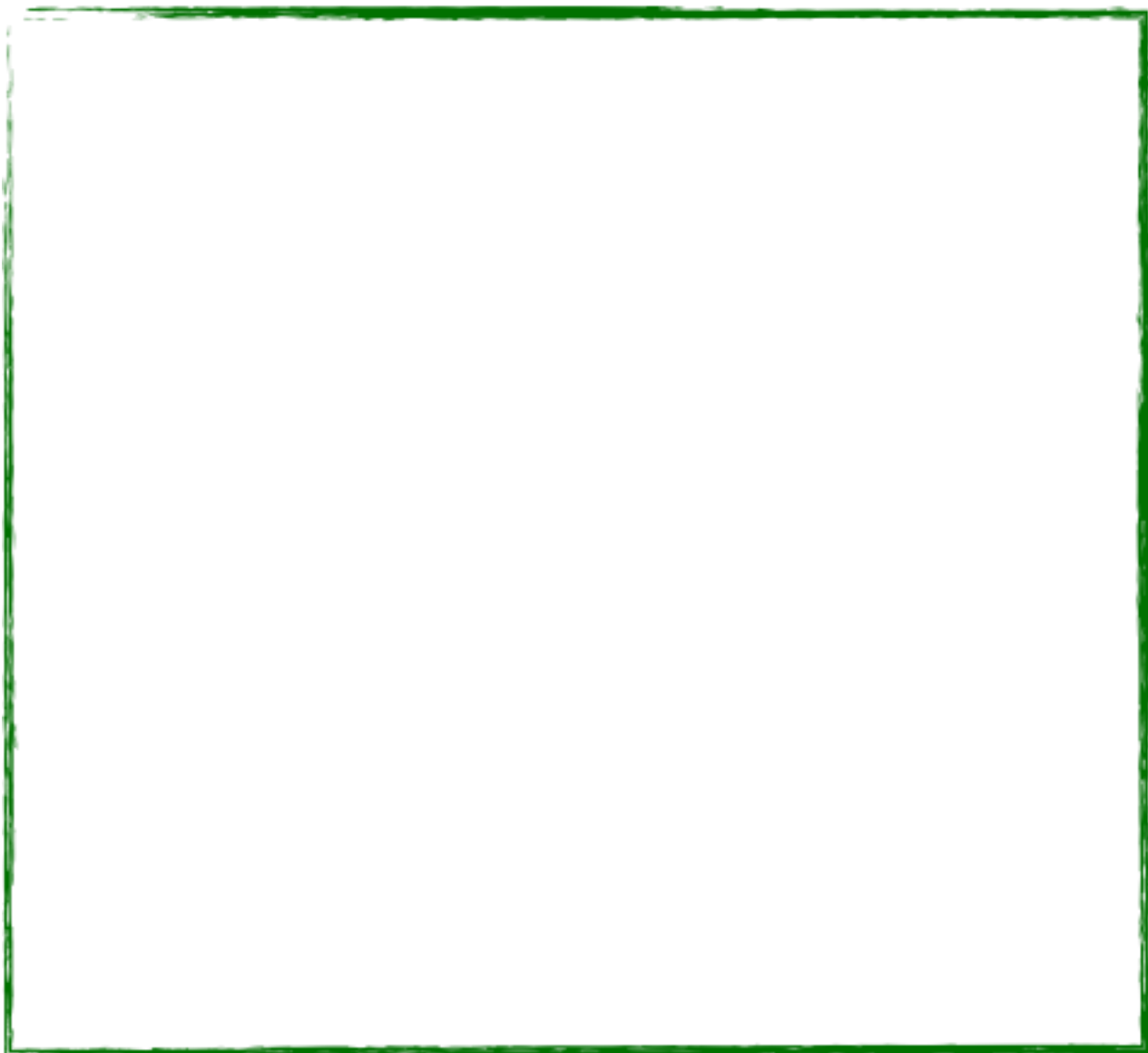


SOGO Squirts Week 18

R is for Running!

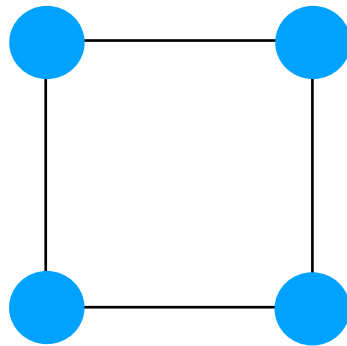
Run Drawing Challenge

At SOGO we love to run! Draw or write about your favourite place to run.



Running Challenge

Let's get running! Put 4 cones (or stuffies, or other small items that won't roll away) on the grass in a square shape. We are going to use this for speed and endurance (2 of our SOGO stations). Imagine each of the circles is a cone or stuffie, now run in a square shape around them. Make sure you don't step on them as you run past!



Speed Challenge

Have a grown up time you while you run around the cones 1 time, see how fast you can go. Try running 2 loops and see how fast you run both loops together. Now run 1 loop again, did you get faster or slower? Why do you think your time is different?

Endurance Challenge

Practice endurance! Endurance is our ability to run for a long time without getting tired. To do this we work on pace setting. Pace setting means we try to set our speed so that we don't get super tired. One way to pace set is to run the same course over and over and try to take the same amount of time each loop. See if you can run the square shape 4 times, with each loop taking you the same amount of time.