

Fun Fitness Activities

Each event should feature a minimum of two physical activities. This section provides fun ideas to meet that requirement. Feel free to use these ideas or create your own!



FAMILY
Fun, Food
& Fitness

Family Friendly Physical Activities

This section contains family friendly physical activities that are well-suited for a Family Fun, Food and Fitness event. As you plan and prepare for your event, review the activities in this section to generate ideas. Remember to plan a minimum of 2 physical activities for your event. Use this section as a guide but feel free to brainstorm your own ideas as a planning committee. The PE teacher at your school can serve as a great resource for your event.

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone! Families play an important role in helping youth learn to be active and stay active throughout their lives.

Physical Activity Tips:

- Consider what activities meet your needs including: time, space, budget and theme.
- If you are expecting large crowds at your event, multiple stations of the same activity may be needed.
- Think about the number of volunteers that are needed to conduct the activity.
- Make a list of the supplies you will need prior to your event.
- Modify activities to meet the needs and age ranges for your target audience.



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GENERAL PHYSICAL ACTIVITY IDEAS

- Animal Yoga
- Bean Bag Toss
- Circuit Stations
- Croquet Golf
- Dance Classes
- Duck, Duck, Goose
- Hokey Pokey
- Football Target Throw



- Geocaching
- Mini-Frisbee Golf Course
- Obstacle Course
- Parachute
- Potato Sack Races
- Run—5K
- Rock Wall Climbing
- Scavenger Hunt
- Simon Says
- Spoon and Egg Race
- Three Legged Race
- Interactive-Workout Videogame Station
- Workout Videos
- Yoga



Bowling Bash

Set up bowling pins and have participants attempt to knock down as many pins as they can with two rolls of the ball.

Materials Needed:

- 20-30 bowling pins (Two-liter plastic soda bottles filled with an inch of sand work well if bowling pins are unavailable)
- Balls (younger students may do better with larger balls such as volleyballs while smaller balls such as a baseball can be used for older students)



Cone On, Cone Off

Divide the group into equal teams. Line each team up across from a traffic cone. Give the first player on each team a ball. On the "go" signal, the player with the ball runs and places the ball on top of the cone and runs back to tag the next person in line. This player will run out and remove the ball from the cone and bring to the next person in line. Play continues until everyone in the line makes it through the activity. Have teams race against each other for a friendly competition.



Tips:

- Test to make sure the ball size you choose will balance on top of the cones.
- Substitute other locomotor skills for running.

Materials Needed:

- Traffic cones with hole in top
- Balls

Banana Split Tag

1. Banana Split Tag
2. Choose 2-4 people to be "IT". Give those individuals jerseys or scarves that they can tie around their arm so they can be easily identified.
3. Everyone who is not "IT" will run away from the people who are "IT" to avoid being tagged.
4. The "IT" players will try to tag the other players. (Remind players this should just be a tap, not a push or shove).
5. If a player gets tagged, they must stand frozen with their hands together over their head, slightly slanted forward (in the shape of a banana).
6. To get unfrozen an untagged player must pull the frozen players hands apart like they are peeling a banana.
7. Be sure to stop the game periodically and choose new players to be "IT"

Materials Needed:

- Scarves, wristbands, jerseys or something to identify the "ITS"
- Gym with boundaries



The Moving Alphabet

Instruct participants to imagine that the letters of the alphabet could move. Each letter has its own sound so each letter could have its own movement!

Tell the group they are going to move like letters. Some starting points for translating a letter into movement include:

- Shape of a Letter: Letter "U" - Make U-turns while Letter "A" walks with legs stiffly parted
- Sound of a Letter: Letter "S" - Move like a hissing snake
- Word Beginning with a Letter: "B" - Bounce

Part of the activity may be coming up with movements for the alphabet letters or event organizers may choose to do so ahead of time and have hand outs or posters with letters and corresponding movements.

Variations of the Activity:

1. For those learning to read or spell, this activity can be a fun way to practice the letters of the alphabet or spelling different words.
2. Put on a letter parade.
3. Alphabet Charades—Divide participants into two groups. Have a team choose a word and present it letter by letter. The other team has to guess what word came to life in front of them!

Putting Movement into Reading

Have participants act out a story or participate in the motions that are described in a story as it's being read to them.



ABC Fun

Label 26 buckets with the letters of the alphabet. Have participants line up in a single file line giving everyone a bean bag. Call out a letter of the alphabet and have the first participant run to the correct bucket to throw in their bean bag. Give the next participant in line a new letter and cycle through the entire line.

Materials Needed:

- (26) buckets
- Bean Bags



Round and Round the Tire Goes

1. Set up a looped course.
2. Provide participants with a tire (and gloves to keep their hands clean).
3. Time participants as they roll the tire around the outside of the loop.

Materials Needed:

- Tires
- Sets of gloves



MyPlate Hopscotch

Draw a hopscotch board with 6 boxes. Label the boxes: Fruits, Vegetables, Grains, Dairy, Protein, and Oils. Depending on your event, multiple hopscotch boards may be necessary.

Ask participants nutrition questions and instruct them to hop to the box that they believe is the answer. Consider challenging participants by having them balance on one leg, jump in place, pat their head and rub their stomach while hopping, etc.

Tip:

If unable to use sidewalk chalk, use painters tape to draw the hopscotch board and make labels to include in each of the boxes.

Materials Needed:

- Sidewalk Chalk



Got Milk?

Eat Smart
to Play Hard



Use empty milk cartons in your activity stations by:

- Having participants jump forward and backward, or side-to-side over empty milk cartons.
- Consider setting up an obstacle course where participants run through a course stopping at each milk carton to do a new activity! Label the milk carton with the activity to be conducted.



12 Days of Fitness

Just like the 12 days of Christmas song, except participants create exercises to go with each day and do the exercises as the group goes through the song:

On the first day of fitness

My goal was said to be

1 push-up in perfect form for me

On the second day of fitness

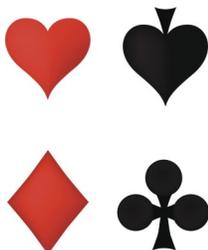
My goal was said to be

2 sit-ups and 1 push-up in perfect form for me



Play Cards

Using a standard card deck, assign an activity to each of the four suits (ex: jumping in place, running in place, sit-ups, squats). Pass out a card to each participant and instruct them to do the activity for that suit for 20 seconds. Have participants pass their cards to their neighbor and repeat for 5 passes. Add a twist: have students perform the activity the number of times designated on the card.



Keep it Clean

Split a room in two by placing painters tape down the center. Divide participants into two teams, with each team on either side of the center line. Give participants several soft objects to throw (wadded up paper from the recycle bin works well). Once the game begins, have participants start throwing objects across the line, while attempting to block the incoming objects from the other side. The object is to keep objects off of your side of the room. When you call "time" the cleanest side (the one with the fewest objects) wins.



Pool Noodle Fun



- **Noodle Limbo**—Have two volunteers hold the ends of a noodle, starting up high- over their heads. Have participants go under the noodle, then have the noodle holders lower the noodle in increments (i.e. shoulder height, chest, belly button, hip, thigh, knee, shin) so that participants need to get down lower to get under the noodle. Consider letting all participants continue as the noodle gets lower without eliminating anyone. See what creative ways participants will generate to get under the noodle as it gets lower?
- **Tunnel Fun**—Line up a few chairs facing each other, a few feet apart. Lay pool noodles across the chairs to make a tunnel. Participants can crawl underneath the noodles through the tunnel!
- **Ride'em Cowboy!** - Have participants put on their imaginary cowboy hat and spurs, grab a pool noodle and pretend the noodle is a horse and gallop. Add some fun by giving signals to go fast/slow or start/stop. Direct participants to use different locomotor skills such as sliding from side to side; twisting back and forth; and walking in straight, curved or zig-zag paths.

Beach Ball Activities

- **Toss and Turn**—This is “Simon Says” with a twist. Toss the beach ball up into the air and do something fun before it hits the ground. An adult (Simon) gives a direction, such as “touch your nose,” “clap your hands,” “jump up and down,” “turn around”. Children throw the ball up into the air and do what Simon Says before it hits the ground. For added fun, let the children take turns being Simon.
- **Beach Ball Volley**—Pair participants up, giving each pair a beach towel. Have one pair place a beach ball on their towel and toss the beach ball into the air for another pair to catch.
- **Catch and Move**—Label multiple beach balls with different movements (i.e. jump, push up, jumping jack, lunge, etc.). Start tossing around the beach balls and as participants catch a ball they must do the movement that their right hand is nearest.



A Day at the Beach

Divide participants into groups. The number of groups should not exceed the amount of materials you have.

Have each group line up in a single file line. When the relay starts, the first player in each line should pick up their groups beach chair and beach bag containing a towel, sunglasses and magazine and carry them to the finish line. At the finish line, the player will set up their beach chair, lay out their towel, sit on the chair, put on the sunglasses and open the magazine. After the participant is “lying on the beach,” he/she will jump up, pack up the towel, sunglasses and magazine into the beach bag, fold up their beach chair, and carry it all back to the next person in line. The relay will continue until each of the group members has a a turn to “lay on the beach”.

Materials Needed Per Relay Team:

- Beach Chair
- Beach Bag
- Towel
- Sunglasses
- Magazine



Physical Activity "Minute To Win It" Games

Have contestants take part in a series of 60-second challenges that use commonly available objects. Having duplicate materials will allow multiple participants to participate at one time!

Defying Gravity

The Goal: Keep 3 balloons in the air for 60 seconds.

How to Play: When the clock starts, player releases 3 balloons into air and attempts to keep all 3 balloons from hitting the ground. Player may not hold balloons, allow them to rest on the body, or hit the ground or the game is over!



Nervous Nelly

The Goal: Accumulate 500 "steps" between four different pedometers.

How to Play: Strap pedometers to each arm and leg using sweatbands. Make sure pedometer displays are at "0". When the clock starts the player begins moving arms and legs for 60 seconds. If they player gets a combined total of 500 clicks or more they win!

Physical Education: Talk with participants about the number of steps one should aim for in a day or that children and adolescents should aim for 60 minutes of physical activity each day, while adults should aim to get between 75-150 minutes per week depending on the intensity level.

Junk in the Trunk

The Goal: Shake a bunch of ping-pong balls out of a tissue box attached to the backside of the player.

Preparation: Put together a tissue box/belt combo prior to the event. This can be done multiple ways, for ideas visit: <http://gameshows.about.com/od/minutetowinitgames/g/Minute-To-Win-It-Junk-In-The-Trunk-Game.htm>. Test it out first to make sure the box won't tear or fall off while playing.

How to Play: Put the belt on the player with the box resting just above their backside. Place 8 ping pong balls in the box. When the timer starts, the player must start jumping and wiggling in order to get all 8 balls out of the box in their allotted 60 seconds.

Magic Carpet Ride

The Goal: While sitting on a carpet square or placemat maneuver through an obstacle course.

Preparation: Determine the length of the course. Place three obstacles throughout the course that players will be required to maneuver around. Use tape to indicate starting and ending lines.

How to Play: Player begins by sitting on carpet square or placemat, once the timer starts the player will inch their way through the course and around the obstacles using their legs and bottom. Players may not touch the floor, carpet square or placemat, or any of the obstacles with their hands.