

RECESS, PE AND CLASSROOM PROGRAM

Implementing Kids' Run Club (KRC) as an extra-curricular program may not always be possible, so Doctors Nova Scotia (DNS) has designed three programs that combine shorter runs done during recess or class time with longer "homework" runs. These adapted programs are still considered part of KRC and are supported by KRC resources, including 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, this modified version is built on the foundation of getting kids active in a fun and safe way. Be sure to review the [KRC Coach's Handbook](#) for information about implementing and enhancing your program. Below are some tips specific to the modified version based on shorter group runs.

- Have some method of measuring and tracking the amount of running your participants do. This not only helps to motivate them but also helps them to track their progress. Individual tracking can be done in the KRC Running Log (available in the KRC section of www.doctorsns.com) or on a piece of Bristol board posted somewhere for easy access.
- Encourage your students to follow the training program for their runs from home in order to work on increasing their distances gradually.
- As time will not allow for a formal warm-up or cool-down, encourage participants 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 exercises such as jumping jacks, push-ups, butt kicks, and sit-ups at stations around your running route.
- 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.
- Pick one week to do the [Healthy Living Challenge](#) in order to encourage healthy eating and screen-time reduction.
- Having a final fun run to train for will help to motivate participants and give them an opportunity to celebrate all their training.
- Consider using participation awards for distance milestones, good effort, improvement and supporting peers. These could be stickers on the Bristol board tracking poster, certificates, toe tokens or random prizes.

Recess Program

One of the benefits to a recess run is that it is accessible to 100 per cent of your student population. The program can be done school-wide or as a voluntary club with those students who are interested.

Some tips to consider:

- Limit the amount of changing of attire students do to prepare for this run. Making a full change of clothing could take a good portion of the time available. Special running attire, other than sneakers, is not crucial for such short runs.
- If running in the school yard, choose a route that does not require runners to run through other groups of students. This will help to avoid injuries/conflict.
- If running in the gym, keep it fun by playing music and changing directions at the end of each song.

Physical Education Program

The amount of running done in a physical education (PE) program KRC depends on the amount of time and frequency of the PE class. Limiting the amount of running is important as there are many learning outcomes that need to be covered in PE, and not all students will like running. If possible, aim for 10 minutes of running, twice a week.

- If running in the gym, keep it fun by playing music and changing directions at the end of each song.
- Consider increasing the time spent running incrementally. Runners who are capable can run continuously, but others should follow an increase of one minute each week, with a one-minute walking break in between.
- As running is a fundamental movement skill, be sure to cover proper technique (see Coach's Handbook) and remind participants how improving their running can support and improve their physical literacy as well as performance in other sports.
- Consider inviting a KRC rep to provide mini-running clinics to your classes.

Classroom Program

Kids' Run Club can support a number of learning outcomes in various subjects, including health, language arts, math and social studies. Whether it's journaling about running, tracking distances, learning about the health benefits of physical activity and healthy eating, or using a map to track a virtual route around Nova Scotia, having students run as part of classroom activities can be a good fit. Using KRC in class also provides students an opportunity to be active during class time, which has been shown to enhance self-regulation, cognitive function, behaviour and academic achievement. Some things to keep in mind about KRC in the classroom:

- Run outdoors when possible but also explore the use of the gym for bad-weather days.
- Consider using the students' experiences running for journaling, reading (Runner's Handbook), math (distance tracking) and presentations.
- Incorporate the [Healthy Living Challenge](#) to encourage healthy eating and screen-time reduction.

- Students who are unable or unwilling to run can still participate fully by walking and setting their own goals for improvement.
- Consider inviting a KRC rep 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 your participants. 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:

- Talk to students about some running route options in their neighbourhoods. The safest routes might be as simple as running the block around their house or running small loops in a local park. Finding a route of 2 km or more may not be safe for young runners, especially those running alone.
- Encourage participants 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.

14-Week Training Program

Although the amount of time spent running in class may be consistent, the time and distance of longer homework runs should gradually increase. The following training plan is one that can be used to help your runners plan and achieve a progressive running program and possibly participate in a local fun run.

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