
THE CrossFit JOURNAL KIDS

CrossFit Kids Ice-Cream Truck

Mikki Lee Martin explains a CrossFit Kids workout young athletes will instantly understand.

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CrossFit Kids presents a scenario-based WOD and game.

Equipment

Chalk.

8 cones.

8 hurdles or small obstacles to hop over (no higher than 6").

Two bowls: one for distribution, filled with about 100-200 pennies and nickels, and one empty bowl for collection.

4 average-sized car tires and two sets of parallettes to create the ice-cream truck (see picture above).

Treats (one for each child), such as a small box of yogurt-covered raisins or whole-fruit, low-sugar juice popsicles.

An iPhone or iPod with ice-cream truck music downloaded and easily accessible (we used a 99-cent game from the iPhone app store that starts with music, surprisingly called *Ice Cream Man*).

Two trainers are required.

1 of 2

Field of Play

Create a 150-to-200-meter run distance or hill sprint with a turn at the midpoint. Station a trainer “mom” or “dad” at the midpoint with the bowl of pennies and nickels.

Create an obstacle agility run following the exit from the run consisting of cones and hurdles (cones and hurdles represent kids on bikes and people walking pets in the neighborhood). Use chalk to define the course with arrows and instructions like “touch cone,” “hurdle” or “hop over.” With chalk, define a clear exit from the course.

Station the ice-cream truck about 25 meters away from the agility course. Define a line near the truck “window” created by pallettes.

With chalk, define additional directives such as “3 tuck jumps here” or “tuck jump while waiting in line.” This will be dependent on the number of kids in the class. Station a trainer here—the “ice-cream man or woman”—with an empty bowl for penny and nickel collection and treats for the final round.

Play

Use a short whiteboard explanation followed by a walk-through with the kids.

Kids are directed to pace around until they hear the ice-cream truck’s music (like “3, 2, 1 ... Go!”) cued by a trainer. As soon as they hear the music, kids should sprint or run “home” to get money from mom or dad.

The kids will then run back through the agility course (avoiding pets and kids on bikes as directed) to get in line for ice cream. While in line, they’ll tuck jump while waiting or do 3 tuck jumps (jumping with excitement) if there is no wait.

When they ask the ice-cream man or woman for ice cream, he or she will look at the change and tell them just a little bit more is needed. The kid will return to the course (go home to get more money).

Repeat 3-5 times. On the second-to-last round, the trainer in the ice cream truck will tell the kids, “Just one more penny!” When they return, they’ll receive a healthy treat.



Staff/CrossFit Kids

With change in hand, kids dodge obstacles to get a healthy treat.

Goal

To get “ice cream,” which is actually a healthier but still desirable substitute.

