

# Family Engagement Fitness Event

Step-by-Step Guide for Creating Your Own Event



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All activities included in this Family Engagement Fitness Guide are designed to help enhance physical activity in a Family Fitness Event setting. It is important as a sponsor of this event that you clearly state that individuals who participate are doing so at their own risk and are voluntarily participating in these activities and assume all risk of injury to themselves or others. Sandy “Spin” Slade, Inc. and Distributors of this program disclaim any liabilities of loss or injury in connection with the information presented.

Daily physical activity has long been recognized as an essential ingredient of a healthy life. Unfortunately, physical activity has been eliminated from American's daily life. Starting a Family Engagement Fitness Event will help bring awareness to this problem and create a fun and memorable event for the students and their families in your After School program.

## Getting Started:

- ✓ Hold the event on a weekday evening or Saturday morning.
- ✓ Start promoting the event at least 6 weeks in advance.
- ✓ In the announcement, recommend that parents obtain medical clearances before participating or have them sign the medical disclaimer (included) and bring the day of the event.
- ✓ Reach out to local college Physical Education Departments for volunteers.
- ✓ Timing is everything! Some months are more desirable than other when deciding to schedule this event. Here are months/days to consider;
  - **January** – Family Fit Lifestyle Month
  - **February** – National Heart Month
  - **February 5, 2020** – National Girls and Women's Sports Day
  - **March** – National Nutrition Month
  - **May** – National Physical Fitness and Sports Month / National Physical Education and Sports Week – First week in May
  - **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 from;
    - American Heart Association
    - Dairy Council

- American Cancer Society
    - Hospitals / Health Organizations
    - City Park and Recreation Departments
    - Local Health Clubs
    - YMCA
    - Boys and Girls Club
    - Local Nutritionist
    - Local Sport Celebrity
  - Organizations like above 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](http://www.shapeamerica.org)
  - Active Schools – [www.activeschoolsus.org](http://www.activeschoolsus.org)
  - National Dairy Council – [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)
  - President’s Council on Physical Fitness – [www.fitness.gov](http://www.fitness.gov)
  - United States Department of Agriculture – [www.choosemyplate.gov](http://www.choosemyplate.gov)
  - National After School Association, Healthy Eating Physical Activity Standards – <https://naaweb.org/resources/naa-hepa-standards>
- ✓ **Promotional Ideas:**
- Write an article for the School/Organization Newsletter / Calendar Page
  - Send a flyer home with every student
  - Invite the Superintendent or Principal to your event
  - Invite School Board Members to your event
  - Invite local media (newspapers and television)
  - Provide water and nutritious snacks at a booth during the event (fundraiser)
  - Invite a local celebrity to make an appearance and to participate in the activities (i.e. Mayer, City Council Members, High School Sports Star, etc.)

## 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.

Create (or use download template) “Play Pass” that everyone receives when they arrive. This pass will include every activity.

- ✓ Participants would have this pass marked after participating in the activity.
- ✓ The goal is for each participant to participate in all the activities.
- ✓ Once a “Play Pass” is filled, participants return it with their name on for a chance to win a drawing.
  - Prizes can be donated from local merchants

**REMEMBER:** Your best friend is the custodian at the school. Be sure to treat him/her with respect and they will help you out considerably.

## Equipment Needed:

- ✓ Skillastics® Activity Kit (Fitness, STEM, Basketball)
- ✓ 4-6 Hula Hoops
- ✓ 4-6 Jump Ropes
- ✓ 1 Basketball and Basket
- ✓ 1 Garbage Can and Ball
- ✓ 6 Poly Spots
- ✓ 5 Cones
- ✓ 4-6 Beanbags
- ✓ 20 Activity Scarves
- ✓ 6 Skillastics Activity Task Cards
- ✓ 20 Balloons

## Activities:

- 1) **Skillastics®** - There are many different Skillastics® Activity Kits to choose from. We recommend that you pick from either Fitness Skillastics®, STEM Skillastics® or Basketball Skillastics® to use during your event. These three are most conducive for parents and children to play together.
  - a. Set up the Skillastics® Activity Kit on one end of event area.
  - b. Place participants in groups of 2-6, depending on how many individuals are waiting to play.
  - c. Assign a color to each group.
  - d. Have the person who is overseeing this area briefly explain how to play Skillastics® (*The students will already know how to play, so they can help their parents*).
  - e. Explain that it will be a competition. The first team that travels **completely around** the mat, jumping over their start spot and **COMPTLETING** the **FIRST** activity **past** their start spot, wins.
  - f. On signal, competition begins (*Music playing will make it more exciting*).
  - g. After a team wins, a rotation of new participants waiting to play, takes their place.
  
- 2) **Hula Hoop Competition** –
  - a. Have 4-6 Hula Hoops available.
  - b. On signal, all participants begin hula-hooping. (*Music playing will make it more exciting*).
  - c. The person still hula-hooping, wins.
  - d. After someone wins, rotate new participants.
  
- 3) **Jumping Rope** –
  - a. Have 4-6 Jump Ropes available.
  - b. Have the participants compete in two activities;

- i. Everyone Jumps for 30 seconds. Last person still jumping, wins. (if more than 1 person is still jumping – continue until one person remains).
- ii. Everyone Jumps for 15 seconds quickly. Count how many rotations in 15 seconds. The participant with the most rotations, wins.
- iii. *If there are participants who don't know how to jump rope, that is okay. They still can participate by pretending to jump rope, which allows them to enjoy the activity.*

#### 4) Shooting Baskets –

- a. Have 1 Basketball and 1 Basket available. *(If a basket is not available, skip this activity and do only ball toss instead).*
  - i. Participants attempt 3 shots only from a designated spot (Free Throw area).
  - ii. Mark on their “Play Pass” how many he/she makes out of three.

#### 5) Ball Toss –

- a. Set up a garbage can as a target. *(Any type of ball can be used – softball, playground ball, etc.)*
  - i. Participants attempt 3 shots only from a designated spot.
  - ii. Mark on their “Play Pass” how many he/she makes out of three.

#### 6) Obstacle Course –

- a. Set up an Obstacle Course exactly like Day 3 (Warm Up) in the *Fitness Skillastics® Lesson Plan Guide*.
  - i. 6 Skillastics® Poly Spots
  - ii. 5, Cones
  - iii. 4-6 beanbags
  - iv. 4-6 scarves
  - v. 6, Fitness Skillastics® Task Cards.

- b. Going through the obstacle course one time will allow the “Play Pass” to get marked.

**7) Balloon Balance –**

- a. Have 10-12 balloons available. (*have a reserve of balloons ready in case some pop*).
- b. On signal, each participant starts “hitting” the balloon upwards with one hand only.
- c. If balloon touches floor, that individual is out.
- d. Last participant left, wins.
- e. After someone wins, rotate new participants.

**8) Scarf Activities –**

- a. Have 10-20 activity scarves available.
- b. Have the participants go through a series of scarf activities.
- c. Reference Day 2 and Day 3 scarf activities in the *Fitness Skillastics® Lesson Plan Guide* for guidance.
- d. After 5 minutes, rotate new participants.

