

Week #3



Day 1

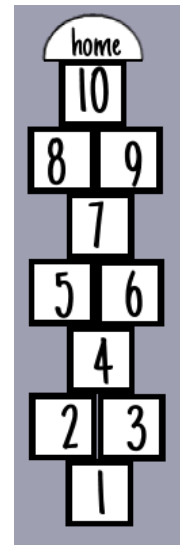
Activity	Description	Count
Fitness Dice	<p>Part craft and part fitness activity! Get your kids' fitness plan on a roll with a set of homemade movement dice.</p> <p>Step #1: Make a Pair of Dice - Use duct tape or similar to seal the edges and cover the sides of two small, cube-shaped boxes, such as empty tissue boxes. Or tape pieces of colored paper to the sides of the boxes. With a marker, write numbers on one die (numerals no higher than ten are best), and 6 exercises to cover all sides ("Hop on one foot" or "Spin around," or "Jumping Jacks" say) on the other.</p> <p>Step #2: Players take turns rolling the dice, then performing the exercise for the number of times shown.</p>	Play for 20 minutes

Day 2

Activity	Description	Count
Disc Golf Game	<p>For a homespun version of disc golf, hang a hoop from a branch or clothesline. Use a Frisbee, ball or beanbag.</p> <p>M-I-L-E-S Game - One player throws a disc through the hoop, then the others have to match that shot or earn a letter; the last one to spell M-I-L-E-S wins.</p> <p>Tip: With younger players, place the hoop on the group to make it easier to throw the ball or beanbag into the hoop.</p>	Play for 20 minutes

Day 3

Activity	Description	Count
Hopscotch	<p>This can be played on a driveway, sidewalk, inside a garage or in a playroom</p> <p>Variation: Label each hopscotch square with the name of a category (books, animals, pizza toppings, desserts, etc.). When you hop into a square, you must shout an item in its designated category. If you land in pizza toppings, for example, you might say pepperoni, mushrooms, olives, sausage, peppers, or bacon. You lose your turn if you can't think of an item in that category, or if you repeat another player's item.</p> <p>Step #1: Draw your hopscotch court, see example to the right. Chalk is best for asphalt and pavement outdoors. If you're playing inside, use masking or painter's tape.</p> <p>Step #2: Throw a small stone, twig, beanbag, or other marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)</p> <ol style="list-style-type: none"> Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on. At the pairs (2-3, 5-6 and 8-9), jump with both feet. At 10, turn around, and head back toward the start. When you reach the marked square again, pick up the marker—still on one foot!—and complete the course. If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number. If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. 	Play for 20 minutes



Day 4

Activity	Description	Count
Disc Golf Games	<p>For a homespun version of disc golf, hang a hoop from a branch or clothesline. Use a Frisbee, ball or beanbag.</p> <p>Baseball Game - Set out four bases (cardboard squares work well) with a home plate near the hoop. Players start at home and work around the diamond, shooting from each base. Three "strikes" (misses) and you're out; complete the circuit to earn a run and another turn (with three strikes).</p> <p>Tip: With younger players, place the hoop on the group to make it easier to throw the ball or beanbag into the hoop.</p>	Repeat for 20 minutes

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