

## Run With It



This is a game a person plays to improve muscular strength and muscular endurance. To play sports like football, track or basketball a person needs to have power and strength in the lower body to start fast and a strong heart to keep moving.

Run With It! Is a game that will quickly increase a person's heart rate. The heart is a muscle and when challenged very hard for a short period of time will become stronger and more efficient at pumping blood.

Because players in football, track or basketball are constantly starting and stopping, the heart becomes stronger.

### **Supplies:**

- 2 Cones
- 2 Foam Footballs

### **How To:**

1. Have the kids line up on the center gym line.
2. Divide the kids into two equal groups.

- 3.** Each group will line up in opposite corners of the gym; the first person in line will step out to the cone to be the first runner.
- 4.** There will be two runners, one from each team. Each runner should start with a football.
- 5.** On "Go", the first two runners will run one lap around the gym on the outside of all four cones. When the runner reaches the cone they started at there should be a new runner waiting for the football.
- 6.** The new runner will then take the football and run one lap.
- 7.** Play continues until a runner is caught by another runner.
- 8.** When a runner is caught, a point is given to the scoring team. Game starts over.
- 9.** The kids stays in line until he/she is the runner