



❏ U7 - 6 Week Fun Running Program

- 🎯 Goal: Build confidence to jog/run 150m by Week 6
 - 🕒 1 session per week (45–60 mins)
 - 🏠 Optional: 2 short play-based movement sessions at home
 - 😊 Focus on fun, imagination, and movement variety
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📅 WEEKLY BREAKDOWN

Week 1: 🐾 Animal Adventure

Theme: Move like animals in the wild!

- Warm-Up: Bear walks, frog jumps, cheetah dashes
- Skill Focus: Follow the leader (skip, hop, jog)
- Main Game: Jungle Journey – 3 x 50m loop with actions at each stop (crawl, jump, run)
- Challenge: "Run like a... (elephant, monkey, rabbit)"
- Cool Down: Slow giraffe walk + stretching

🧠 *Goal: Introduce movement variety and short running loops*

Week 2: 🏴‍☠️ Pirate Island

Theme: Sail the seas to find treasure!

- Warm-Up: Tiptoe like a parrot, stomp like a pirate
- Skill Focus: Balance on the "plank" (chalk line), side steps
- Main Game: Treasure Trail – 3 stations over 60m each (jump over hoops, crawl under nets)
- Challenge: "Catch the Captain" tag game
- Cool Down: Pretend row the boat + stretch

🧠 *Goal: Build balance, coordination, and 60m total running*



Week 3: 🦸 Superhero Training

Theme: Become your own superhero!

- Warm-Up: Power poses, superhero skips
- Skill Focus: Red light / green light (with running and stopping)
- Main Game: 2 x 75m runs through "obstacle city" (cones, turns, slow zones)
- Challenge: Beat-the-villain sprint (short sprints)
- Cool Down: Float like a superhero + deep breaths

🧠 *Goal: Controlled running with distance & speed changes*

Week 4: 🦁 Safari Chase

Theme: Go on an animal safari!

- Warm-Up: Flamingo balance, zebra gallops, lion jogs
- Skill Focus: Quick foot drills (ladder or cones), pacing
- Main Game: Safari loops – 2 x 80m runs with animal stations (crab walk, cheetah dash)
- Challenge: "Chase the zookeeper" (coach or adult)
- Cool Down: Elephant trunk swings, stretching

🧠 *Goal: Extend total running time to ~160m with breaks*

Week 5: 🦖 Dinosaur Dash

Theme: Stomp and roar through Dino Land!

- Warm-Up: Dino stomp, egg hop, baby dino crawl
- Skill Focus: Controlled "big foot" run and small fast feet
- Main Game: One 100m continuous run with a cheering squad
- Challenge: Dino tag with "lava zone" safe spaces
- Cool Down: Stretch in your dino cave

🧠 *Goal: Confidence for one continuous 100m run*



Week 6: ✨ Magic Run Day

Theme: Fantasy journey with music and celebration!

- Warm-Up: Dance party warm-up (wiggles, jumps, tiptoe walks)
- Skill Focus: Review: animal movements + controlled run
- Main Game: 150m Magic Adventure Run (themed checkpoints: wands, hats, treasure)
- Challenge: Super Relay (short team relays)
- Cool Down: "Fly home" walk + magic wand stretch

🧠 *Goal: One joyful 150m continuous effort with confidence & smiles!*

🏠 At-Home Sessions (2x/week)

Keep it simple and fun – each session can include:

- 5 min warm-up (animal moves or dancing)
- 10 min movement game (tag, follow-the-leader, treasure hunt)
- 5–10 min running/jogging (e.g. 2x 50m loops with walk breaks)
- 5 min cooldown walk & stretch