**PLAY TAG**

*Instructions*
Choose one person to be “it.” As the “it” person tags others, they too begin chasing those who have not been tagged, until everyone has been tagged.

*Marathon Kids*

**FOLLOW THE LEADER**

*Instructions*
Choose a kid to be the “leader.” Have the “leader” choose their favorite warm up activities that get them moving, that the others will copy. Play follow the leader until warm.

*Marathon Kids*

**STRETCH + SPELL**

*Instructions*
Use body to spell out a family member’s name, one letter at a time. Hold each letter for 3 seconds. Repeat until cool.

*Marathon Kids*

**RED LIGHT GREEN LIGHT**

*Instructions*
Act like cars while the parent calls out a traffic light color. Run on green. Walk on yellow. Stop on red. Mix up the colors and continue until warm.

*Marathon Kids*

**OBSTACLE COURSE**

*Instructions*
Make a simple obstacle course with things you have at home.

*Marathon Kids*

**GROUP WALK**

*Instructions*
Walk together as a family. Don’t leave anyone behind.

*Marathon Kids*