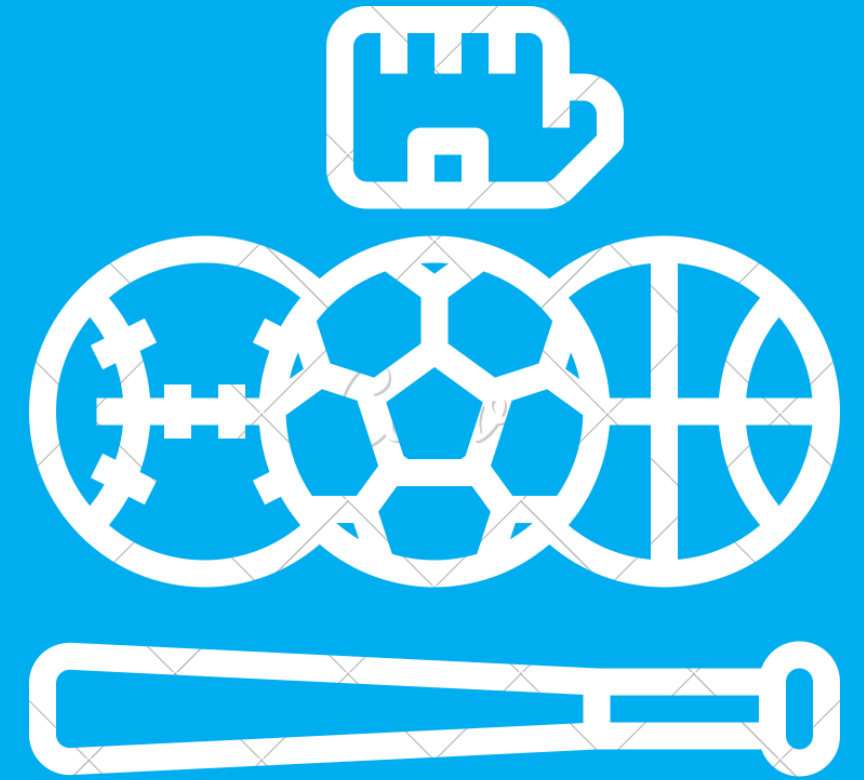




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Home Activities with Kids!

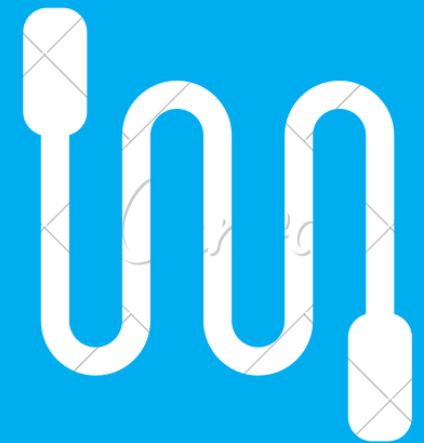
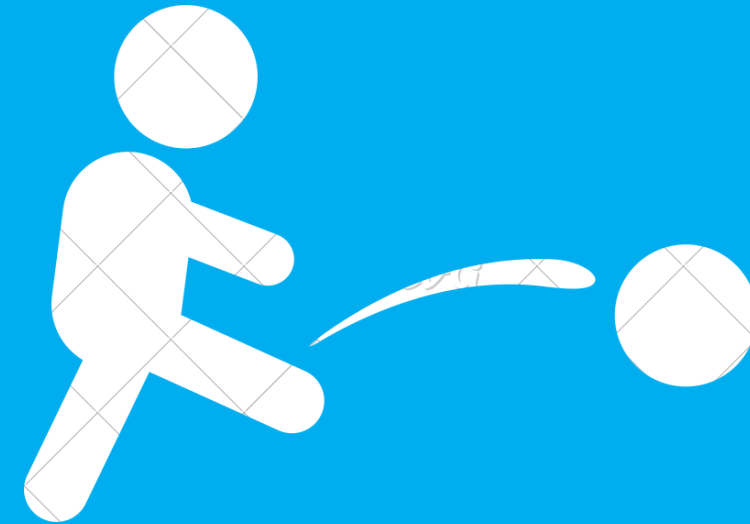
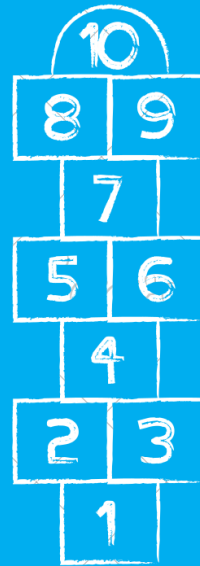
We hope to provide some physical education-based activities for families to practice with their children while socially distancing. Try a couple of these activities to get moving as we strive to provide youth development, healthy living and social responsibility to our YMCA families and community!

We are here for you!

Haley Angst – Program Coordinator

Backyard Games

- Kickball
- Soccer
- Basketball
- Hopscotch
- Catch
- Tag
- Frisbee
- Jump Rope



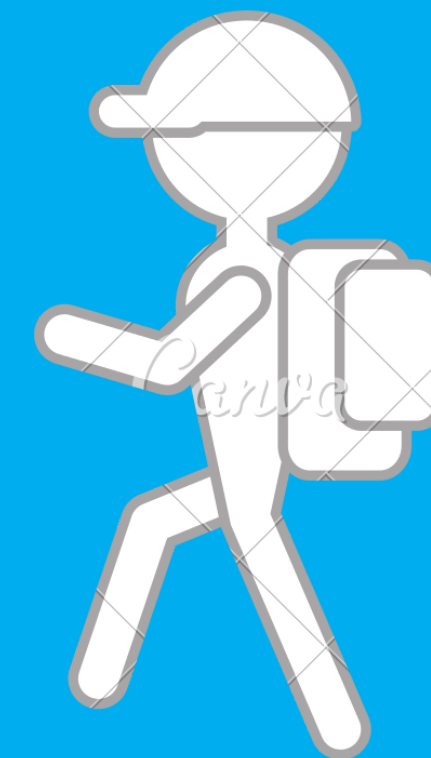
Walk/Hike

Local places to take hike or walk:

- YMCA – ½ Mile trail starting at South side of parking lot
- Crystal Lake Park
- Swan Park
- Derge County Park
- Edgewater Park
- Shaw Marsh
- Horicon Marsh
- Nitschke Mounds County Park
- Egret Hiking Trail and Boardwalk Trailhead
- Ziegler Park
- Dodge County Ledge Park
- Astico Park
- Waupun Park Maple Forest State Natural Area
- Wild Goose State Trail

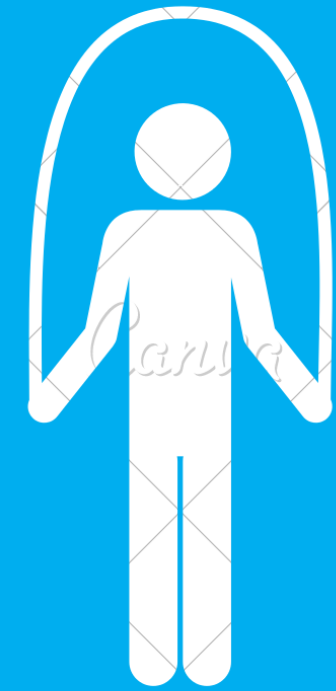
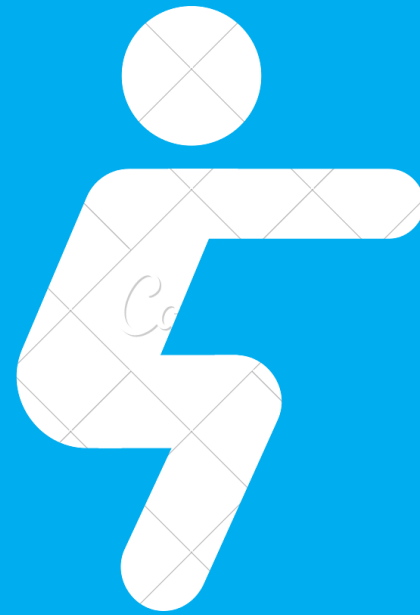
Activities during hike:

- Scavenger Hunt
- Bird Identification
- Plant Identification
- Find/identifiy animal prints
- “I Spy”



Home Workout

- Burpees
- Mountain Climbers
- Squat Jumps
- Jumping Jacks
- Toe tap on ledge
(step/stair)
- Long Jumps
- Jogging in Place
- High knees in place
- Lunge Jumps



Home Workout Games

DECK OF CARDS:

What do you need? Deck of playing cards, whiteboard or piece of paper with rules listed

How to play? 1. On a whiteboard, list what each "suit" matches with what workout movement. (ex. spades = squats, hearts=push ups, clubs=burpee, diamond=jog in place) 2. Draw a card, whatever number is shown is how long you do the movement/how many repetitions (ex. 3 of hearts=three pushups, Jack of spades=11 squats)

Continue until you run out of cards or got a good workout in!

AROUND THE WORLD:

What do you need? Map of the World or USA (printed or on computer)

How to play? 1. Have kids pick a state or country 2. List a fun fact about the state/country 3. Set a workout to each state (can repeat workout movements) 4. Do movement for 10 seconds or 10 repetitions!

Continue until you run out of states or got a good workout in!

MATCH:

What do you need? Deck of playing cards or matching cards

How to play? 1. Set out even number of playing cards, each with a matching number/suit 2. Have list of workout movements/repetitions set on a piece of paper/whiteboard 3. When someone gets a match, pick and complete workout and try to find another match!

Play until all cards are matched!

SCAVENGER HUNT:

What do you need? Post it notes

How to play? Write workout movement on piece of paper and scatter papers/clues around the home. Once participant finds a card, have them complete the workout, and complete the clue to find the next workout!

(ex. Where do you sit while watching Frozen? (couch/chair/living room) 10 pushups; What do you put on hotdogs? (ketchup/mustard) 10 squats)

Home Games

- Indoor Bowling
- Hide and Seek
- Juggling
- Tossing Scarves
- Build a Fort
- Indoor Obstacle Course
- Scavenger Hunt
- “Floor is Lava”
- Wii Sports/Kinect Games

