



Chicago Runners: 2020-2021 Program Offerings

The *Chicago Runners* program is designed for youth in Kindergarten through 5th grade. This program provides equitable access to physical activity breaks to promote well-being and improve concentration in the classroom.

Main Program Offerings

- *Chicago Runners* program operates with three 8-week seasons (fall, winter, spring)
 - **Fall (10/13 - 12/4):** Focus on locomotor skills (running, skipping, jumping, etc.)
 - **Winter (2/1 - 3/26):** Focus on non-locomotor skills (bending, twisting, stretching, etc.)
 - **Spring (4/5 - 5/28):** Focus on manipulative skills (throwing, catching, bouncing, etc.)
- Chicago Run will provide the following:
 - Necessary materials for your staff to successfully implement a remote physical activity program during instructional time for 10 to 15 minutes, three to five times a week. These resources include a curriculum and a variety of online fitness videos and activity sheets
 - Access to weekly remote live videos lead by a Chicago Run staff member for youth to follow along with for movement breaks
 - Access and login instructions for the [myChicagoRun.org](https://mychicagorun.org) virtual marathon and online database



Program Trainings/ Support

Chicago Run will:

- Provide remote “Fitness in the Classroom” training for participating classroom teachers
- Communicate with your school/ site on a regular basis
- Support your school/ site with hosting and organizing a culminating event at no cost for all students and family members

Additional Program Benefits

- **CPS Health and Wellness Policy Support**, which includes assistance in becoming compliant with the physical activity portions of the CPS Wellness Policy and development of school Wellness Teams

The 2020-2021 Chicago Runners program is at **NO COST** to your school/ site.

Chicago Run is an approved CPS Vendor (Vendor #85881).

Please contact Veronica Tovar for more information at veronica@chicagorun.org.