
THE CrossFit JOURNAL KIDS

CrossFit Kids Warm-Up: Making Ant Food

Mikki Lee Martin says you'll need a box of crackers for this warm-up—but your young athletes won't be eating them.

By Mikki Lee Martin CrossFit Kids

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Staff/CrossFit Kids

In keeping with teaching our kids about good food choices, we advise parents to give healthy snacks to their kids (sausage and apples) rather than empty carbs like crackers. Focus work that follows this warm-up should be about better snack choices and defining “empty” carbs.

The warm-up requires one bag of Goldfish Crackers.

Using an outdoor area measuring 50 x 50 meters, place goldfish at each corner in small groups of about 12. Each goldfish should be spaced out enough for little feet to stomp without hitting more than one.

On “Go!” kids stomp a single goldfish in one area and move quickly to the next. Kids should keep count of every goldfish stomped. Do not expect accurate counting.

Once all goldfish are stomped, kids write their numbers on the board. With a trainer leading, add the numbers

and multiply the total by 10 to arrive at an approximate number of ants fed. Some of the kids will understand the addition, and the older kids will help with multiplication.

Expanding the Concept

When using this Warm-Up and Focus, serve a nutritious snack after the WOD and Game.

Or, in addition to stomping the goldfish, provide a nutritious snack to “find” one piece at a time, placing small pieces of that snack on a dish somewhere challenging to access.

To expand the cross-curricular aspect, have kids subtract the number of good snacks from the number of stomped goldfish.

Have fun!

