



Station Coach Role Details

Adventure Running Kids is run from a planned curriculum, so at its most basic level, the coach's role is straightforward:

- Deliver exercise to one or 2 different ARK groups over the course of the hour(s)
- Pack up exercise and return equipment to check in area at the end if that is the final use of the station that day.

All the exercises are set up beforehand by the Program Manager and the curriculum will be emailed out beforehand. For more information check out a couple of videos of ARK exercises in progress at the very bottom of our [ARK main page](#).

Schedule for station coaches (add an hour for 6:45pm slots!)

Pre-5:30pm: Kids begin to arrive

5:45pm: Group number #1 finished warm up (run by Group Leader) and starts Station.

6:00-6:05pm: End Group #1 and send them off to 2nd station

6:05pm: Begin Group #2

6:25pm: End Group #2, pack up station if not running in the next hour (use the kids, there are happy to!)

Example Curriculum

Peg Relay

Show the kids the three stop points on the hill, then have them split into pairs

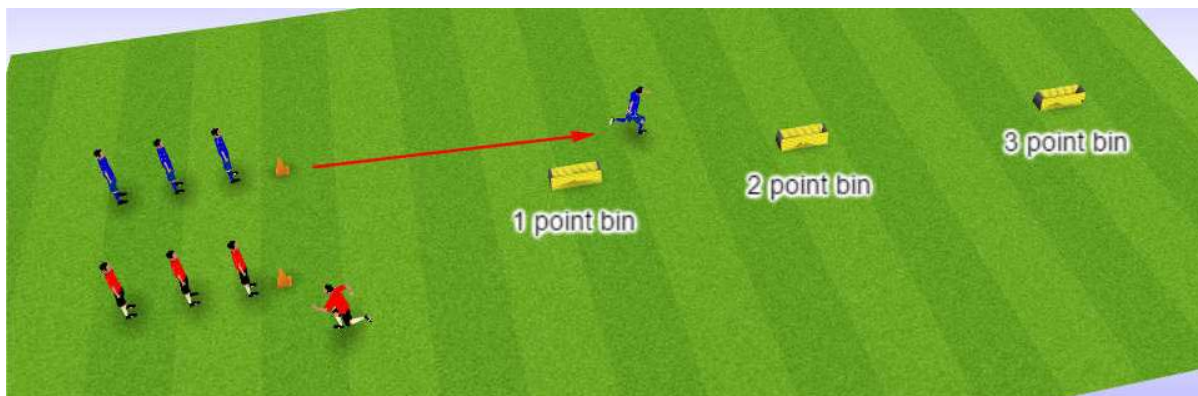
On your "go," partners take turns running to one of the bins, and take 1 clothes pin.

The next player can't go until they high five their partner once they return.

Each bin should have a different colour (or combination of colours) clothes pin. Pins from the closest bin are worth one point, the next 3 points and the final worth 5 points.

Continue taking turns collecting pins, stop the runners after 15-20 minutes. Leave time to calculate score and replace cloth pins.

Reinforce the 'speed' aspect – you get to spend half the time resting, so go as fast as you can for when you are running.



Equipment: pylons, 3 different coloured bins of clothes pins (about 100 of them), smaller bins for teams to keep their pins in