

Outdoor activities



The following outdoor activities are appropriate for and may appeal to children in grades 3-5

1. TAG

Playing tag on the playground is a great way to be active.

Want to switch it up? Try freeze tag or tunnel tag! Or you can make up your own tag rules.

2. CHINESE JUMP ROPE

What You'll Need:

A 10 foot or longer piece of rope and two chairs or two friends.

How to Play:

Place the rope around the two legs of the chairs or around the legs of your two partners, making a long rectangle. (The higher up you put the rope on the legs, the higher you'll have to jump. Next, make up a jumping pattern. Here are some ideas for jumps to include:

Jump #1: both feet in the middle

Jump #2: both feet to the outside

Jump #3: left foot in the middle and right foot to the outside

Jump #4: right foot in the middle and left foot outside

Repeat.

If you land on the rope when you are not supposed to or do an incorrect move, give the next person a turn, or start over.

Too easy? Make the pattern REALLY long, and add onto it with each player's turn, to see who can go the longest without forgetting the pattern. Or see who can do it the fastest.

3. STEPS

What You'll Need:

A sidewalk.

How to Play:

This game involves counting your steps. In the first square of concrete, count and see how many steps you can get and in the next, see how few steps you can get. Challenge yourself or a partner.

The following outdoor activities are appropriate for and may appeal to children in grades 3-8

1. SIGN UP FOR A COMMUNITY RACE WITH FAMILY MEMBERS/FRIENDS

2. TWENTY-ONE

What You'll Need:

2 or more people, a basketball and hoops.

How to Play:

Each person shoots a 3-pointer (or free throw). Once a person makes it, he/she starts out with the ball and everyone else is on defense. There are no teams, although you could team up against a person who is winning. You get two points for a field goal and three points for a three pointer. If a person makes a basket, he/she gets to shoot free throws (1 point) until the person misses. If the person misses, whoever gets the rebound has to take the ball behind the 3-point line and this person then tries to score. (If the shot doesn't hit the backboard or rim, the ball does not need to be taken back.) Keep track of your own points and the winner is the player who reaches 21 first.

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3. FOUR SQUARE

What You'll Need:

A ball, 4 or more people, an area of concrete or other hard surface, sidewalk chalk or masking tape.

How to Play:

Draw a large square with sides of at least four feet (use sidewalk chalk or masking tape on pavement) and divide the square into four equal squares. Make a circle around the lines that meet in the center. Number the squares one through four. Place one player in or just behind each square and line up any additional players behind square one. Serve the ball from square four by bouncing it in your square and then hitting it into another square. You're fine if the ball lands in another square or if someone hits it before it bounces into a square. Return the ball any time it bounces in your square by hitting it and bouncing it into another square. Go to the end of the line behind square one if any of the following happen: the ball you hit goes outside the boundaries without bouncing or being touched, if a ball bounces in your square and you can't hit it, or if a ball you hit lands in the circle in the center. Move up as other players miss and have to go to the end of the line. Win the game by making it to the fourth square and staying there longer than anyone else

4. HACKY SACK

What You'll Need:

2 or more people, hacky sack, bean bag or soccer ball.

How to Play:

The object is to keep the hacky sack in the air. You can use any part of your foot or leg (head

and chest allowed for the soccer ball) to keep it in the air but no person can touch the hacky sack two times in a row.

5. DANCE OFF

What You'll Need:

2 or more people, music.

How to Play:

Stand in a circle and start the music. One person starts off with a dance move and everyone follows. The next person repeats the first move and adds a new move. The next person (or first person) repeats both moves and adds a new move. This continues until one person doesn't successfully complete the dance routine.

6. CAPTURE THE FLAG

What You'll Need:

4 or more people (the more the merrier!), two flags, and a LARGE area (preferably a large park or wooded area).

How to Play:

Split up into two teams and create a middle line and outer boundaries. Each team has 5 minutes to hide their flag (has to be visible). After 5 minutes, come back to the center boundary and give the other team a hint (can be as easy or hard as you decide). The purpose of the game is to find the other team's flag and bring it back to your own side. If you get tagged while on the other team's side, you will be put into jail (somewhere on the other team's side). A member from your team can free you by tagging you. If you get tagged while you have the flag, you go to jail and the flag goes back to where it originally was. Your team wins if they successfully bring the flag back to their own side without getting tagged.

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7. SCAVENGER HUNT/TREASURE HUNT

What You'll Need:

2 or more teams, a list of common items or theme items to be found, made or drawn. Devise a limited and safe area (e.g., park, playground, building in which to collect/create the items.) Assign a point value for those items drawn or made vs. those items found.

How to Play:

Give each team a list of the items. Set a time limit. At the end of the time limit, the team that accumulates the most points wins.

Themes could include an upcoming holiday (e.g., July 4th.) Players could be asked to draw a flag, find something that is red, white and blue, or create a menu for the Fourth of July celebration that uses all food groups.

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