

# Pavement Paintings

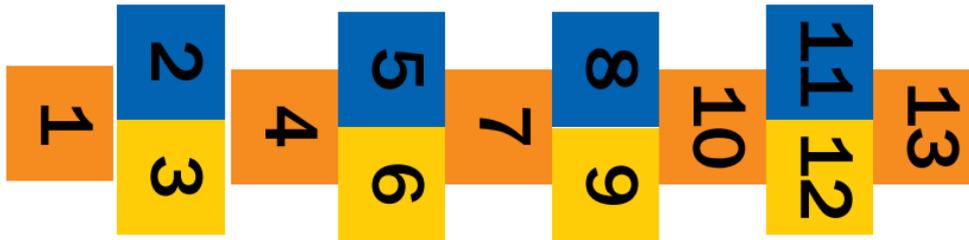


Pavement paintings are an excellent way to promote physical activity in an outdoor space that may not be fully utilized. Use emulsion, gloss or road paint, or special playground paint. Do not have a budget for paint? Use sidewalk chalk for a temporary design or contact local construction businesses to donate the paint and/or their time to apply the paint. Artistic parents may be willing to donate their time as well. Also contact the local school to borrow stencils that they use on their playgrounds.

# Hopscotch

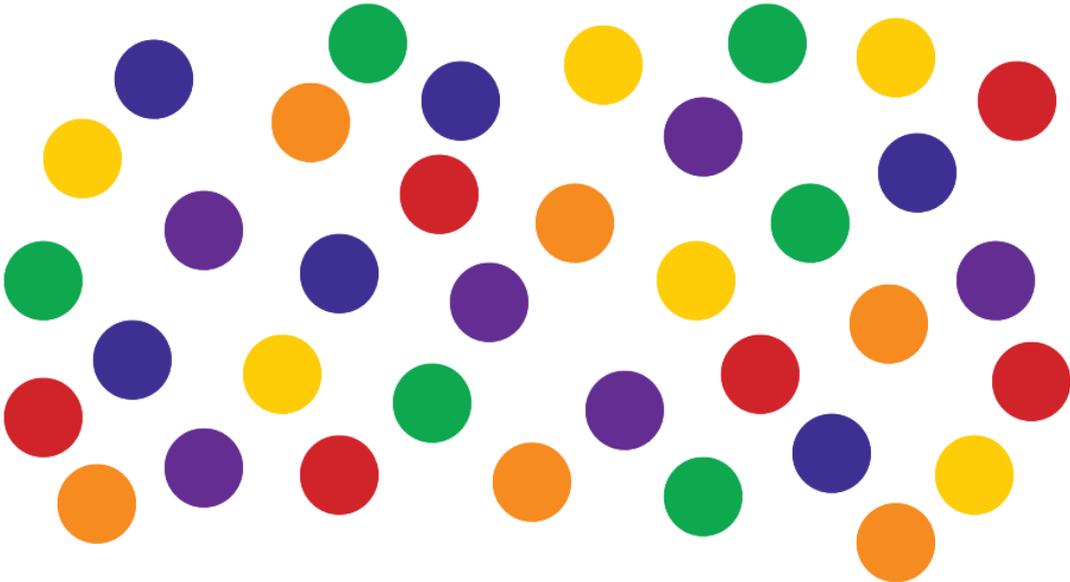
Single squares must be hopped on one foot. For the first single square, either foot may be used. Side by side squares are straddled, with the left foot landing in the left square, and the right foot landing in the right square.

For the younger children they can jump from square to square using both feet. Counting aloud during this activity can help reinforce counting skills.



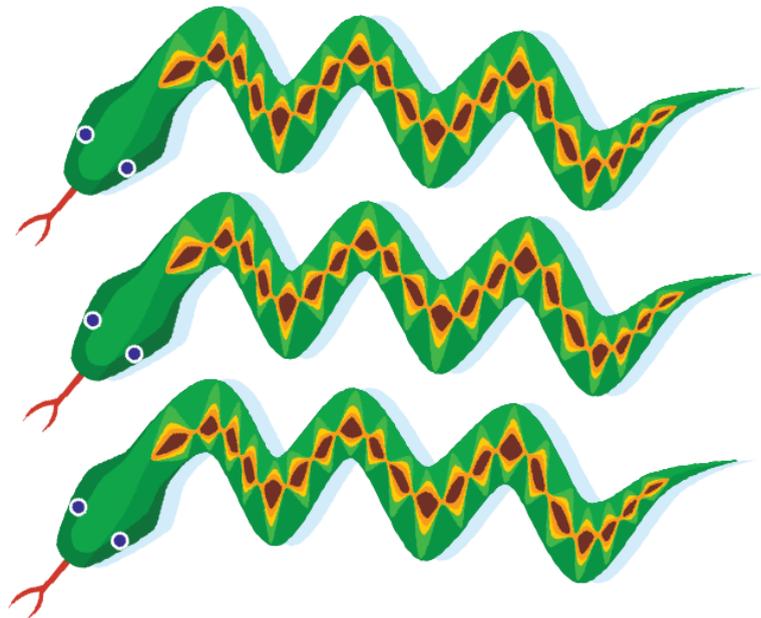
# Color Circles

Have a group of 6 children or less (based on the number of circles you have)  
listen for a color and then run to the circle of that color.



# Follow the Snake

Have children run, walk, or skip by following the waves of the snakes.



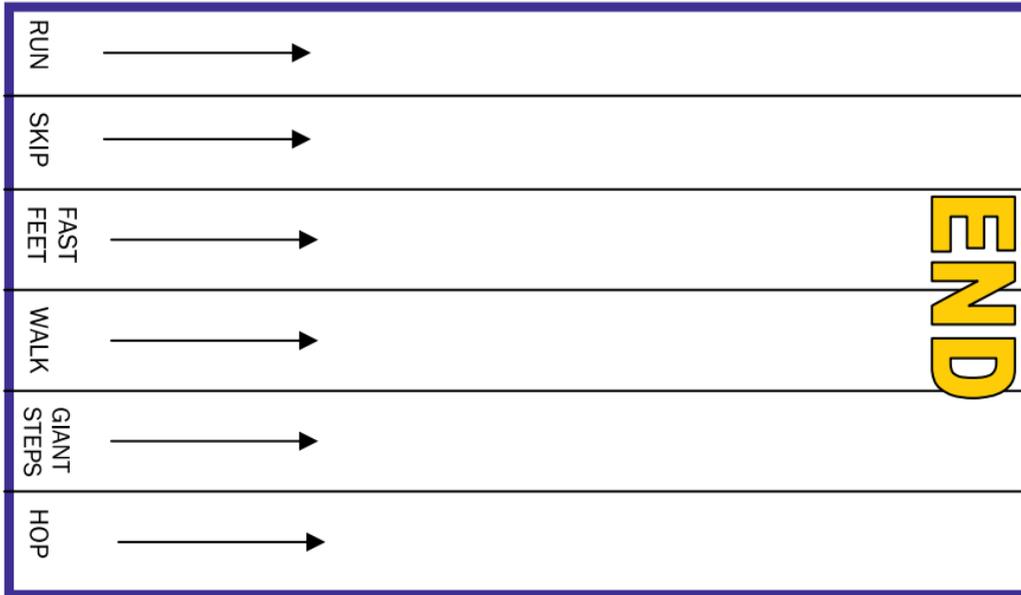
# Alphabet Rainbow

Have a child say the ABC's while jumping to the next letter.



# Movement Lanes

Each lane identifies the movement that is to be completed to the end of the lane.



# Highway to Health

Have children form two groups. Group 1 walks, runs, skips, etc. on one side of the road and Group 2 does the same on the other side.

