



Get Up & Move!

Physical Activity

Series 3: July

Summer Activities (25 minutes)

Items needed for this activity:

- Sidewalk chalk
- Small rocks or bean bags
- 1 kickball or four-square ball
- Masking tape (for indoor activities)
- Water balloons
- Long jump rope (at least one)
- Plastic or paper cups
- Water source (sink, hose, etc.)
- Safety pin to poke holes in water balloons

Activity set up:

- You will need four activity areas, for the following activities:
 - In the hopscotch area, you will need to use chalk or masking tape to make a hopscotch game.
 - In the four-square area, you will need to use chalk or masking tape to make a four-square game area.
 - In the jump rope splash area, you will need cups filled with water and room for a game of jump rope.
 - In the cold potato area, you will need five to ten water balloons and enough space for members to stand in a circle.
- You do not need to do all four activities if it is not feasible for your club due to size or space constraints. You may choose to do just one, two, or three.

Step 1: Information to share with club members (5 minutes)

Now that school is done for the year and we are in the middle of the summer, how has your physical activity changed? Do you think you are getting more or less physical activity? (Take responses). Why do you think that is the case? (Take responses).

Now that you are not in school, you have an extra seven hours of the day to fill! How do most of you fill that time? (Take responses). Do you find you are watching more television? Playing more video games? Using the computer more? Maybe you aren't getting as much physical activity now that P.E. is over or your sports team practices have ended.

During the summer, you are more responsible for filling your time than you were in the school year. You get to make more of the decisions about what activities you do! It is important to make sure you are filling it with enough healthy activity, such as eating right and being physically active. Let's talk about what physical activities you think you could do to fill your summer time healthfully!

What activities do you think you could do indoors? (Take responses). That's right! Things like push-ups, jumping jacks, knee lifts, and vertical jumps can

help you get your heart pumping inside. When you're doing something like watching television or playing a video game, you should take frequent breaks and do one of these activities to keep your body moving.

What about outdoors? Summer is a great time to participate in outdoor activities. What physical activities can you do outdoors? (Take responses).

Let's discuss some important things to remember about outdoor activity. When playing outside during the summer, we have to take extra precautions because the weather can be very hot. One way to keep your body cool and hydrated is by drinking a lot of water before, during, and after exercise. As we talked about in May, you should also make sure to wear sunscreen to protect yourself from the harmful rays of the sun. And if you are playing outside and you start to feel dizzy, faint, or sick, go indoors and tell an adult! You might be experiencing a heat-related illness.

One fun way to keep cool in the heat is by playing water games. Let's brainstorm some water games that you have played before or would like to play outdoors. (Take responses).

Great job! We have talked about many activities that you can do in the summer. Now we are going to play some popular summer games to give you some more ideas of what you can do on your own at home.

Step 2: Group Activity 1 (20 minutes)

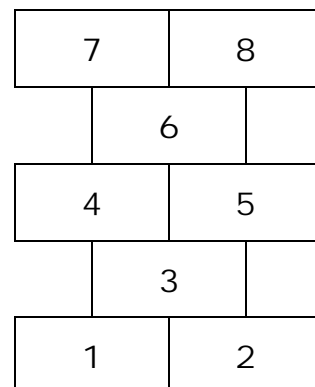
(For the group activity, you can organize the members according to what works best for your club. You may want to have half the club doing one activity while the other half does another activity. Or if you have a smaller group, all members can do the same activity together. Two of the activities (Jump

Rope Splash and Cold Potato) involve water and work best outdoors. Hopscotch and four-square can be done indoors using masking tape instead of chalk, as described above).

Activity #1: Hopscotch

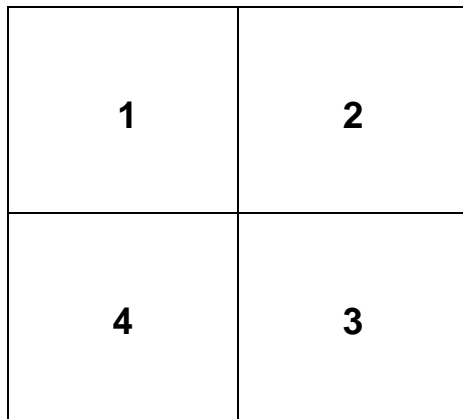
Draw a hopscotch game on a paved surface with sidewalk chalk (or tape in an indoor setting). Have members play according to instructions below.

1. Start by tossing a rock or bean bag into box 1.
2. Hop into box 2, landing with a single foot. (Skipping box 1 where the rock is located.)
3. Hop into box 3, landing on a single foot; then simultaneously into boxes 4 and 5 with both feet (one in each box). Hop into box 6 (single foot), then into boxes 7 and 8 (both feet – one in each box).
4. Jump while turning around, and land in boxes 7 and 8.
5. Hop all the way back to box 2 (landing on one foot in single boxes and two feet in boxes side by side), and then pick up the rock or bean bag from box 1. Then, hop out of the pattern.
6. Throw the rock or bean bag into the next numbered box. (Round 2, rock is tossed in box 2, etc.) Be sure to remind youth to skip over the box containing the rock or bean bag.



Activity #2: Four-square

1. Draw a 6- to 10-foot square on a paved surface with sidewalk chalk.
2. Divide the larger square into four smaller squares, number the squares 1 to 4, and have one child stand in each block.
3. The player in square 4 serves the ball by bouncing it in his square and tapping the ball into another square.
4. The player in that space must tap the ball (after one bounce) into another child's area, and so on, until someone misses the ball, lets the ball bounce twice, or sends it out of the grid.
5. The player who misses the ball steps out and the remaining players rotate up through the numbered squares. If you are playing with more than four players, a new player enters the game at square 1. The player who is out waits in line to re-enter the game once square 1 is open again.
6. Whoever is now in square 4 serves the ball to resume play.



Activity #3: Jump Rope Splash

1. Have two members hold each end of a long jump rope.
2. One at a time, have other members jump rope while holding a cup of water in their hands as they jump a set number of times.
3. Whoever spills the least water wins.

You can make this game more complicated by having members run into the rope, turn circles while jumping, etc.

Activity #4: Cold Potato

1. Have an adult use a safety pin to poke a hole in a water balloon, so that it has a slow leak.
2. Have players stand in a circle and toss the balloon around across the circle. The idea is not to be the one holding the balloon when it runs out of water!

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