

THE GREAT PUMPKIN RUN



Game by Sara Phillips

LEARNING TARGETS:

- **Skill:** I will practice my running pace in preparation for race day.
- **Cognitive:** I will discuss social and emotional concepts as a class.
- **Physical Activity:** I will walk/jog/run in preparation for race day.
- **SEL:** I will demonstrate grit, leadership, fair play, and self-regulation.

TARGET VOCABULARY: Self-Regulation, Leader, Fair Play, Grit

EQUIPMENT NEEDED: Cones, signs and/or sidewalk chalk to mark run course; stopwatch. (OPTIONAL) Great Pumpkin race bibs; participation awards; clementine prizes for top 3 runners (with jack-o-lantern faces)

ORGANIZE SPACE: Create a running course that is age appropriate for your students. K-1: ¼ mile; 2nd+ : ½ mile.

ORGANIZE STUDENTS: Students begin at a starting line and end at a finish line.

PROCEDURES:

- **The Object:** Complete the Great Pumpkin Run as fast as you can.
- **The Process:** Throughout the *Pumpkin Patch Games* in the month of October, allow students to walk/jog/run the course to practice (i.e., train for the big race). Set a race date and celebrate with decorations, music, race bibs, and healthy prizes. Use music as your start signal. When the music starts, runners can run and the clock starts. Give participation awards to all students. Award Clementine Jack-O-Lanterns to the top 3 finishers. Consider having a running and walking category for prizes, especially if you have students who are reluctant runners. Take pictures and have fun!

SELF-REGULATION DISCUSSION STARTERS:

- What is grit and how does it relate to training for a running race?
- How can you demonstrate leadership in an event like The Great Pumpkin Race?
- What does fair play look like during a running race event like The Great Pumpkin Race?
- Why is self-regulation important on race-day? What emotions might need to be regulated?

