

Step-Slide

Happy Feet Kids' Club Running Game

This is a great game for your first running club session.

1. Prepare 10 color-coded signs for each team (40 signs in all). Use green, blue, yellow, and red. Cut ribbons or yarn for

each child to tie around wrist to designate teams.

2. Label each sign clearly with a color and a means of locomotion.

Ex: GREEN - RUN, BLUE - RUN, YELLOW - RUN, RED - RUN

3. Kids line up on field arms' length apart. Teacher shows sign and calls out color and locomotion. Children go to the other side of field and back according to directions on the sign. Ex: BLUE - SKIP. All the children wearing a blue ribbon skip across the field. or blacktop.

4. Play continues this way. Sometimes teacher calls out 2, 3, or 4 of the color teams at once. Ex: ALL COLORS -DANCE

5. Play and have fun!

Here are some possible means of locomotion: run, jog, dance, skip, sprint, walk, step-slide*, hop and jump, fast feet, and gallop.

6. Finish by getting in line to follow the leader in a jog.

*Step-slide was a special locomotion step made up by a Happy Feet Kid.

