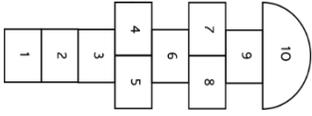


Green Fit Movement Menu #1

Green Fitness is all about being physically active outside. Have fun completing this movement menu out in nature.

<p>Wheel Around</p>  <p>Be physically active on wheels: Bike, skate, scooter, or skateboard. BE SURE TO WEAR A HELMET! Count how many wheels you see on your ride. Can you find 50?</p>	<p>Hop to It!</p>  <p>Draw a hopscotch pattern of your choice. Be creative! Can you hop and jump through without landing on any of the lines? Can you hop and jump through the pattern going sideways or backwards?</p>	<p>Walk and Talk</p>  <p>Go on a family walk. Talk about these things: <i>If you could be an animal, what would you be and why? If you could travel anywhere in the world, where would you go? If you could have any superpower, what would it be?</i></p>
<p>What's Up?</p>  <p>Find a tree or sturdy bush with low and strong branches to climb. As you start climbing up, keep "three on the tree", meaning always have either 2 hands and 1 foot, or 2 feet and 1 hand on the tree.</p>	<p>Squeaky Clean</p>  <p>Wash the car as a family. Name three movements that you did while washing. What muscles got a good workout? What was the hardest part of the car to clean? The easiest? Did you get wet?</p>	<p>Choose the Chase</p>  <p>Get a few people and a safe item to throw. (It could be a small stick, a pinecone, or ball) One person throws the item away from the other players and then announces how the others will chase after the item. <i>Sprint? Gallop? Frog Jumps? Hop? Bear or Crab Crawl?</i></p>
<p>Obstacle Course</p>  <p>Create an outside obstacle course. Consider these movement words: <i>Over, under, around, though, backwards, sideways, crawl, roll, dance, leap, balance etc.</i></p>	<p>Free Choice</p>  <p>Write what you did:</p>	<p>Bubble Pop</p>  <p>Blow some bubbles & try to pop all the bubbles with your hand. <i>Now pop with only your finger, with your foot, your elbow, your head. What else can you pop with?</i></p>
<p>What's That Sound?</p>  <p>Go outside and listen for sounds. If you hear a bird, do arm circles. If you hear a car, do jumping jacks. A siren? Do pushups. An airplane? Do lunges. Create your own!</p>	<p>ABC Scavenger Hunt</p>  <p>Go for a walk or bike ride with another person. Start looking for things that start with A, then B, etc. First person to get to Z is the winner!</p>	<p>Frisbee Golf</p>  <p>Get a frisbee or a plastic lid to throw. Pick a target like a tree or a fence post. Stand back and see how many throws it takes to hit the target.</p>
<p>Map It Out</p>  <p>Create a safe jogging pathway outside. Use your driveway, sidewalk, or your front/back yard to map out a track where you can do laps outside. Then jog and try it!</p>	<p>Stick to It</p>  <p>Get another person and agree on a starting point and an item to be collected such as sticks, leaves, acorns, or pinecones. Then start the race. <i>Run and pick up ONE of the items agreed upon and return it to the starting point. Then go get another. First to 10 items wins!</i></p>	<p>Catching Competition</p>  <p>Find a leaf outside. Throw it up as high as you can in the air. Do this 10 X and count how many times you catch it. Can you beat your score? How can you make this game harder/easier?</p>