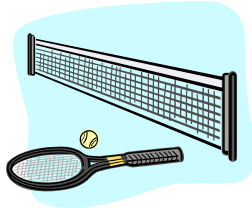




Get Up & Move!

Family Activity

Series 3: June

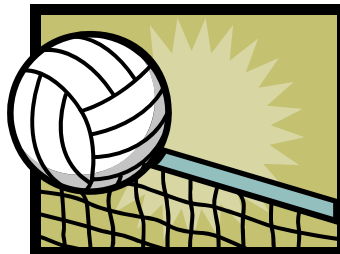


Sports

One popular way to stay active is to participate in sports! Many young people are on school-sponsored sports teams, but that is not the only way you can be involved! Many people play sports on their own, whether it is by playing basketball in the driveway or soccer with their friends! In this month's family activity, your family will learn about some new sports and try them out!

In what sports do you and your family already participate together?

What sports would you and your family like to participate in together?



Choose one of these new sports from your list of sports in which you would like to participate! As a family, visit the local library or use the internet to explore that sport and how it is played. You can find out the rules and how to keep score!

After learning about the sport, go and try it out! You can visit the local park, a nearby field, a recreation center, or local courts! This month, make a family goal to try out two new sports! Below are some examples of sports you can explore.

Tennis
Racquetball
Basketball
Softball
Bowling
Cricket

Volleyball
Swimming
Track & Field
Tetherball
Soccer
Field Hockey

Badminton
Hockey
Baseball
Golf
Lacrosse
Kickball