

Daisy Trail Adventure

Jogging Games to Get You Moving

Sharks and Minnows:

Play tag with your friends! One girl will be the shark and the others are minnows. The shark will chase and tag a minnow, who will then turn into a shark. Now, you'll have two sharks chasing minnows. Do this until all the minnows turn into sharks.

Run Like an Animal:

Animals move at different speeds. Some are fast and others are slow. On your own or with friends, sprint like a cheetah, run like a horse, jog like a pig, and walk like a turtle. Shout out a new animal every 10 to 20 seconds. Do you change the way you run when you go at different speeds? Which animal is your favorite?