

WEEK DAY**two****1****Walking and Running Lesson
Summary Card**

Equipment: Whistle, floor markers (distributed around room to create a path), tambourine or drum. All equipment should be set up prior to running Young Athletes™.

5 min. Opening Sports Song

Wheels on the Bus melody

*The athletes in our class swing their arms...**The runner on the team runs real fast...**The runner on the team runs real slow...***5 min. Follow the Leader and Follow a Path****Equipment:** tambourine or drum, floor markers**4 min. Side Stepping****5 min. Running Styles**

- Stomp slow/fast
- Run slow/fast
- Run backwards
- High knees run (raise knees high when running)
- Tiptoe walk

6 min. Bridges and Tunnels**5 min. Closing Sports Song**

If You're Happy and You Know It

>> See the Young Athletes™ Activity Guide (Walking and Running, pages 6-8) and videos at: www.specialolympics.org/youngathletes

WEEK DAY**two****2****Walking and Running Lesson
Summary Card**

Equipment: Whistle, bean bags and/or balls near target (hoop on cone), balance beam, one dowel with two cones or blocks (for hurdle), scarves, ribbon, floor markers. All equipment should be set up prior to running Young Athletes™.

5 min. Opening Sports Song with Scarf

Wheels on the Bus melody

5 min. Follow the Leader

With Side Steps, Follow the Path, Bunny Hop, Inch Worm

6 min. Run and Carry**Equipment:** Floor markers, hoop on floor with balls or bean bags in it, hoop on block for target**4 min. Running Styles****7 min. Obstacle Course**

Set Set up a 5 station course with floor markers (dots for jumping on), bean bags with hoop (throwing bean bag through hoop), a series of hurdles (cones with dowel/stick), balance beam, area to run to finish (through a ribbon).

- Jump on Dots
- Throw Bean Bag Through Target (hoop)
- Step/Jump Over Hurdles
- Walk on Balance Beam.
- Run to Finish Line (Through Ribbon)

3 min. Closing Sports Song

If You're Happy and You Know It

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WEEK DAY**two****3****Walking and Running Lesson
Summary Card**

Equipment: Whistle, bean bags and/or balls near target (hoop on cone), balance beam, one dowel with two cones or blocks (for hurdle), scarves, ribbon, floor markers. All equipment should be set up prior to running Young Athletes™.

3 min. Opening Sports Song with Bunny Hop
Wheels on the Bus melody

6 min. Step and Jump (Introduction to Week 3)
Equipment: balance beams, ropes, floor markers

6 min. Run and Carry

5 min. "Coach Says"
Introduction to Week 3

7 min. Obstacle Course
Set Set up a 5 station course with floor markers (dots for jumping on), bean bags with hoop (throwing bean bag through hoop), a series of hurdles (cones with dowel/stick), balance beam, area to run to finish (through a ribbon).

- Jump on Dots
- Throw Bean Bag Through Target (hoop)
- Step/Jump Over Hurdles
- Walk on Balance Beam.
- Run to Finish Line (Through Ribbon)

3 min. Closing Sports Song
If You're Happy and You Know It

>> See the Young Athletes™ Activity Guide (Walking and Running, pages 6-8; Balance and Jumping, pages 9-11) and videos at:
www.specialolympics.org/youngathletes