

Boys & Girls Club Outline

"Ways to stay active in a limited environment"

Kailee Felder, Nadia Drivas, Zach Grosswiler, Melisa Fahey, and Caitlyn Gresh

Inside Exercises:

1. Wall sits
2. Using the stairs for various exercises
 - a. Box jumps/Step ups
 - b. Bear crawls
3. Pushups
4. Crunches
5. Planks

Exercise Games:

6. Just Dance
7. Twister
8. Flag football/Football
9. Basketball

Outside Games:

1. Hop scotch
2. Jump rope
3. Riding bikes
4. Playing with friends, siblings, or pets
5. Tag

Questions!

1. What do you do for fun at home?
2. Do you like to play inside or outside?
3. Do you like to play alone or with others?

We would bring demonstrations of some of these activities and have the kids perform them for their allotted time with us. For example, we could bring jump ropes and show them the different games you can play with it. We could also do competitions for one of the games and whoever wins receives a prize (ex. A box of chalk or a board game)

Groups:

Kailee & Melisa:

- Inside Exercises

Caitlin & Nadia:

- Outside Games

Zach:

- Exercise Games