



Healthy Out of School Time Physical Activity Guide

Daily physical activity promotes physical and helps improve concentration, focus, and promotes socialization. It is recommended that children engage in physical activity every day for a minimum of 60 minutes. The out of school setting is ideal for engaging children in physical activity and encouraging healthy behaviors. Use this guide to plan an active, healthy out of school program.

1. Follow these links to find non-competitive physical activities that can be used for short breaks:

- a. Go Noodle Physical Activity Break Videos – Free online resource for organizations, parents, and kids! <https://www.gonoodle.com/>
- b. Alliance for a Healthier Generation Videos – Physical activity videos <https://www.healthiergeneration.org/resources/physical-activity/fit-for-a-healthier-generation>

2. Incorporate one or more of these activities into your weekly plans:

A. *Dancing Dice*

Materials Needed:

- 6 square pieces of cardboard, approximately 6 inches each
- Scrap newspaper
- Clear Mailing tape

Prior to your group physical activity:

1. Write each of these activities on each of the cardboard squares: RUN, HOP, SKIP, JUMPING JACKS, DANCE, “?” (the ? is a wild card – the dice roller can think of an activity for everyone to do)
2. Tape 5 of the cardboard pieces together to start forming a cube.
3. Before attaching the 6th side, stuff with newspaper for stability.
4. Tape one activity card to each side of the cube.

Directions:

1. Have children form a circle in an open area.
2. Allow them to take turns rolling the dice.
3. Children practice each activity that is rolled on the dice for 30 seconds.

*Activity adapted from *Read for Health Curriculum*: FSNE, Maryland’s SNAP-Ed program



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B. Use Your Imagination

Materials Needed: Assorted physical activity equipment such as: balls, cones, plastic bats, bean bags, jump ropes, hoops

Directions:

1. Divide the youth participants into small groups of 4-6 people.
2. Tell everyone that they are going to work together to invent a new game.
3. Ask each small group to pick 2-3 pieces of play equipment to create their game.
4. Give each group about 10 minutes to create and name their game, and to determine the rules of play.
5. Remind the participants: Each round of the game should last about 10 minutes, everyone in the group should be an active participant in the game, and each of the pieces of play equipment they chose must be incorporated into the game.
6. After 10 minutes has passed, ask each small group to show how their game is played!

*Activity adapted from *Up for the Challenge* curriculum: 4-H/Army Youth Development

C. Stories in Motion

Directions: As you read, ask kids to act out the actions in the story!

a. A Visit to the Vegetable Patch

We are going on a field trip today to the vegetable patch. Get on the bus and find your favorite seat. Hold on tight; it is going to be a bumpy ride.

Lean to right as we bounce around the corner. Now lean to the left. We made it!

Put on your boots and gloves and let's take a walk around the farm.
Look at all of the vegetables. Which one is your favorite?

Let's go dig some root vegetables first. Get your shovel ready and scoop up some potatoes and then pull up the carrots and onions. Put them in your wheel barrow. These are the roots of plants we can eat!

Next we can walk over to pick some leaves of lettuce and spinach. Reach down low and tear off some lettuce and spinach.

We can also eat the flowers of some vegetable plants. Bend at your waist with your legs straight and reach down and cut some heads of broccoli and cauliflower. Yummy!



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I see a whole field of tall corn stalks. Stand on your tip toes. Can you see over the top? Now, reach up high and pick some ears of corn. Keep picking until you have a basket full.

Let's skip over to those vines and shrubs. Reach down to pick peppers, tomatoes and zucchini.

Finally, let's head inside to the kitchen to wash all of our fresh vegetables and cook up something good to eat with delicious foods from the garden.

b. Let's go to the Grocery Store!

We need some groceries, so let's walk to the supermarket. Don't forget to bring a list of what we need. At the store jump up and down and make the door open. Grip the handle bar of a cart and let's get shopping.

First we are in the produce department. This is where the fresh fruits and vegetable are found. Reach up high to grab that bag of carrots. Now reach down low for a bag of potatoes. Use your muscles to lift a watermelon and place it into the shopping cart.

Let's keep walking toward the bakery. It smells like fresh bread! I see some whole grain rolls on the top shelf. Stretch up to get a bag.

Next is the meat counter. There are a lot of healthy protein choices including chicken, fish and lean beef. Protein helps our muscles grow strong. Flex your arm muscles.

Keep walking. It is getting cooler; we must be getting near the dairy case. Grab a jug of skim milk and some low-fat yogurt to put it in the cart.

It's time to head to the check out! Lift all of your groceries onto the checkout belt....hurry up...the belt is moving fast!

Let's walk home, carrying our bag of groceries. Lift the bags high and low, high and low!

Time to unload the groceries and put them away in the pantry and refrigerator. Reach up high, and reach down low to put away all of our groceries. Great job! We can go shopping again next week!



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*Stories in Motion Activities adapted from Team Nutrition Iowa

D. Out on the Dance Floor

Directions:

1. Ask all participants to form 2 lines facing each other.
2. Count off each line 1, 2, 3, etc.
3. Ask the 1's to partner, 2's to partner, etc. until everyone has a dance partner.
4. Ask each dance pair to create a dance routine. Each pair can decide if they want to set their dance to music or to rhythmic clapping. Give them about 10 minutes to create their dance routine.
5. After 10 minutes, call the whole group together.
6. Play music, or ask other participants to clap a rhythm, as each pair performs their dance routine.

*Activity adapted from *Up for the Challenge* curriculum: 4-H/Army Youth Development

E. Foodie Relay Race

Materials Needed: Pictures of healthy foods from each food group, brown paper bags, marker

Directions: Many nutrition concepts can be taught by using a fun relay race activity. Students can practice categorizing foods by food groups, “sometimes” or “always” foods, or even colors!

1. Split students into teams and direct each team to form a line.
2. Label each brown bag with a category. Make sure there are enough sets for each team.
3. Place a pile of food cards at the beginning of each team's line.
4. Students must select a card, and decide which bag it belongs in.
5. Once they return, the next person in line will do the same.
6. Continue until each team has completed the relay race.
7. Review the contents of each bag for accuracy before awarding a winner!

*Activity adapted from *Read for Health* Curriculum: FSNE, Maryland's SNAP-Ed program



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F. Grocery Store

Materials: At least 3 sets of 4 same-color cones needed (4 green cones, 4 yellow cones, 4 red cones, 4 orange cones, 4 purple cones, 4 blue cones)

Set-up:

- Place 3-6 sets of cones around in a given area. Each set of 4 cones should make a square. Remind kids to be aware of others running around them.
- Assign each set of cones a fruit or vegetable that corresponds to their color (e.g. purple cones = grapes, yellow cones = lemons, etc.)
- Make sure students can repeat which fruit each color of cones corresponds to

How to Play:

1. Choose a leader to begin the game. The leader starts as the Shopper. The Shopper will yell out, "I am going to the store to buy some _____. (The Shopper must choose one of the fruits or vegetables you have already chosen to match the color of each cone.) Then, when everyone else runs to the color cone which matches the food called out, the shopper tries to tag them.
2. All the participants must run over to the box of color cones which matches this fruit or vegetable, without being tagged by the shopper.
3. If they do get tagged they become a shopper and a tagger as well. Have fun shopping for every fruit and vegetable on your list!

*Activity adapted from the *Playworks for Every Kid Playbook, 2016-2017*