

Physical Activity (PA) in Out-of-School Time Workshop

Activity 1: Mix, Mingle and Move Icebreaker

Each participant will be given a colorful craft stick and asked to find a partner who has a same color stick. This activity will get participants up and talking with each other about “Why is physical activity in Out-of-School Time (OST) important?”

Activity 2: Why PA Matters: Talking Points to Build Support

Using what participants shared in the first activity, we’ll create a list of talking points for everyone to take home to build support.

Activity 3: Afterschool Energizers

We’ll play a few Afterschool Energizers; some volunteers will get a prize.

Game 1 “Going to the Zoo.”

Choose your favorite zoo animal, identify how that animal moves, and do 10 repetitions of that movement. “Popcorn” to another person; repeat

Game 2 “Active Virginia Geography”

Select a location from the list of Virginia cities/sites

In which direction is that city from [your location]?

Pick a color (determines the movement)

Pick a math flash card

Do that number of repetitions of the color coded movement or the product on the flash card

You can also include teaching how to use a compass and the concepts involved in how a compass works in this activity

Game 3 “To Infinity and Beyond” (older youth)

Select a planet from the four on the wall

How many planets from the sun is this planet?

Pick a color (determines the movement)

Perform the movement the number of times the planet is from the sun to the wall sign, and/or perform the movement while going to the sign on the wall

Repeat activity

Game 4 “Favorite Foods” (veggies and fruits; all ages)

Pick a color

Pick a number

Perform the movement while naming veggies/fruits of that color

Classmates have to perform the movement and assist naming the veggies/fruits

Activity 4: Activity Works at Home (pending availability of time)

We’ll play an Activity Works game (State of Activity). An emphasis will be made on engaging families.

Activity 5: Reflection Walk

Attendees will be asked to pair up and discuss how they’ll use what they learned.

Activity 6: Your Next Steps - Build Support & Create a Login

Participants will be encouraged to create a login at www.host.healthiergeneration.org and begin their out-of-school inventory.