



## The Great Pumpkin Run

### STUDENT TARGETS

- **Skill:** I will practice my running pace in preparation for race day.
- **Cognitive:** I will discuss social and emotional concepts with my classmates.
- **Fitness:** I will walk/jog/run at a steady pace in preparation for race day.
- **Social/Emotional:** I will demonstrate grit, leadership, fair play, and self-regulation.

### EQUIPMENT & SET-UP

#### Equipment:

- Cones, signs, and/or sidewalk chalk to mark run course
- Great Pumpkin Run race bibs
- Participation awards
- Clementine prizes for top 3 runners

#### Set-Up:

- Create a running course that is age appropriate for your students. Grades K-1 = ¼ mile; Grades 2-5 = ½ mile
- Students will begin at a starting line and end at a finish line.



### ACTIVITY PROCEDURES

1. This activity is called The Great Pumpkin Run! The object is to complete the Great Pumpkin Run as fast as you can.
2. Throughout the Pumpkin Patch Games in the month of October, allow students to walk/jog/run the course to practice (e.g., 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.
3. When the music starts, runners can begin 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.
4. Take pictures and have fun!

### DEBRIEF QUESTIONS

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

### PRIORITY OUTCOMES

#### Personal Challenge:

- **Grades K-2:** Participates in physical activities that bring confidence and challenge.
- **Grades 3-5:** Expresses the enjoyment and challenge of participating in a favorite physical activity.