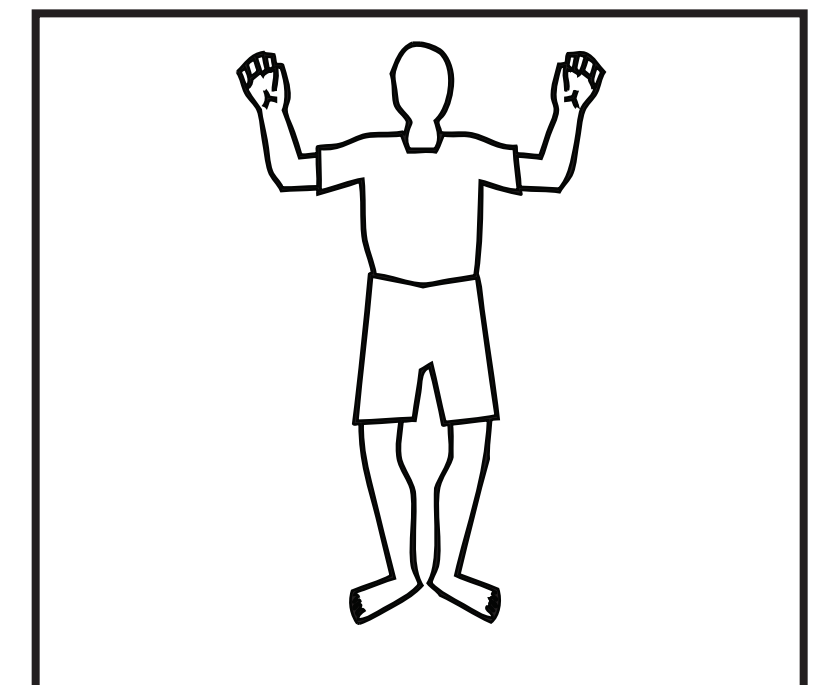


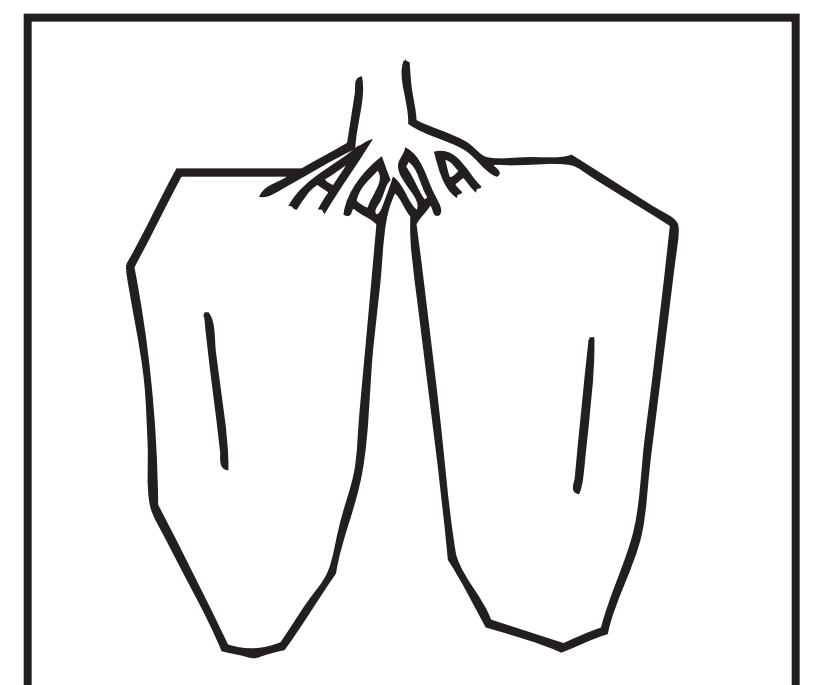
RUN FOR RESPIRATORY HEALTH & CONDITIONING! -THE RUNNING STATION-



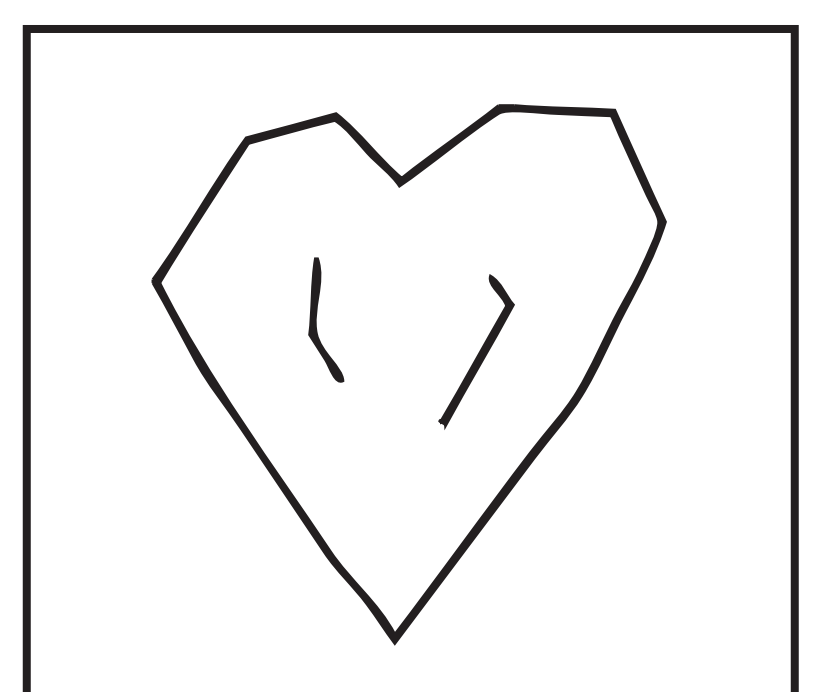
Muscles, Systems & Skills



Total Body



Respiratory



Cardio

Keep up the pace. Players run through a beautiful field and mountain area chasing an animal in a relay race. Get your heart pumping and strengthen your lungs at this station.

Running is an activity that works many different muscles together. Chasing after the animal in a relay race gives players a set pace and a goal to aim for in this fun and intense activity. Don't fall behind and keep the finish line in sight!

The Running Station is in alignment with the following Physical Education and Health Learning Standards:

- Understand the relationship between physical activity and individual well being
- Understand the effects of activity on the body, the risks associated with inactivity, and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility and body composition)
- Develop physical fitness skills through regular practice, effort and perseverance

Related Sports & Activities

Running
Football
Soccer
Lacrosse

