

Park Game Plan

Weekly starters: Greetings, shaking hands, introductions, freeze dance, Simon Says

Week 1:

Mr. Fox What time is It?

Bean Bag games

Jump Rope

Week 2:

Red Light, Green Light

Parachute activities <http://www.pelinks4u.org/teaching/para.htm>

Running - hopping

Week 3:

Follow the Leader

Scarf Skills : <http://blog.intellidance.ca/blog/2-06-2011/scarves-floating-fun-ages-0-5>

Pool Noodle games <http://lifeasmama.com/7-outdoor-pool-noodle-games/>

Week 4:

Relay Races

Scarf Games

http://www.boostconference.org/PDF/2012_workshops/Unique%20and%20Innovative%20Instant%20Fitness%20Activities%20for%20All%20Ages%20-%20Sandy%20Slade.pdf

Pool Noodle games <http://lifeasmama.com/7-outdoor-pool-noodle-games/>

Balance Games, Limbo

At the end of the month...repeat the following months.

(Change as needed)