

PNW Kids Run Club

Empowering Inner Youth through running
and goal setting

at

Redmond Elementary School

Wednesday Jan 11 to April 5th time-2:30 pm to 3:30 pm

KG TO 5 grade



Registration opens on Nov 24
www.pnwkidsrunclub.com



Week 1: Positive Words

Week 2: Positive thoughts

Week 3: Aggressive Goals

Week 4: Personal Resilience

Week 5: Teamwork

Week 6: Individual Integrity

Week 7: Community Vision

Week 8: New Beginning

Class structure:- 2 min greet and meet,10 min Empowerment principle discussion,5 min warm up, 25 min Running drill of the day , 5 min cool off and dismissal.
Expected Outcome:-Kids understand and adapt an attitude that intelligence, abilities, and talents are learnable and they can be improved with effort.
Improved running skills in terms of Posture,Speed,Endurance,Cadence and Kids are expected to finish powerfully and earn a medal after completing a running challenge of 5 kms or more.

