

# SUMMER FUN!

With the school year coming to an end, it is important to think about how to keep kids active throughout the summer. Set goals each day for number of minutes of physical activity. Try for 60 or more each day. Remember to limit your screen time!

"Mari, can you think of some fun Summer activities?"

"Sure, Francisco, that's easy! How about trying some of these?"

- Swimming
- Join a sports team
- Bike riding
- Bowling
- Gymnastics
- Skating
- Martial Arts classes
- Jump rope
- Surfing/Body boarding
- Hiking
- Canoeing

"Hey, Mari and Francisco, here are some places to go to find those activities!"

- Community pool
- Park and Recreation Department
- Parks and walking trails
- YMCA/YWCA
- Boys and Girls Clubs
- Summer camps
- The beach/lake/river
- A roller rink

## OBSTACLE COURSE

### Ready

- Use your imagination to create an obstacle course. Use things you can run to, climb on, jump over, crawl under, or balance on. Be creative!

### Set

- Decide how to move through the course.
- It should have 4-7 moves.

### GO!

1. Run through the course and finish as fast as you can.
2. Have someone time you. Then see if you can beat your record!

### SPARK It Up!

- Go through the course in reverse order!
- Have a sibling or friend start 5 seconds ahead of you. See if you can catch them.

## Ideas for your obstacle course -

- ✳ **Cardboard boxes** (to go over, around, or through)
- ✳ **Broom** (as a limbo stick to go under, or a hurdle to go over)
- ✳ **Rope** (create a "balance beam")
- ✳ **Hoops** (to hop or jump in, over, or around)
- ✳ **Ladder** (run through the rungs when laid flat)
- ✳ **Playground** (use the equipment there to create a course)

**SPARK™**  
K-2

# FAMILY NUTRITION AND PHYSICAL ACTIVITY CALENDAR

Use the calendar below for ideas on how to stay healthy this month. Each day, choose 1 activity below. Every time you complete an activity, you earn a star. Color it in. How many stars can you earn this month?

Do some gardening (rake leaves or pull weeds)	Eat a new vegetable you haven't tried before	Take a walk around the block	Play tag	Play catch! Use a ball, flying disc, or water balloon	Take a family walk after dinner	Cook a meal with a family member
Try a new physical activity	Replace soda with milk, water, or 100% fruit juice	Get wet! Run through the sprinklers or the rain	Take your dog for a walk	Ride your bike	Turn off the TV for an entire day	Walk around a mall
Take the stairs instead of the elevator	Make an obstacle course at the park, and time each other through it	During a commercial, do an activity (jog in place, jump rope)	Try an activity that begins with "S" (swim, skate)	Go bowling as a family	Turn on some music and dance	Eat some crunchy veggies (carrots, cucumbers)
Don't eat any fast food today	Jump rope for 50 jumps	Eat breakfast as a family	Have some fresh fruit for dessert	Try an activity that begins with "H" (hopscotch, hide and seek)	Play charades as a family	Park farther away from the store and walk more

**TOTAL**

**0-7** Not a great month. Better luck next time.

**8-14** Good start, with room for improvement. You are headed in the right direction.

**15-21** You are getting healthy! Keep it up!

**22-28** You are a SPARK Star! You are a great role model for others

**Your total for the month:**

