

# RISING NEW YORK ROAD RUNNERS

## ACTIVE AT HOME SUMMER CAMP CHOICE BOARD

Each NYRR Activity Session = 30 minutes of physical activity.

Each session includes a warm-up, cool-down and about 15 minutes of fun physical activity.

**The goal is to complete 2 sessions each day (morning *and* afternoon).**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Warm-Up: <a href="#">If, Then...</a>	AM Warm-Up: <a href="#">Foot Fire</a>	AM Warm-Up: <b>Animal Motion</b>	AM Warm-Up: <b>Red Light, Green Light</b>	AM Warm-Up: <a href="#">Foot Fire</a>
AM Activity: <b>Music Mania</b>	AM Activity: <b>Laptastic</b>	AM Activity: <b>Buzzy Bees</b>	AM Activity: <b>Collecting Colors</b>	AM Activity: <b>Buzzy Bees</b>
AM Cool-Down: <a href="#">Mirrors</a>	AM Cool-Down: <a href="#">Yoga Stretches</a>	AM Cool-Down: <a href="#">Animal Stretching</a>	AM Cool-Down: <a href="#">Simon/e Says</a>	AM Cool-Down: <a href="#">Mirrors</a>
PM Warm-Up: <a href="#">Get Moving Circuit</a>	PM Warm-Up: <a href="#">RPS Body Language</a>	PM Warm-Up: <a href="#">Animal Acting</a>	PM Warm-Up: <b>Red Star Fish, Blue Fish</b>	PM Warm-Up: <a href="#">RPS Body Language</a>
PM Activity: <b>Move to the Beat</b>	PM Activity: <b>Laptastic &amp; Moving Mountains</b>	PM Activity: <b>Animal Run</b>	PM Activity: <b>Rainbow Scatter</b>	PM Activity: <b>1-2-3-4 Run the Park</b>
PM Cool-Down: <a href="#">Full Body Cool Down</a>	PM Cool-Down: <a href="#">Yoga Stretches</a>	PM Cool-Down: <a href="#">Full Body Cool Down</a>	PM Cool-Down: <b>Head and Shoulders</b>	PM Cool-Down: <b>Body Geometry</b>

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## IF, THEN (Warm-Up)

**Stuff You Need:** Nothing

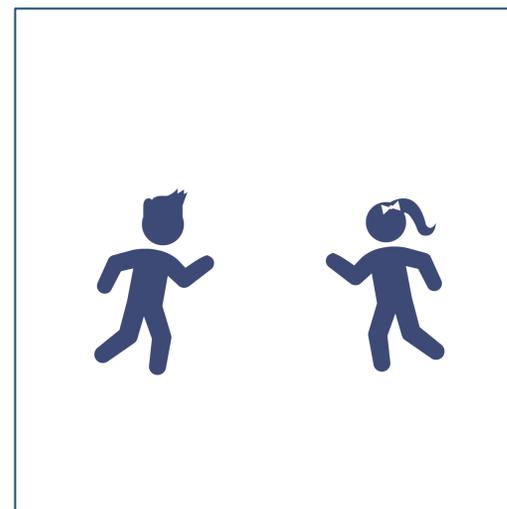
**Players:** 2 or more players

**The Object of the Game:**

- To listen to the instructions and complete the exercises if a statement is true.

**How to Play:**

1. One player will make an “if” statement that is either true or false, then give an exercise instruction.
2. If the statement is true, all players complete the exercise. If it is false, no one completes the exercise.
3. For example, “If an apple is good for you, do 20 jumping jacks.” In this example, everyone does jumping jacks.
4. “If the Earth is flat, run in place for 20 seconds.” In this example, no one does the exercise.



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## MUSIC MANIA

**Stuff You Need:** Music and a music player. 4 cones (or other markers) to create a jogging loop. Lots of popsicle sticks.

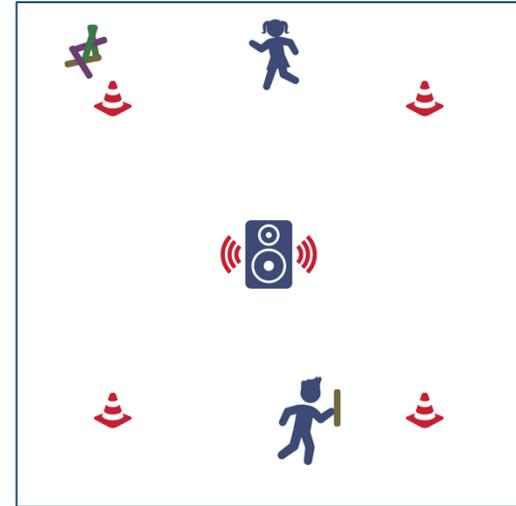
**Players:** Any number of players. 1 player is the DJ and controls the music.

**The Object of the Game:**

- To collect as many popsicle sticks as you can.

**How to Play:**

1. Start the music and begin jogging around the loop. When you complete a lap, collect a popsicle stick at the starting line.
2. When the music stops, slow down to a walking pace. When the music starts again, start to jog. Continue for 5 minutes.



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## MIRRORS (Cool-Down)

**Stuff You Need:** Nothing

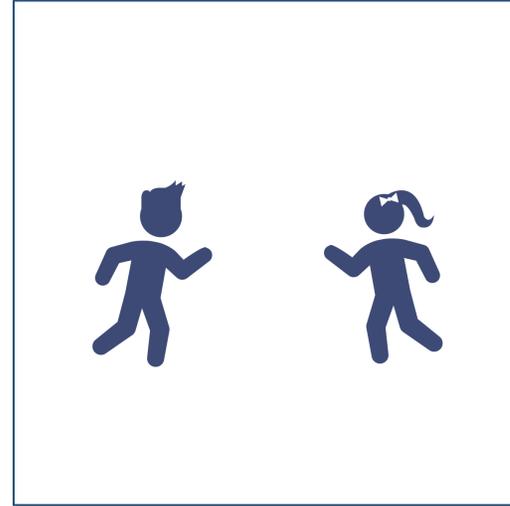
**Players:** 2 or more players

**The Object of the Game:**

- To follow your partners moves exactly as if you're a reflection in the mirror.

**How to Play:**

1. Stand facing our partner. Decide who will be the leader first.
2. The leader will complete simple and safe stretches and movements.
3. The other player will follow the movements of the leader. After 3 minutes, change roles.
4. Sample stretches: slow head tilt, shoulder shrugs, reach for toes, stretch arms overhead.



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## GET MOVING CIRCUIT (Warm-Up)

**Stuff You Need:** 3 cones to set up 3 stations around the activity area.

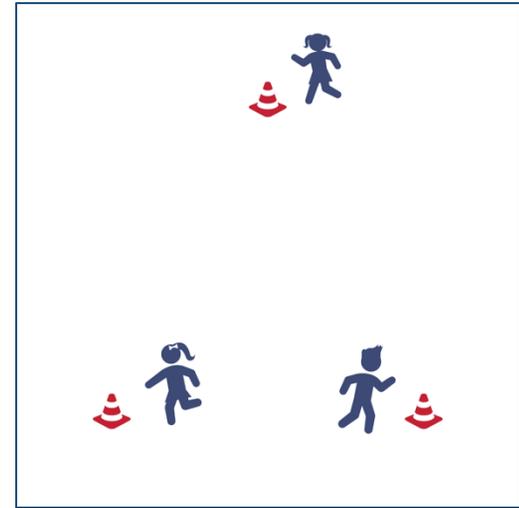
**Players:** Any number of players.

**The Object of the Game:**

- Do each station for 1 minute, then rotate to the next station. (Get Station Music on [Apple Music](#))

**How to Play:**

1. Station 1: JUMP STATION. Squat as low as you can, then jump up to the sky.
2. Station 2: MOVE STATION. Jog in place with high knees.
3. Station 3: STRETCH STATION. Do forward lunges.



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## MOVE TO THE BEAT

### Stuff You Need:

- Music and a music player.  
(Interval Music on [Apple Music](#))

### Players:

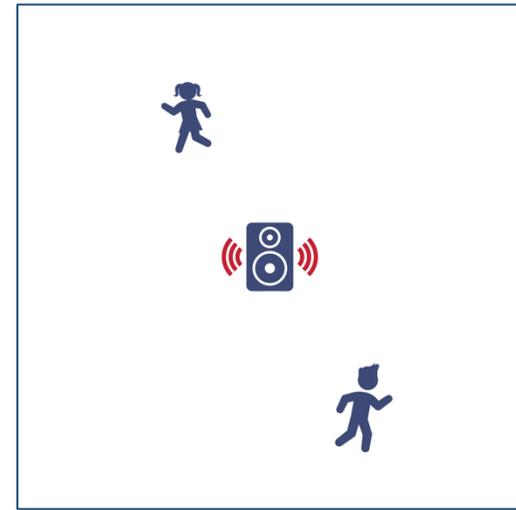
- Any number of players. 1 player is the DJ and controls the music.

### The Object of the Game:

- Move to the beat of the music. Start and stop when the music starts and stops.

### How to Play:

1. Start the music. Players can run, hop, gallop, skip and jump to the beat of the music.
2. Freeze when the music stops. Start again when the music starts.



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## FULL BODY COOL DOWN

**Stuff You Need:** Nothing

**Players:** Any number of players.

**The Object of the Game:**

- Cool your body down and complete stretches.

**How to Play:**

1. Calf Stretch. Take a large step forward with 1 leg. Bend front knee with back leg straight and back heel planted on the ground. (Switch legs)
2. Quad Stretch. Stand tall, bend 1 knee back and hold it in your hand so that you are standing on 1 leg. Gently pull the foot toward your glutes. (Switch legs)
3. Floor Hamstring Stretch. Sit on the floor with legs straight out in front. Slowly bend with arms reaching for toes.
4. Reach for the sky. Stand tall and reach hands high above your head. Balance and hold.

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## Foot Fire (Warm-Up)

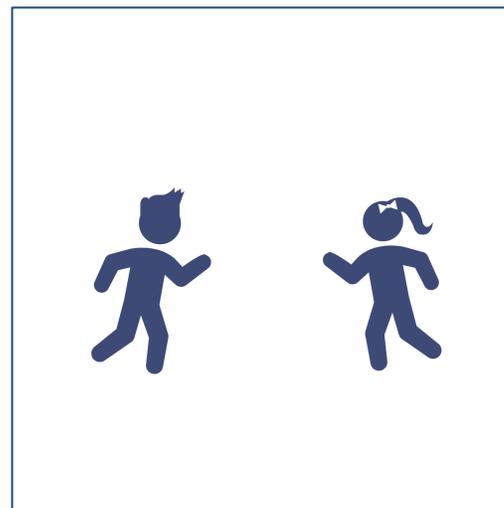
**Stuff You Need:** Nothing

**Players:** 2 or more players

**The Object of the Game:** Move your feet slower or faster depending on the “temperature” of the fire.

### How to Play:

1. Decide who will be the leader first and who will run in pace first.
2. The leader starts with the “temperature” cold. Then slowly increases the temperature by saying, “Warmer, warmer, hotter, hotter, FOOT FIRE!”
3. The runner starts running slowly and gets faster as the temperature gets warmer and hotter.
4. On, “FOOT FIRE!” the runner will run in place as fast as possible.
5. After 2 or 3 minutes, switch roles.



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# LAPTASTIC

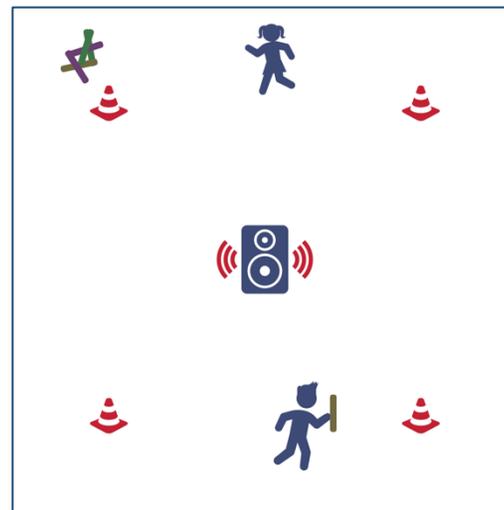
**Stuff You Need:** Music and a music player. 4 cones (or other markers) to create a jogging loop. Lots of popsicle sticks.

**Players:** Any number of players. 1 player is the DJ and controls the music.

**The Object of the Game:** To collect as many popsicle sticks as you can and to hold silly and safe poses when the music is off.

## How to Play:

1. Start the music and begin jogging around the loop. When you complete a lap, collect a popsicle stick at the starting line.
2. When the music stops, stop and strike a silly and safe pose. Keep your balance. When the music starts again, start jogging. Continue for 5 minutes.



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## Yoga Stretches (Cool-Down)

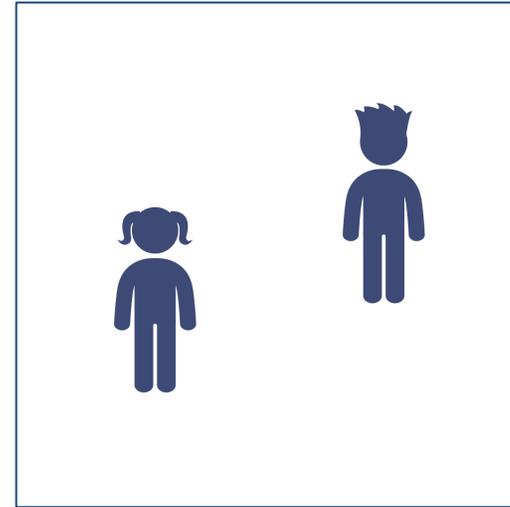
**Stuff You Need:** Nothing

**Players:** 2 or more players

**The Object of the Game:** Complete yoga poses.

**How to Play:**

1. Perform the following yoga poses:
2. Cat – On hands and knees with flat back, exhale and round the back toward ceiling, inhale and return to neutral position. Repeat a few times.
3. Cow – On hands and knees with flat back, inhale and drop belly toward floor keeping everything else stable. Repeat a few times.
4. Down dog - On hands and knees, stretch your elbows and relax upper back. Press firmly through palms, your toes and lift your knees off the floor, lift back and glutes toward ceiling, and gently try to straighten your legs. Hold this position and breathe.



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## RPS Body Language (Warm-Up)

**Stuff You Need:** Nothing

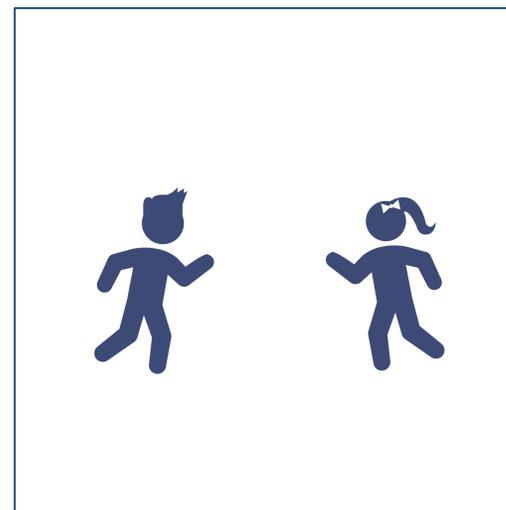
**Players:** 2 or more players.

**The Object of the Game:**

- Win as many games of Rock, Paper, Scissors as you can in 5 minutes.

**How to Play:**

1. Play Rock, Paper, Scissors using “Body Language.”
2. Face your partner, jump 3 times, and choose:
  - a. Rock – Squat and curl up in a ball.
  - b. Paper – Stretch out arms and legs.
  - c. Scissors – Cross arms and legs.
3. Play best 2 out of 3 and then get a new partner if there is one available. Or, start over again. Can you create your own body language moves?



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## Moving Mountains

**Stuff You Need:** Story script.

**Players:** Any number of players. 1 player reads the story to the others.

**The Object of the Game:** Follow the story and complete the moves. Then, create your own story.

### How to Play:

1. One player reads the story and demonstrates the movements in the story script. The other players watch and follow along copying the movements of the reader.

**STORY:** One beautiful day, we all took off in an airplane (**stand on one leg extend arms out to the side, fold at the waist and extend other leg out behind you**) and headed toward Hawaii. While on the airplane there was some turbulence (**shake**). As we flew over Hawaii we could see all the trees (**balance pose standing on one leg, other leg bent at the knee and resting on the inner shin or inner thigh of standing leg, arms extended as branches**). As the wind blew, we could see the trees sway back and forth (lean from side to side). While we were in Hawaii we took a hike up a volcano (**stand tall on both feet, arms extend overhead and arms open to create the crater at the top of the volcano**). There were frogs (**crouch down into squat**) and monkeys (**bend at waist, hands flat on the ground**) on the volcano. All of a sudden, the volcano started to shake (tremble and jump) so we ran down to the bottom (**run in place**) and made it safely to the beach where we had a fun day!

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## Yoga Stretches (Cool-Down)

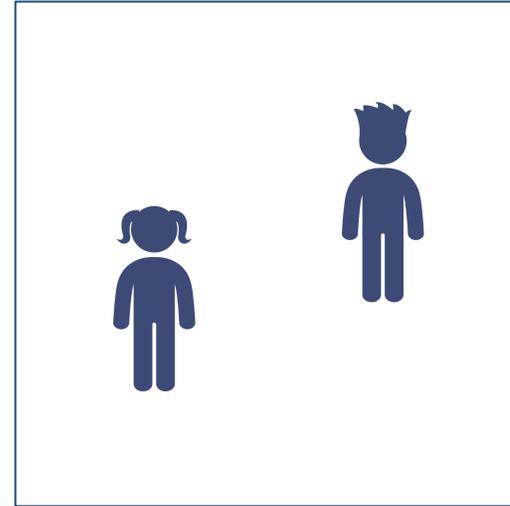
**Stuff You Need:** Nothing

**Players:** 2 or more players

**The Object of the Game:** Complete yoga poses.

**How to Play:**

1. Perform the following yoga poses:
2. Cat – On hands and knees with flat back, exhale and round the back toward ceiling, inhale and return to neutral position. Repeat a few times.
3. Cow – On hands and knees with flat back, inhale and drop belly toward floor keeping everything else stable. Repeat a few times.
4. Down dog - On hands and knees, stretch your elbows and relax upper back. Press firmly through palms, your toes and lift your knees off the floor, lift back and glutes toward ceiling, and gently try to straighten your legs. Hold this position and breathe.



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## Animal Motion (Warm-Up)

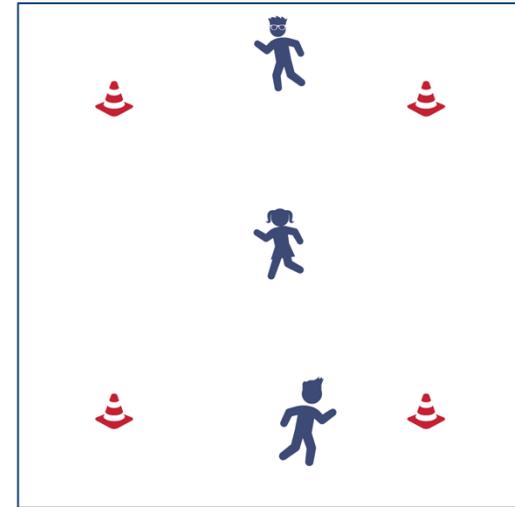
**Stuff You Need:** Nothing

**Players:** 2 or more players

**The Object of the Game:** Move slow or fast depending on the animal that the leader calls out.

**How to Play:**

1. Decide who will be the leader first.
2. The leader slowly calls out different animal names.
3. The runner moves slowly or quickly depending on the animal.
4. For example, if the leader calls out, "TURTLE!" the runner moves slowly.
5. If the leader calls out, "RABBIT!" the runner moves quickly.
6. More examples: snails, worms, cheetahs, horses.



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## Buzzy Bees

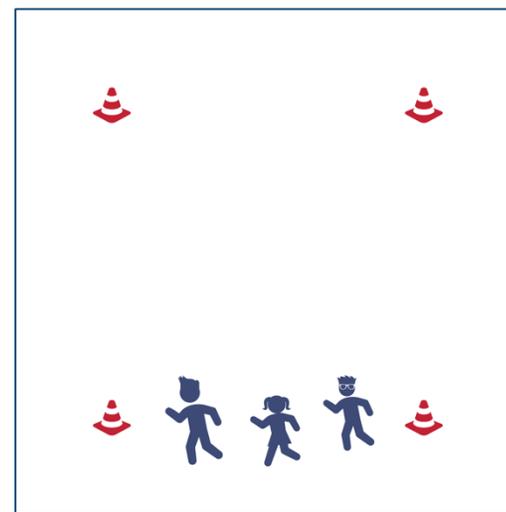
**Stuff You Need:** Nothing

**Players:** Any number of players.

**The Object of the Game:** Count down from 80 to 0 as the group runs the running loop.

**How to Play:**

1. Start running and slowly count down from 80 as the group runs. Everyone is a Buzzy Bee.
2. Every time you come across a number with 7 in it (77, 67, 27, 17...) everyone yells out, "BUZZ!"
3. Runners can count together all at once, or they can take turns and each say a number.



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## Animal Stretching (Cool-Down)

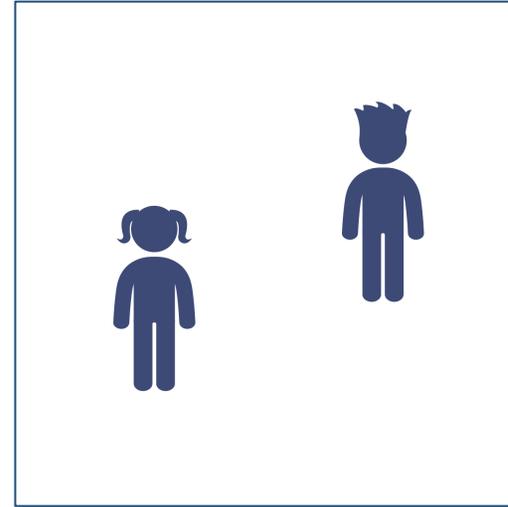
**Stuff You Need:** Nothing

**Players:** 2 or more players

**The Object of the Game:** Complete animal stretches.

**How to Play:**

1. Perform the following animal stretches:
2. Sit like a butterfly.
3. Crouch like a frog.
4. Waddle like a penguin.
5. Walk like an elephant.
6. Stretch like a giraffe.



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## Animal Acting (Warm-Up)

**Stuff You Need:** Music and a music player.

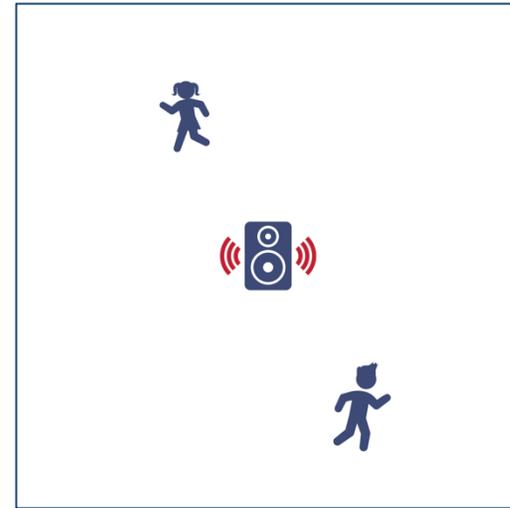
**Players:** 2 or more players.

**The Object of the Game:**

- Move like animals when the music plays. Freeze in an animal pose when the music stops.

**How to Play:**

1. Decide who will be the leader first.
2. The leader slowly calls out different animal names.
3. Everyone moves around the area like the animal would move.
4. When the music stops, freeze and balance in your animal pose.
5. How would an elephant move? How would a horse move? A butterfly? A grasshopper?



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## Animal Run

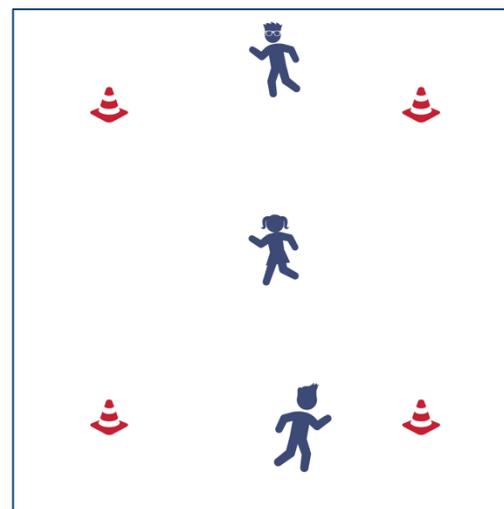
**Stuff You Need:** Nothing

**Players:** 2 or more players

**The Object of the Game:** Adjust your speed (pace) depending on the animal that the leader calls out.

**How to Play:**

1. Decide who will be the leader first.
2. The leader slowly calls out different animal names.
3. The runner will adjust a jogging/running pace depending on the speed of the animal.
4. For example, if the leader calls out, "SLUG!" the runner slows down the pace.
5. If the leader calls out, "DOG!" the runner speeds up the pace.



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## FULL BODY COOL DOWN

**Stuff You Need:** Nothing

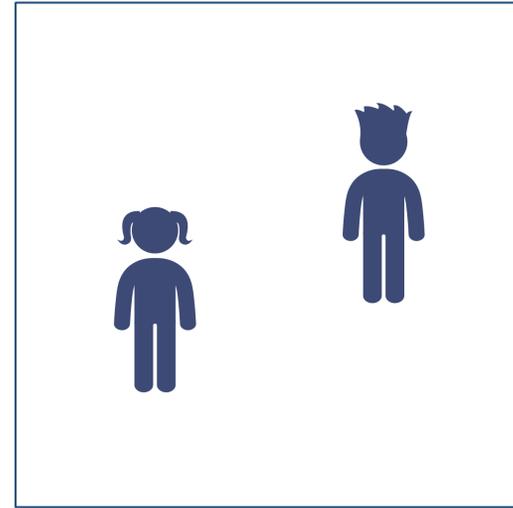
**Players:** Any number of players.

**The Object of the Game:**

- Cool your body down and complete stretches.

**How to Play:**

1. Calf Stretch. Take a large step forward with 1 leg. Bend front knee with back leg straight and back heel planted on the ground. (Switch legs)
2. Quad Stretch. Stand tall, bend 1 knee back and hold it in your hand so that you are standing on 1 leg. Gently pull the foot toward your glutes. (Switch legs)
3. Floor Hamstring Stretch. Sit on the floor with legs straight out in front. Slowly bend with arms reaching for toes.
4. Reach for the sky. Stand tall and reach hands high above your head. Balance and hold.



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## Red Light, Green Light (Warm-Up)

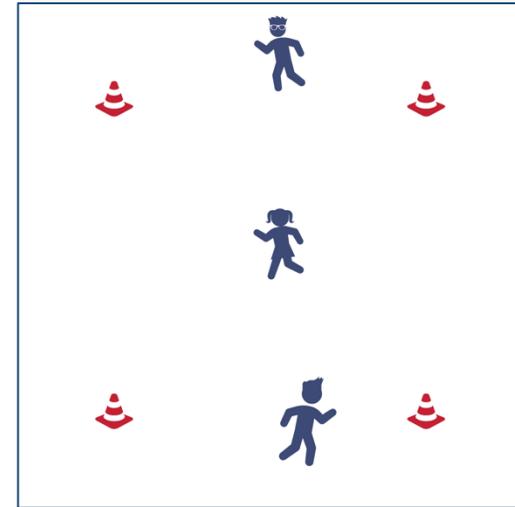
**Stuff You Need:** Nothing

**Players:** 2 or more players. 1 player on one end of a field, the others on the other end.

**The Object of the Game:** Move during green lights. Stop during red lights.

**How to Play:**

1. Decide who will be the leader first.
2. The leader says, "Red Light," and, "Green Light."
3. On, "Green Light!" participants can move forward.
4. On, "Red Light!" participants must freeze. If you move during a red light, you must return to the starting line.



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## Collecting Colors

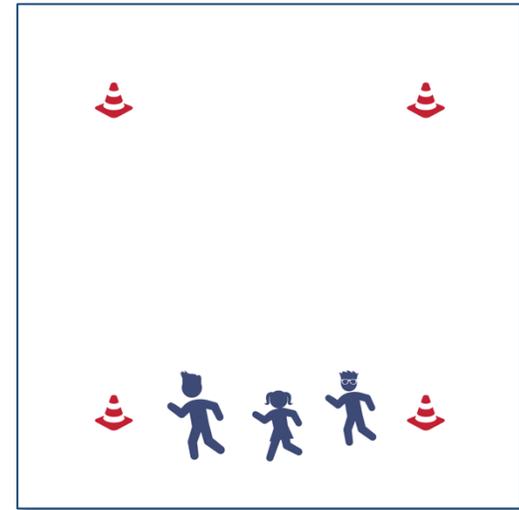
**Stuff You Need:** 6-colored low-profile cones or spot markers.

**Players:** Any number of players.

**The Object of the Game:** Run laps. When a color is called, move and touch 1 cone or spot that matches the color, then return to running laps.

### How to Play:

1. Decide who will be the leader first.
2. All runners are running laps at a jogging pace.
3. The leader calls out a color that matches one of the colors of the cones or spots.
4. When the color is called, all runners run to a spot and touch it with a foot, then return to jogging laps.
5. Change roles every 2 or 3 minutes.



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## Simon Says (Cool-Down)

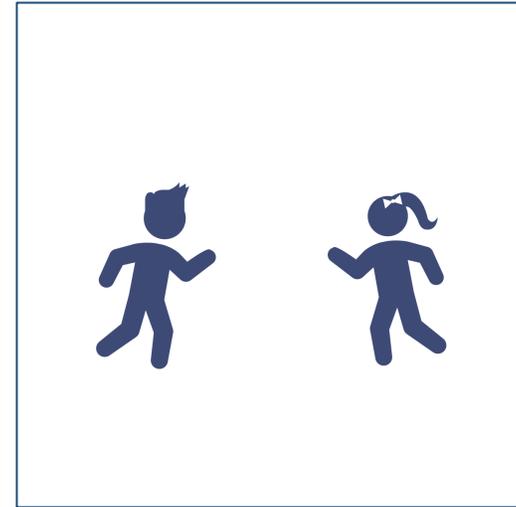
**Stuff You Need:** Nothing

**Players:** 2 or more players

**The Object of the Game:** Follow instructions only when “Simon Says.”

### How to Play:

1. Decide who is the leader first (Simon or Simone).
2. Give cool-down/stretching instructions. If the instruction begins with “Simone says...” then all players complete the exercise. If not, then players do not complete the exercise.
3. Exercise examples:
  - a. 10 jumping jacks
  - b. Reach to the sky
  - c. Five squats
  - d. Touch 4 walls
  - e. Fly like a bird



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## Red Star Fish, Blue Fish (Warm-Up)

**Stuff You Need:** Music and a music player.

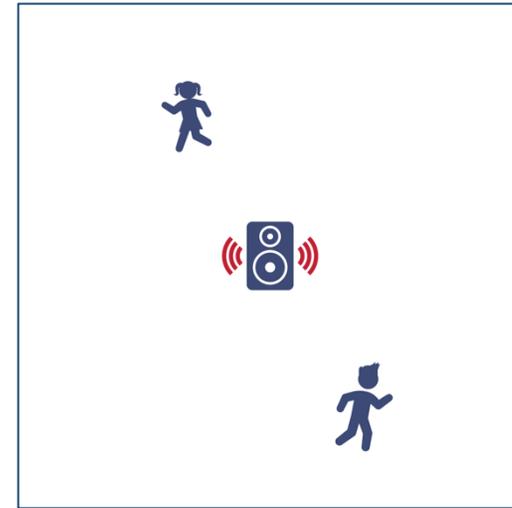
**Players:** 2 or more players.

**The Object of the Game:**

- Complete the correct movement when a red star fish or blue fish is called.

**How to Play:**

1. Decide who will be the leader first.
2. The leader stops the music and calls out a fish.
3. When the music is on, move in open space.
4. When the music stops listen for the fish name.
5. If you hear, “Red Star Fish!” do 10 star jumps.
6. If you hear, “Blue Fish!” do 5 tuck-jumps.



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## Letter Scatter

**Stuff You Need:** Sidewalk Chalk or Letter Cards.  
Write the letters of the alphabet, scattered, with sidewalk chalk.

**Players:** 2 or more players

**The Object of the Game:** To move to the correct letter and complete 3 jumping jacks.

### How to Play:

1. Decide who will be the leader first.
2. The leader slowly calls out words that start with different letters.
3. Players will jog to the correct letter (that starts the word called) and completes 3 jumping jacks.
4. When the jumping jacks are complete the leader will call a new word.



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## Head and Shoulders

**Stuff You Need:** Nothing

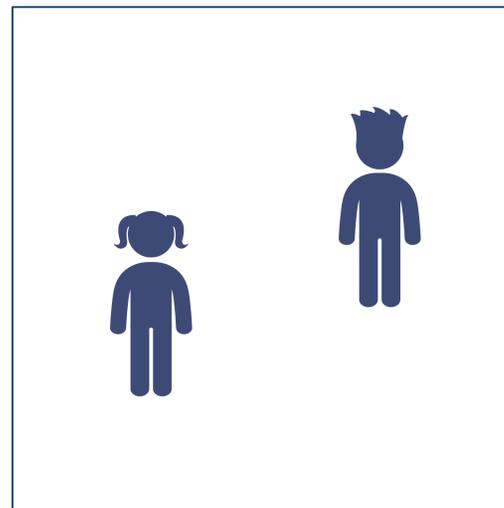
**Players:** Any number of players.

**The Object of the Game:**

- Play head-shoulders-knees-and-toes faster and faster.

**How to Play:**

1. Leader slowly says the words to “Head, Shoulders, Knees and Toes” and demonstrates the actions:
2. Head, shoulders, knees and toes. Knees and toes.
3. Head, shoulders, knees and toes. Knees and toes.
4. Eyes and ears and mouth and nose.
5. Head, shoulders, knees and toes. Knees and toes.
6. Leader can speed up or slow at any time during the song. Change leaders.



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## Foot Fire (Warm-Up)

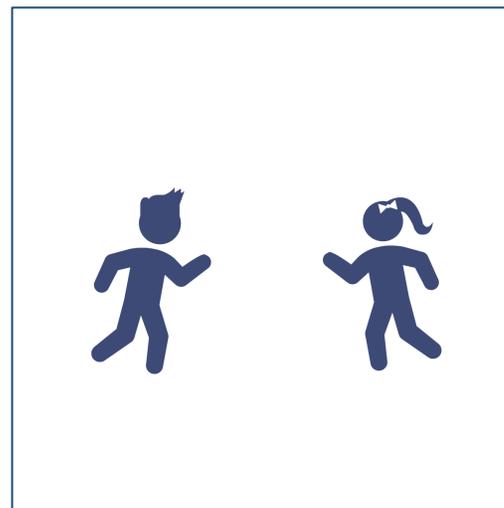
**Stuff You Need:** Nothing

**Players:** 2 or more players

**The Object of the Game:** Move your feet slower or faster depending on the “temperature” of the fire.

**How to Play:**

1. Decide who will be the leader first and who will run in pace first.
2. The leader starts with the “temperature” cold. Then slowly increases the temperature by saying, “Warmer, warmer, hotter, hotter, FOOT FIRE!”
3. The runner starts running slowly and gets faster as the temperature gets warmer and hotter.
4. On, “FOOT FIRE!” the runner will run in place as fast as possible.
5. After 2 or 3 minutes, switch roles.



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## Buzzy Bees

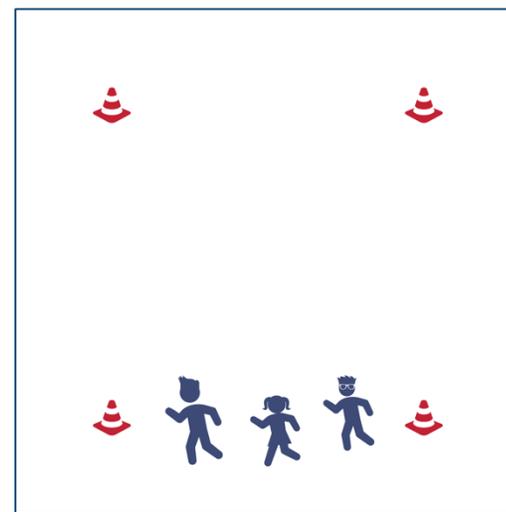
**Stuff You Need:** Nothing

**Players:** Any number of players.

**The Object of the Game:** Count down from 80 to 0 as the group runs the running loop.

**How to Play:**

1. Start running and slowly count down from 80 as the group runs. Everyone is a Buzzy Bee.
2. Every time you come across a number with 7 in it (77, 67, 27, 17...) everyone yells out, "BUZZ!"
3. Runners can count together all at once, or they can take turns and each say a number.



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## MIRRORS (Cool-Down)

### Stuff You Need:

- Nothing

### Players:

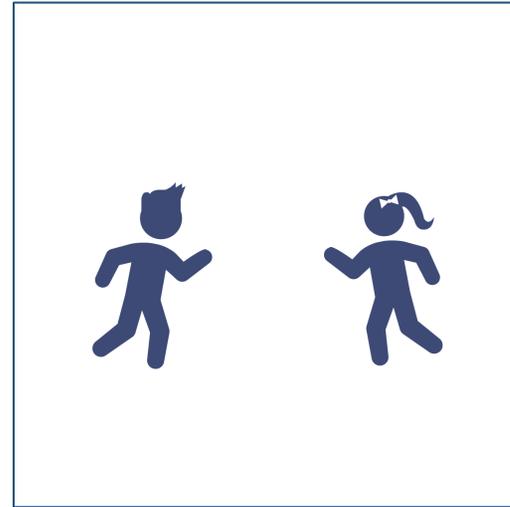
- 2 or more players

### The Object of the Game:

- To follow your partners moves exactly as if you're a reflection in the mirror.

### How to Play:

1. Stand facing our partner. Decide who will be the leader first.
2. The leader will complete simple and safe stretches and movements.
3. The other player will follow the movements of the leader. After 3 minutes, change roles.
4. Sample stretches: slow head tilt, shoulder shrugs, reach for toes, stretch arms overhead.



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## RPS Body Language (Warm-Up)

**Stuff You Need:** Nothing

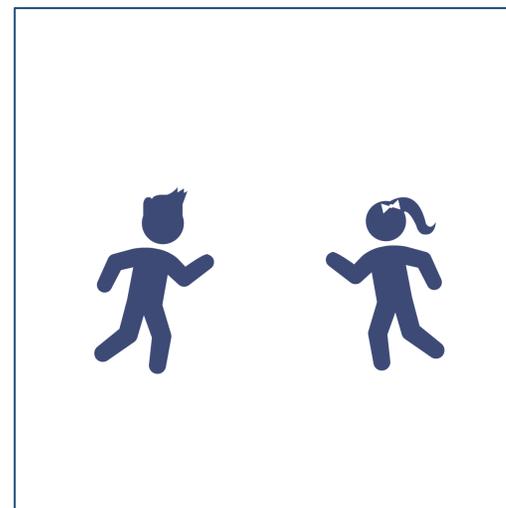
**Players:** 2 or more players.

**The Object of the Game:**

- Win as many games of Rock, Paper, Scissors as you can in 5 minutes.

**How to Play:**

1. Play Rock, Paper, Scissors using “Body Language.”
2. Face your partner, jump 3 times, and choose:
  - a. Rock – Squat and curl up in a ball.
  - b. Paper – Stretch out arms and legs.
  - c. Scissors – Cross arms and legs.
3. Play best 2 out of 3 and then get a new partner if there is one available. Or, start over again. Can you create your own body language moves?



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## 1-2-3-4 Run the Park

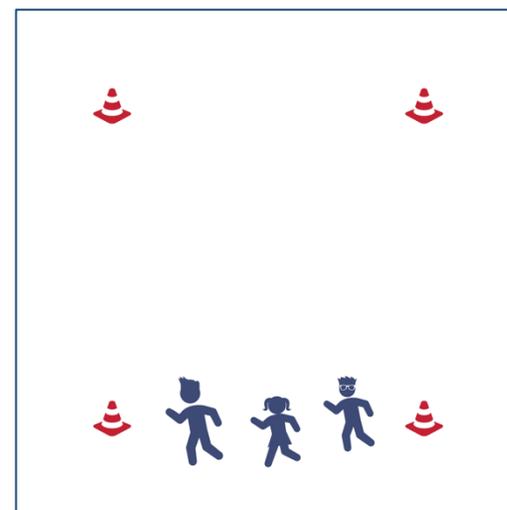
**Stuff You Need:** 4 cones to create a square running course.

**Players:** Any number of players.

**The Object of the Game:** Complete the 1-2-3-4 interval pattern.

### How to Play:

1. Begin running the square.
2. Jog 3 sides and sprint 1 side.
3. Then, jog 2 sides and sprint 2 sides.
4. Then jog 1 side and sprint 3 sides.
5. Then sprint or race walk all 4 sides.
6. •Repeat.



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## Body Geometer (Cool-Down)

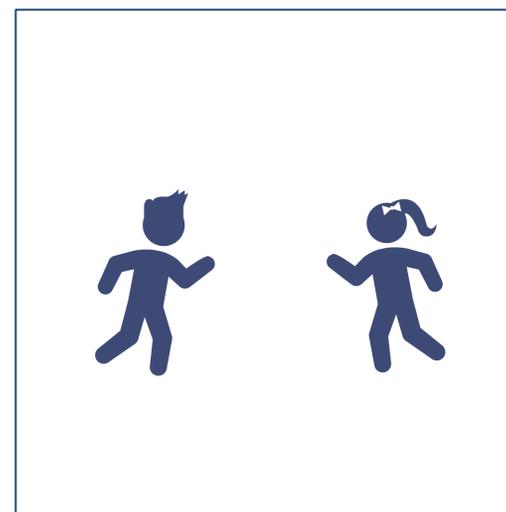
**Stuff You Need:** Nothing

**Players:** Any number of players.

**The Object of the Game:** Draw shapes in the air with your arms and feet.

**How to Play:**

1. Big arm circles.
  - a. Extend arms out like a “T”.
  - b. Rotate both arms forward in a circle.
  - c. Rotate both arms backwards in a circle.
2. Foot shapes
  - a. Draw a triangle with your left foot, then right.
  - b. Draw a square with your left foot, then right.
  - c. Draw a circle with your left foot, then your right.
3. Draw shapes with feet and add in arm shapes.
  - a. Draw a triangle with your left foot, and your left hand.
  - b. Draw a circle with your left foot, and your right hand.



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