

Partner Memory Run

Grades 2-5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass, blacktop

EQUIPMENT

Cones
(as needed)

Tip

Vary jogging time; make each run last from 30 to 60 seconds.

- 1** Establish boundaries for a large playing area, perhaps the entire grass field and/or blacktop. Use permanent playground features (such as trees and backstops), and cones if needed, to mark the boundaries. Assign each student a partner; one student is the leader, and the other is the follower. Establish a line where all pairs begin and end the run.
- 2** Say “Ready, go” to begin the jog. The leader in each pair jogs anywhere within the playing area and returns to the starting point within a set period of time—for example, 45 seconds. Give your students a 10-second countdown to signal the end of the run. The follower jogs slightly behind the leader the whole way.
- 3** After all pairs have returned to their starting point, the partners switch roles. The follower takes the lead and tries to retrace the original route in the same amount of time.
- 4** Repeat the steps above and have the students reverse roles. The original follower is now the new leader.



The leader jogs in front while the follower trails close behind.