




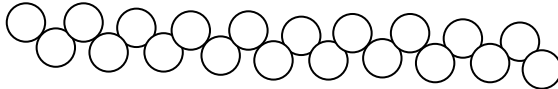
Activity Plan for Marching to Running

Week 1			
Activity	How many or how long	How many days	Instructions
1 minute march 	5 times/day	3 days/wk	Marching is like walking except that during each step you lift your knee up so it is as high as your hip. See how many marching steps you can do in one minute. Try to do at least 1 more step each time you try.

Week 2			
Activity	How many or how long	How many days	Instructions
1 minute march with arms 	5 times/day	3 days/wk	The marching is done like last week with your legs, but we are adding your arms to make it more difficult. As you lift your knee during each step, touch your knee with the elbow on the opposite side of your body (e.g., if you lift your right knee then try to touch it with your left elbow, and vice versa). See how many marching steps you can do in one minute. Try to do at least 1 more step each time you try.

Activity Plan for Marching to Running

Week 3			
Activity	How many or how long	How many days	Instructions
1 minute march up to toes 	5 times/day	3 days/wk	March for 1 minute. Each time you lift your knee, do an ankle rise with the foot you are standing on so that when your knee is lifted as high as possible you are also up on your tippy-toes. To keep your balance, bring the arm and elbow on the opposite side of your body forward at the same time as you raise your knee. This is really hard to coordinate, but keep trying. If you are lifting your right knee, for example, you should bring your left arm and elbow forward and be standing on the toes of your left foot.

Week 4			
Activity	How many or how long	How many days	Instructions
Tire running	5 times/day	3 days/wk	Football players practice running through tires to make sure that they are quick and balanced when they run. You won't have real tires, but you can draw circles on the ground instead. Just imagine that they are tires, which means that you have to lift your feet up high (this is where we use the marching you practiced) to go from one circle to the next. Draw 20 circles on the ground. Each circle should be about 0.5 m in diameter. The pattern of the circles is shown below. <div style="text-align: center; margin-top: 20px;"> Start  End </div>