reading of directions.

4. Kids jog to first station then follow the directions to navigate the box and to get to the next station.

5. Be creative with this. Place some stuffed animals at some stations to give the station a theme.

Ex: Lion's Den - Leap over then sprint. Mole Hole - Crawl under, then run.

6 Finish with a lap of the field or a hike.