

Run & Carry - The Ultimate Game

Run and Carry is a basic game found in the Young Athletes guide. You will find it in the Family & Caregiver guide, as well as Learn. Practice. Play UNIFIED.
The BEST part of Run & Carry is that it can be modified in countless ways!

The Concept:

Pick up an object from one spot and walk or run it to another spot

The Variations:

ENDLESS

The Objects

- Hoops over a cone
- Play food
- Bean bags
- Seasonal items (no choking hazards)
- Scarves
- Critters
- Floor markers
- Rolled up paper

The Containers

- Cones (putting things on or under)
- Baskets
- Brick & Hoop (use 2 plastic bricks and a hoop)
- Hula hoop
- Partner/Person holding item

Getting From One Spot to Another

- Walk
- Run
- Gallop
- Crawl
- Roll
- Move in a straight line
- Move in a zig zag line
- Side step
- Set out floor markers
- Mark a path using painter's tape
- Shorten the distance or make it longer
- Balance a bean bag on your head
- Set out the balance beam

Add in some social skills and cognitive skills

- Waiting in line for your turn
- Work in pairs – hold hands
- Count the number of objects
- Name the objects

Themes

Supermarket Sweep – children can pick out play food out of a basket and then run and put it in the container labeled with that food group

Colors – children match color items with buckets of the same color or labeled with that color

Pumpkin Patch – children “pick” mini pumpkins and then put them in baskets

Snowball Shuffle – crumple pieces of white paper or use other objects as the snowballs – finish with a “snowball fight”

Mobility Challenges

- Children move from one spot to another using wheelchair, walker or gait trainer as needed
- Length between spots is shorter or longer based on child's ability
- Allow more time to move from one spot to another