



CELEBRATION IDEAS

Set up activity stations around the school or recreation center and have each youth participate in them throughout the day.

Move Physical education classes outside and play games like Frisbee®.

Host a field day. Feature outdoor games such as sack races, long jump, jump rope, etc.

Take class outside for the afternoon and create active math and spelling games. Plan a science unit exploring the outdoors and conservation.

Send high school students to the middle school and elementary school to teach the younger children about Frisbee® baseball, Frisbee® golf, Frisbee® bocce, Frisbee® bowling and throwing activities.

Host a Move it Outside™ family activity evening. Encourage students, siblings and parents to attend. Have outside activities, weather permitting, and utilize the gym as needed. Give students the opportunity to play volleyball with their parents, do parachute activities, scooter races, cup stacking competitions and so on. Just play - toss football, Frisbees®, jump rope, hoola hoop, etc.

Distribute Turn of the TV Pledge cards, and reward youth with a jump rope if they return the signed pledge card the following day.

Set up a one mile loop around the school or recreation center and arrange focused time before or after school, during recess, or an activity period. Youth and adults can choose to run, walk, jump rope, etc.

Play Frisbee® games for the entire week during physical education class or in afterschool programs.

Hold an Ultimate Frisbee® demonstration and competition, either during or after the school day.

Hold a cookout or picnic during lunch to encourage youth and adults to enjoy the outdoors. Play Frisbee® games while the food is cooking, or after everyone eats.

Contact the local newspapers, and ask them to publish articles encouraging family physical activity.

Give youth tickets for good behavior, sportsmanship, teamwork and a positive attitude. At the end of the class – put names into a basket and draw winners. Give the winners their own Move it Outside Frisbee®.

Bring students outside for study halls. Plan a short activity break followed by study time under a tree, or at a picnic table.