



Get Up & Move!

Leader Activity Guide

Series 3: May

Outdoor Exercising Safety

The warm weather brings lots of opportunities to **Get Up and Move!** outside. We all need to take special precautions when we play outside, whether it's at home in the yard, on a walk, at the local swimming pool or lake, or on a bike ride. This month, members will learn some basic safety precautions to keep themselves healthy and safe while exercising outdoors. Areas that will be covered are:

- Pedestrian safety
- Bike safety
- Safety in the pool
- Sun safety

Club Roll Call: What is one outdoor activity rule that you follow?

Physical Activity Calendars

Collect the **April Physical Activity Calendar** from each participant. Record each individual's total number of activity minutes on the **Get Up and Move! Club Chart**.

Have a short discussion to review the **Physical Activity Pyramid** and reflect on their activity for the past month. Have each individual look closely at his or her calendar to see how his or her activity matches the advice from the **Physical Activity Pyramid**.

Reflection Questions:

Did you see an increase of physical activity over days in April?

Did you get at least 30 minutes of moderate activity each day?

Did you get at least 15 minutes of intense activity, 3 times a week?

What new activities do you think you can try for the month of May?

Pass out the May **Physical Activity Calendar**.

Educational Activity

This month's physical activity is called **Driving School**. Members will pretend to be the drivers of automobiles or bicycles and move around the activity area. Leaders will call out the provided traffic commands, and members will have to respond by changing the way they are moving. Members involved in a "collision" will have to report to the Body Shop, where they will have to do ten jumping jacks before they can rejoin the traffic. This fun activity will teach members some basic traffic rules and also get them up and moving!

Recipes/Snacks

This month's snack is **Dessert Nachos**. Nachos are a popular Cinco de Mayo dish. Instead of cheese, tomatoes, and sour cream, this recipe uses coconut, fruit, and vanilla yogurt, making it ideal for this time of year!

Family Activity

Members and their families can explore Illinois on their bicycles. This month's family activity is a **family bike ride** around the neighborhood, community, or state. Families can review the rules of bicycling together and the proper hand signals to use before they leave. Also provided in the family activity guide is a link to maps of Illinois bike trails.

Community Activity

A variety of projects can be done for this month's community activity. Members can explore the possibility of attending or assisting with a safety class offered by their local park district or police department. They can also volunteer their time to help clean up a local bike path. Enrolling in swimming lessons is a way to help members to stay safe in the water and to learn water safety rules. Courses given by local agencies in first aid, CPR, and aquatics are available for youth to become better able to act in safety situations. All of these activities will help members to get out into their communities and explore safety.

Ties to 4-H Projects

Members will learn about safety in outdoor activity through a variety of projects. Bicycling safety topics, such as learning street signs, signaling, safe driving, night driving, and wet conditions, are topics in the various **Bicycle Adventures** projects. In **Outdoor Adventures**, youth can explore safety while hiking and camping. They can also learn weather safety, first aid, and safe cooking. Members interested in **Performing Arts** can create a skit about safety and how to be safe while doing various activities. Youth enrolled in **Visual Arts** can make a poster that explains some important safety concepts.

All **Get Up and Move!** materials can be found on the State 4-H website at <http://www.4-h.uiuc.edu/opps/move>.

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