



# CHALLENGE CARD 1

## FUNDAMENTAL ATHLETIC SKILLS

**Fundamental Athletic Skills** help runners perform at their highest levels and avoid injury.

The 6 fundamental athletic skills for runners are:

**Strength, Power, Coordination, Flexibility, Balance, Agility**

**CHALLENGE TASK:**

Perform this task before continuing your adventure.

As a team, choose 1 of the 6 fundamental athletic skills. Next, choose an exercise or activity that will help you develop your selected skill. Perform 5 repetitions of that exercise before you continue your adventure.

**THINK ABOUT:**

Think about this while you continue your adventure.

Growth Mindset is a belief that abilities are developed through dedication and hard work: raw talent and common knowledge are just starting points. You can become stronger and more powerful. You can develop fundamental athletic skills through practice and perseverance.

*Perform another lap, then stop at Challenge Card 2 and complete the challenge task.*



# CHALLENGE CARD 2

## RUNNING POSTURE

**Good running posture** helps with efficiency, prevents injuries, & promotes a positive mental outlook.

There are 3 keys to good running posture:

**#1 Run Tall #2 Stabilize Torso with Body Facing Forward #3 Relax the entire body**

### **CHALLENGE TASK:**

Perform this task before continuing your adventure.

EQUAL BREATHING EXERCISE. All team members stand tall with feet planted flat on the ground and arms and hands relaxed at your sides. Inhale deeply through your nose while you count to 8. Then, exhale slowly through your mouth while for another 8-count. Repeat 3 times and feel your body relax.

### **THINK ABOUT:**

Think about this while you continue your adventure.

Regular physical activity is an important tool that you can use to improve and maintain good mental health. Breathing exercises, like equal breathing, are also important strategies for regulating your emotions and maintaining overall emotional wellbeing.

*Perform another lap, then stop at Challenge Card 3 and complete the challenge task.*



## CHALLENGE CARD 3

### LEG MOVEMENTS

Running Speed is a function of stride length and stride rate.

**Focusing on good leg movements** will lengthen the running stride and increase turnover rate. Good leg movements make you faster and should also promote comfortable and injury free running.

#### **CHALLENGE TASK:**

Perform this task before continuing your adventure.

THE 8 ESSENTIALS OF LEG MOVEMENT. During our adventure mile lessons we learned about the 8 essentials of leg movement for runners. In pairs or small groups, tell your partners one of the eight essentials.

#### **THINK ABOUT:**

Think about this while you continue your adventure.

Running safety is an important part of making fitness running a part of a regular physical activity routine and lifestyle. Important safety considerations include: a focus on good form, including warm-ups and cool-downs, choosing safe running routes, and being aware of and prepared for weather conditions.

*Perform another lap, then stop at Challenge Card 4 and complete the challenge task.*



# CHALLENGE CARD 4

## ARM MOVEMENTS

The **arms stabilize the body** by offsetting the balance of the driving leg. This is an area where runners can make major improvements in efficiency.

### **CHALLENGE TASK:**

Perform this task before continuing your adventure.

THE 7 ESSENTIALS OF ARM MOVEMENT. During our adventure mile lessons we learned about the 7 essentials of arm movement for runners. In pairs or small groups, tell your partners one of the seven essentials.

### **TALK ABOUT:**

Talk about this while you walk a cool-down with your team.

ACHIEVEMENT IS PROGRESS TOWARD MASTERY. We all have achievements that required hard work, struggle, and possibly failure and perseverance. Name 1 achievement that you had to struggle for. How has that achievement enhanced your life?

*Congratulations, you've completed the Adventure Mile!*