

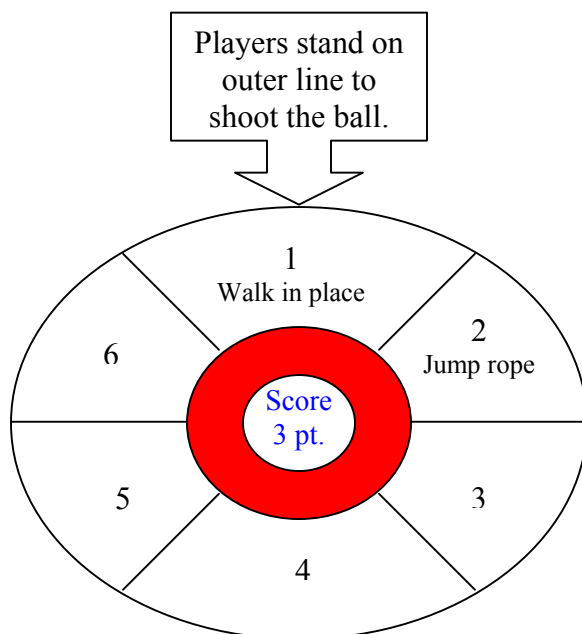
Looking for a way to get up and get moving? Are you missing the equipment or field space to play your favorite games? Look no further. Try the activities in this guide! These activities are designed to print so you can paste them to a 4x6" index card.

Basketball:

1. On a driveway or sidewalk, use chalk to draw the diagram on Side 2.
2. Assign an activity for each numbered station. Examples are noted in areas 1 and 2. Each player should start at a different station.
3. The goal is to bounce the ball into the center "basket" area that states, "Score 3 pts." If a player's ball hits the red surrounding area, that player must run around the circle until the next person is able to hit the center area, someone replaces them by missing the center or one round is completed.
4. Players must do the assigned activity at their station before and after shooting the ball. The activity is continuous while other players attempt a "basket."
5. After every player has had the opportunity to try to make a "basket," players rotate clockwise to the next station. Any running player resumes his/her spot.
6. Repeat until each player completes all stations.

Side 1

Basketball Court:



Side 2

Football:

Don't risk a tackling injury. Save old socks or rags and play Flag Football.

Cut rags or socks into strips approximately 2 inches wide and a minimum of 12 inches long. Select players who will be running and the quarterback get 2 to 4 strips apiece.

The players with the flags place the flags in their pockets (2 front and 2 back pockets).

Play football, but when a tackle is needed grab the flag.

* Better than touch football because there is no arguing about how many hands touched the other player.

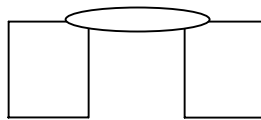
Yard not large enough for football? Try using chalk to draw the playing field on the driveway!

Olympics Games:

Don't wait until the next Summer Olympics!

Hurdles: Make hurdles out of shoe boxes and gift-wrap tubes or paper towel tubes taped together. Place the boxes so they stand up. Using masking tape, tape the tubes to the top of the boxes. Make 4 to 6 hurdles and space them out.

Hurdle diagram:



Track: Use string to note the start and finish lines and chalk to mark different lengths. Try for the 50-yard dash marks.

Balance Beams: Draw a thick line with chalk and try to walk the beam. Don't touch outside the lines! Do fancy turns on 1 foot and other moves. For indoor use, use masking tape and stick it to the carpet.

Floor Performance: On a soft floor or in the grass, do a routine. Spins, tumbles and other dance moves. Use ribbons to wave in the air for more fun and color.

Soccer or Hockey:

Try playing these sports indoors with a balloon. The balloon is the ball or puck. Designate a goal area and try to score. Not as easy as it sounds.

Baseball or Softball:

Build hand-eye coordination by using a smaller ball, but the same bat. Good ball choices are a tennis ball, ping-pong ball, or the small bouncy ball in the vending machines. Try this also with catching; use the same glove but a smaller ball.

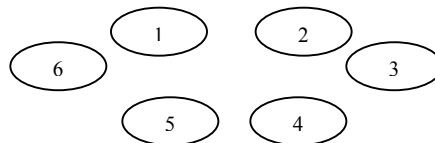
Tennis: Try using a ping-pong ball instead of the tennis ball. Using a smaller ball will not only improve your hand-eye coordination but it was also cause you to move for the ball more.

Circuit Training: Everyone needs to add variety to his or her fitness program. Why not try putting 5 of your favorite activities together to create a circuit? Use activities such as running in place, weight lifting, balance training, jumping rope, and stretching. Spend approximately one-minute at each station. In between stations, rest for a maximum of 30-seconds. Completing stations 1 - 5 is one circuit; try to complete as many circuits as possible within 30 minutes.

Stop eating sweet dots, try running the agility dots:

Build your coordination and foot reaction at the same time. Draw with chalk 6 circles about 6 inches in diameter and a foot apart in a hexagonal shape. See diagram. Start in the center by running in place and then using one-foot, tap a selected dot. Try backward, forward and picking up speed. Do this with a partner by having them tell you which spot to touch. Switch positions when you are finished.

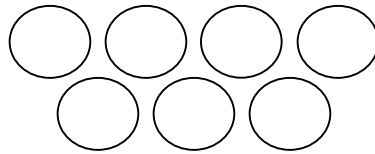
This can also be used as part of the Circuit Training activity.



Do you remember running through the tires at the playground? Why not try a safer method for beginners?

Draw 6 circles bigger than the size of your foot and in a stair stepped pattern. See diagram below. Now try to run through them by placing one foot in each circle. Add more circles for continued fun or start over.

This can also be used as part of the Circuit Training activity.



Speaking of Playgrounds: Most playgrounds are fun the way they are, but why not try adding adventure. Use the playground as an exercise course. Assign a number and time amount to each area. When the time is up say “switch” and everyone moves to the next station. Think of this as circuit training for kids.

Jump Rope while singing: Double-dutch or jumping alone, jumping rope is a great exercise. Try singing old rhymes while jumping. Singing will keep you moving and will help determine if you are out of breath. Remember to invite Miss Mary Mack.

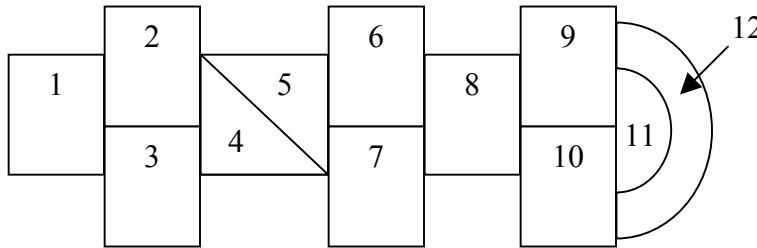
Miss Mary Mack, Mack, Mack
All dressed in black, black, black
With silver buttons, buttons, buttons
All down her back, back, back.
She asked her mother, mother, mother,
For fifteen cents, cents, cents,
To see the elephant, elephant, elephant,
Jump over the fence, fence, fence.
He jumped so high, high, high.
He reached the sky, sky, sky,
And he never came back, back, back
Till the Fourth of July, lie, lie.

Another cute song is *Hickety Pickety Pop, How many times before I stop? 1, 2, 3*, and so on. Great way to reinforce numbers to younger children.

Hop your way into fitness with hopscotch!

Hopscotch is a great way to build balance and coordination.

Begin by drawing the grid below with chalk. Find a small pebble and place to the side. Hop through the grid the first time. When two squares are side by side, such as 2 and 3 below, you can put one foot on each square. Any other time, only hop on one foot. Once you reach the end, turn around and hop back. For round 2, toss the pebble onto square 2. Now this time you have to hop over square 2 as the pebble takes that square out of play. If you touch the square with the pebble in it, you lose your turn. Continue for each round tossing the pebble onto the numbered squares in order.



Is your leg tired? Need to switch feet? Remember to say, "Switch!"

Tag - The game that never gets old regardless of your age!

Variation 1 - Try using a flashlight on a summer night or anytime of year. Once the light shines on the person, he or she becomes it.

Variation 2 - Play with a partner. Have one or two people as the tagger and have all others pair up. The pairs must hook arms and work together to avoid being tagged. *Note if two people are tagging, they must hook arms and work together also.

Variation 3 - Freeze tag - If the person who is tagging touches a player, the player is frozen until another player touches them. Play for 5 minutes or until the whole field is frozen, then switch taggers.

Remember to set boundaries on where the players can run. Avoid running in the street and around cars.

Another favorite for youngsters is Hide and Go Seek -

First some safety tips:

Set boundaries - this way if someone is not found you know where the possible hiding spots are.

Set rules - No climbing trees or hiding in unsafe areas. Watch out for electrical transformers. If indoors, no hiding in the dryer.

Select a word that if it is said everyone must come out of hiding. Once the word is said that round is over.

The great thing about this activity is you can play indoors. Turn off the television and have fun.

Red Light, Green Light - and we are not talking about the stop signs on the highway.

First, remember how you played. One person stood far away from the group. The group formed the straight line. The person yelled red light, green light. On red light everyone stopped or stayed still and on green light everyone ran toward the person. That's great, but if you wanted to win you screamed red light a whole lot. Boring... try these ideas.

1. Assign an activity to each color - red means walk or stretch, green means run towards the person. In this version, even the person yelling the lights needs to run in place or stretch.
2. Add yellow light to the mix and assign that an activity like walk slowly towards the caller.
3. Other suggested activities to add:
 - a. Hopping
 - b. Adding arm movements.

We left this spot open for you to add your favorite game or sport!



These are just some suggestions. Keep an eye on the Family Fitness Challenge web site for more fitness and healthy eating tips.