

# MODIFIED KIDS RUN CLUB



The traditional KRC program has been implemented as an extracurricular program but there is a modified version that can be done by classroom or PE teachers. This version combines shorter runs done during class time with longer “homework” (i.e., at home) runs. This modified program includes the traditional KRC resources: handbooks, runner’s logs, finisher’s prizes and visits from program representatives who can facilitate running clinics or healthy living presentations.

## Tips for Success:

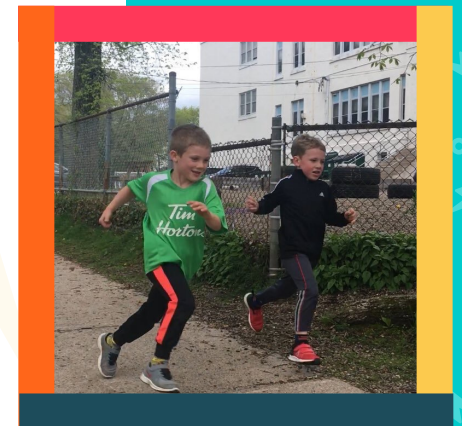
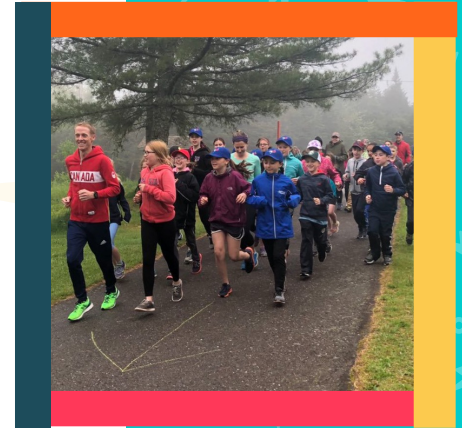
Just as with the traditional KRC, the modified version is built on the foundation of getting kids active in a fun and safe way. The [KRC Coach’s Handbook](#) provides detailed information about implementing and enhancing your program. Below are some tips specific to the modified version based on shorter group runs:

- Visit [kidsrunclub.ca](https://kidsrunclub.ca) to register and see our program resources (English and French).
- Pick a safe route around the school grounds where kids can run laps. Find a fun way to help students count their laps, such as using popsicle sticks or elastics.
- If running in the gym, place pylons in corners, use music and switch directions often.
- Track distances run as a fun way to motivate students and help them see their progress. Individual tracking can be done in the [KRC Running Log](#) or on a piece of Bristol board posted somewhere for easy access.
- Track the cumulative distance run by the group and work toward a goal, such as running the circumference of Nova Scotia or reaching a milestone such as 100 laps or 50 km. Working toward a common goal provides extra motivation and gives everyone a chance to contribute, regardless of their running proficiency.



## Tips for Success Continued:

- Encourage students to follow the training program for their homework runs to ensure they increase their distances gradually.
- Run outdoors when possible but also explore the use of the gym for bad-weather days.
- Aim to run twice a week, if possible, and assign at least one homework run.
- As time will not allow for a formal warm-up or cool-down, encourage students to start and end with slow jogging or brisk walking.
- If it's safe to do so, incorporate obstacles in your route, whether in the gym or outdoors, to keep it fun (jumping over, climbing under, running around).
- Incorporate stations on the running route where students complete exercises such as jumping jacks, push-ups, butt kicks and sit-ups.
- Work toward a final run to motivate students and give them an opportunity to celebrate all their training. This can be a special run your class does with healthy treats and presentation of their KRC finisher's prizes or a community-based fun run.
- Consider using participation awards for distance milestones, good effort, improvement and supporting peers. Stickers on the Bristol board tracking poster, certificates, toe tokens or random prizes are easy to provide and can create lots of motivation.
- Invite a KRC representative to provide a mini running clinic or healthy living presentation to your class.



## Homework Runs

Before assigning homework runs, share safety tips for running from home with students. Encourage them to read the safety section of the [KRC Runner's Handbook](#) online and to invite their parents to run with them. Some tips to keep in mind regarding homework runs:

- Send a note home to parents telling them about the students' participation in KRC and provide information and suggestions for homework runs. Share the [KRC website](#) with parents and encourage them to review the [KRC Runner's Handbook](#).
- Talk to students about some running route options in their neighbourhoods. The safest routes might be as simple as running around the block or running small loops in a local park. Using a route of 2 km or more may not be safe for young runners, especially those running alone.
- Encourage students to keep their KRC Running Log at school and use it to track all their runs. This allows coaches to monitor, encourage and reward homework runs.
- Make a point of celebrating homework runs.
- Students who are unable or unwilling to run can still participate fully by walking and setting their own goals for improvement.





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## KRC and Curriculum

Kids Run Club can support a number of learning outcomes in various subjects, including language arts, health, social studies, physical education and math. Here are ways to incorporate the KRC experience with learning outcomes:

- **Language arts:** Have students write or draw about their experiences running: how they feel when/after they run, if they notice improvements, what they like or don't like, or how their homework runs are going. They can also read the Runner's Handbook online.
- **Health:** Discuss the health benefits of physical activity and healthy eating. Pick a week for students to complete the Healthy Living Challenge to track their physical activity, healthy eating and sedentary behaviour.
- **Social studies:** Use a map of Nova Scotia to track the students' accumulated distance run around the circumference of the province.
- **Physical Education:** Aside from outcomes related to health (impact of movement on heart rate, breathing, and muscles; muscle strength/endurance, flexibility), KRC offers excellent opportunities to develop physical literacy by teaching students about proper running technique, a fundamental movement skill.
- **Math:** Track individual or group distances on a map or in a running log.

**HEALTHY LIVING CHALLENGE**

Leading a healthy life isn't as hard as you think.

Here's a chance to give it a try.

Your goal is to get 90 minutes of physical activity, replace an unhealthy food or drink with something healthy and spend at least 1 hour less in front of a screen everyday for five days.

Encourage your family to take on the Challenge with you. Plan a fun family event like going bowling or for a hike to celebrate having completed the Challenge.

**KIDS RUN CLUB**

VISIT [KIDSRUNCLUB.CA](http://KIDSRUNCLUB.CA) FOR MORE INFO ABOUT HEALTHY LIVING

## 14-Week Training Program

The KRC modified training program takes into account that runs done during the school day will be limited by time constraints. Homework runs will provide an opportunity for students to gradually work on their endurance. The following training plan can be used to help students plan and achieve a progressive running goal and possibly participate in a local fun run.

Week	Class Run Time	Homework Run Distance
1	5-15 minutes	2 km
2	5-15 minutes	2 km
3	5-15 minutes	2.5 km
4	5-15 minutes	2.5 km
5	5-15 minutes	2.5 km
6	5-15 minutes	3 km
7	5-15 minutes	3 km
8	5-15 minutes	3 km
9	5-15 minutes	3.5 km
10	5-15 minutes	3.5 km
11	5-15 minutes	3.5 km
12	5-15 minutes	4 km
13	5-15 minutes	4 km
14	A good time 😊	Fun run!

