Spring 2020 SOGO@HOME Adventure
Week 18 - Info sheet for Parents
R is for Running

This page contains the lesson plans and goals for "Week 18: R is for Running journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Run Drawing Challenge

Using our fine motor skills, we are practicing using our pincher grip (holding the pencil properly). We are building the muscles in our hands that we use for holding things, tying our shoes, cutting with scissors and writing among other daily tasks.

This activity challenge is about memory and recall. Discuss the different places that you run, or could run. Which is the best place, and why? This is a great opportunity to talk about road and bike path safety.

Running Challenge

In this activity we are practicing our gross motor and locomotive skills through movement and turning our bodies while in motion. We are also practicing setting up, and cleaning up our courses. This is important to help build the foundations of social equipment use (school, camp or gym settings), as well as to help build respect fo the equipment we use (if it is theirs or someone else's).

Speed Challenge

Time your child(ren) as they run around the cones/stuffies, ensure they don't step on them as they go around. Talk about how their time goes up or down, and why that might be (tired, trying to be faster, too many loops, maybe the square is too big or small-try changing the size)

Endurance Challenge

Time your child(ren) as they run each lap, record their time and see if they can run the square many times with each lap taking the same amount of time. For example, they could run the first loop in 32 seconds, they run the second loop in 31 seconds and the third loop in 34 seconds. Talk about the value of being able to run far distances without being overly tired or injured.

Take it further: Look up sprint and long distance runners and see how far they run, how they train and other fun facts.