

Family Fitness Night

Everything You Need to Start a Family Fitness Night at Your School

Promote an Active, Healthy Lifestyle for Children and Adults of all Ages!

FACT

Inactivity and poor eating habits have surpassed tobacco use as the leading cause of preventable death in America.

FACT

Thirty years ago, more than 66% of children walked to school, today only 18% of children walk or bike to school.

FACT

More than 50% of American adults do not get enough physical activity to provide health benefits, and 26% of adults are not active at all in their leisure time.

Help Make Your School the Most Active and Healthy in Your Community!

Daily physical activity has long been recognized as an essential ingredient of a healthy life, but increasingly physical activity has been eliminated from American's daily life. Starting a Family Fitness Night at your school can help bring awareness to this problem, while at the same time, raise money for your organization.

Let's Get Started...

Family Fitness Night Event Opportunities:

Timing is everything! During a school year, some months are more desirable than others when deciding when to schedule a Family Fitness Night. Below are months/days to consider:

- **January** – Family Fit Lifestyle Month
- **February** – National Heart Month
- **February 3rd** – National Girls and Women's Sports Day
- **March** – Fuel Up to Play 60 Month (Oregon)
- **March** – National Nutrition Month
- **April** – Global Child Nutrition Month
- **May** – National Physical Fitness and Sports Month/National Physical Education and Sports Week, May 1-7
- **June** – National Dairy Month
- **September** – National Childhood Obesity Awareness Month
- **October** – Child Health Day – first Monday of October
- **October** – Healthy Lung Month

Community Resources:

Take advantage of some of the services offered in your community. Inviting these organizations to your event will only enhance your evening.

Invite Local Chapters of:

- American Heart Association
- Dairy Council
- American Cancer Society
- Hospitals / Health Organizations
- City Park and Recreation Department
- Local Health Clubs
- YMCA
- Boys and Girls Club
- Local Nutritionist

Organizations like these are always willing to promote their services by setting up a booth and distributing information at your event. Give them a call – you may even get free “goodies” from these organizations to give as awards throughout the event.

National Resources:

Take advantage of information offered by these national organizations. There is a wealth of information offered by these non-profit organizations.

- SHAPE America – www.shapeamerica.org
- Active Schools – www.activeschoolsus.org
- United States Department of Agriculture – [Healthy Meals](#)
- National Coalition for Promoting Physical Activity – www.ncppa.org
- National School Lunch Program - <http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>
- National Dairy Council – www.nationaldairycouncil.org
- PE Central – www.pecentral.com
- President’s Council on Physical Fitness – www.fitness.gov

Promotional Ideas:

- Write an article for the School Newsletter/Calendar Page
- Send a flyer home with every student
- Invite the Superintendent to your event
- Invite the School Board Members to your event
- Invite local media (newspapers and television)
- Provide water and nutritious snacks at a booth during the event (additional fundraiser)
- Invite a local celebrity to make an appearance and to participate in the activities (i.e. Mayor, City Council Members, High School Sport Star, etc...)

Equipment Resources:

Below is a list of various companies who carry physical education equipment that you may need for your event.

- **Skillastics®** – (888) 842-7746 – www.skillastics.com
 - Fitness Skillastics® (grades 1-5)
 - Fitness Xtreme Skillastics® (grades 7-12)
 - Skillastics® Nutrition Cards (Elementary Version)
 - Skillastics® Nutrition Cards (Middle/High School Version)
 - Bfit4 Winter Skillastics® (grades 2-8)
 - Character is Cool Skillastics® (grades 3-8)
 - Let’s Move in School Skillastics® (grades 3-8)
 - Basketball Skillastics® (grades 2-8)
 - Soccer Skillastics® (grades 3-12)
 - Volleyball Skillastics® (grades 3-12)
 - Tennis Skillastics® (grades 3-8)
 - STEM Skillastics® (grades 3-6)
 - Be Fit 2 Learn Skillastics® Math (grades 2-6)
 - Halfpint Skillastics® (English - English/Spanish Version) (Ages 3-5)
- Palos Sports – (800) 233-5484 – www.palossports.com, PE equipment, awards
- Sportime – (800) 283-5700 – www.sportime.com, PE equipment
- Flaghouse – (800) 793-7900 – www.flaghouse.com, PE equipment
- US Games – (800) 405-3490- www.usgames.com, PE equipment
- Nasco Physical Education – (800) 558-9595 – www.eNASCO.com, PE equipment, after-school program equipment

**All catalogs mentioned include Skillastics® products.*

Set-Up...

Start by Setting-up the gym, multi-purpose room or outdoor area like a “carnival” atmosphere. Various activities should be stationed throughout the area, so participants can roam freely to each activity. Make sure each activity station is clearly marked with the name of the activity and a brief description on how the activity is played.

Design a “play pass” that everyone receives when they arrive. This pass will include every activity. Participants would have this pass marked at every activity they participate in. The goal is for each participant to participate in all the activities. Once a pass is filled, participants could return the pass with their name on it for a chance to win a drawing (prize to be determined).

Use your discretion in determining the amount of money you will charge (or if at all). You are much more in tune with your community and the amount that they would be willing to spend on an exciting event like this.

Your best friend is the custodian at the school, so be sure to treat him or her with respect and they will help you out considerably.

Activities...

Skillastics® - Skillastics® is the #1 large group resource that combines active and cooperative learning with the development of student's fitness and or sport skills. Skillastics® is a series of Activity Kit Systems that are an innovative fun twist on circuit training. Skillastics® Activity Kits themes range from general fitness, to sport skill development, character and academic integration. Refer to www.skillastics.com to learn more about Skillastics®.

One or several Skillastics® Activity Kits could be used during a Family Fitness Event. For example, *Halfpint Skillastics®* could be used for ages 3-5, *Fitness Skillastics®* could be used for Elementary Students and *Fitness Xtreme Skillastics®* could be used for Middle and High School Students. You could also incorporate *STEM Skillastics®* or *Be Fit 2 Learn Skillastics® Math* for students and parents to be active together while answering academic questions.

EXAMPLE:

Set up Fitness and Fitness Xtreme Skillastics® on opposite ends of the event area. Halfpint Skillastics® could be set up in an area designated for pre-school children.

- Place participants in groups of 2-6, depending on how many individuals are in line.
- Assign a color to each group.
- On signal, one person from each group runs to the oversize mat and rolls their assigned color die and moves their beanbag marker the amount rolled on an activity.
- This individual reads the activity and then runs back to his or her group to explain or point the activity out on the miniature mat replica that each team receives prior to the start of play.
- The whole team does the number of repetitions required on that activity **together**. (Instructor will explain to the group the level of repetitions they will need to accomplish before advancing located at the bottom of each activity. Blue = Beginning, Red = Intermediate, Green = Advanced).
- When done, another team member repeats the process.
- The first team that travels completely around the mat, **jumping over** the spot where they started and landing and completing the **FIRST** activity past their start spot, wins the game.

After a team wins, a rotation of new participants takes their place. If the coordinator of the game finds that groups are not doing the number of repetitions

required, he or she should send them back to their starting spot and they must start all over. View several videos of students playing Skillastics® on www.skillastics.com

Nutritional Option – Include the Skillastics® Nutrition Cards as an active learning bonus!

Other Activities that can be Included During a Family Fitness Night:

1. **Hula Hoop Competition** –

Have four Hula Hoops in area. On signal, four individuals start Hula-Hooping. The last person still Hula-Hooping – wins.

2. **Jumping Rope** –

Have various sizes and weights of jump ropes available. Set bench marks for a participant to achieve. If a participant jumps 20 times with a certain type of rope, they get a certain type of sticker. If they jump 50 times with a certain type of rope, they get another type of sticker or reward.

3. **Shooting Baskets** –

Have available one basketball hoop and basketball. Participants get three shots. If they make one out of three they receive a certain kind of reward. If they make two out of three they receive another kind of reward, etc...

4. **Ball Toss** –

Set up a garbage can or hang an old tire up as a target. Participants get three throws. Any type of ball can be used – softball, football, playground ball, etc...

5. **Obstacle Course** -

Use your imagination. Participants can jump over, crawl under and weave through various obstacles set up along the course. Two to four could compete at one time.

6. **Vertical Testing** –

How high can you jump? All that is needed is a wall, a piece of chalk and a ruler. Mark the starting point of where the participant is reaching as high as they can. Then let them jump 3 times, holding the chalk and marking the spot every time they jump. Measure the difference between the start spot and the jump spot.

7. **Balloon Balance** –

Have available 10-12 balloons (have a reserve of balloons ready in case these pop). At the signal, each participant starts “hitting” the balloon upwards with one hand only. If balloon touches floor, that individual is out. Last participant left, wins a prize.

8. Scarf Juggling –

If you have a member of your PTA or of the community who knows how to juggle, and is willing to teach it, ask them to lead this activity. Scarfs are much easier to juggle than balls. Juggling Scarves can be purchased at; <https://www.skillastics.com/product/activity-scarves/>.

9. Spin Jammers –

Spin Jammers are the Frisbees with a groove in the middle of the Frisbee that allows and individual to spin the Frisbee easily.

- Choose partners and use one spin jammer.
- The pairs stand a few feet away from each other.
- They start spinning the spin jammer and toss it back and forth to each other.
- You could time them to see how many they can do in one minute.
- **Variation of “Hot Potato”.**
 - Stand in circle of 5 or 6 individuals.
 - Get the disc spinning and pass it to the person beside you, continue around the circle.
 - The player that ends up with the disc when music stops or from a signal, or if a player drops it, they are out.
 - Continue until there is a winner.
 - Spin Jammers can be found in all PE equipment catalogs.

10. Round Ball Round Up –

- Have 60-80 tennis balls or other small balls and 6 hula hoops.
- Start with six teams and assign a hula hoop to each team.
- The hoops will be scattered around the outside of the playing area in a circle, with the teams standing next to their assigned hoop.
- Scatter all the balls in the middle area (get them spread out so there won't be collisions in the middle).
- On the signal, each team tries to get as many balls in their hoop as they can.
- They may only move the ball using their feet.
- Once a ball is in a hoop, no one may take it out. However, if a student is dribbling a ball, someone from another team may take it away from them as in soccer.
- Once all the balls are in the hoops, ask every team to add up all the balls in their hula hoop. The team with the most, wins.

11. Rip Off –

- Two flags needed for each participant, cones for boundaries and center area.
- Everyone begins with 2 flags placed in the back of their waistband, one on each side of the body.
- This is a continuous game of tag.

- The object is to try to pull other peoples flags and to not get yours pulled.
- When you pull a flag, throw it into the center circle area.
- The center circle area or “Middle Safe Zone” is designated for fitness and retrieval of flags.
- Each time a participant loses two flags, they go to the “fitness area” and do a designated fitness activity that the coordinator explains prior to the game start (2 push-ups, 2 sit-ups, 2 jumping jacks, etc...).
- After completed, the participant collects the 2 flags, and get backs into the game.
- Participants may enter the fitness area only to do the fitness activity and to get their flags.

12. Clothesline Relay –

- Clothespins and towels needed.
- Each group has 10 clothespins and one towel.
- Have participants partner up (parent and child), 2-6 groups.
- One person is designated the clothesline poles (parent).
- On the signal to begin, the child picks up one clothespin and one towel and runs to hang it on “the line” (The line is the parent).
- The child runs back and grabs another clothespin and repeats the process of hanging the towel on “the line”.
- First parent/child group done, wins.

13. Hula Hoop Pass –

- One hula hoop needed for each group.
- Have the group form a circle and hold hands.
- Place a hula hoop between two participants so that their hands are joined inside the hoop.
- The objective is for the team is to make the hoop travel around the circle without anyone letting go of hands.

Variations:

- Everyone must put their feet through the hoop first
- Everyone must put their head through the hoop first
- Everyone must be sitting
- Use two hoops, start them opposite each other and pass them around the circle going opposite directions
- Divide into two groups and have a race to see who can get it around the circle the fastest.

Have an Active and Healthy Event!

Every Child Deserves to have a Positive Experience being Physically Active!

Created especially for you

From:



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