

PERK

Physical Education Recreation Kit → Active Living for a lifetime

Goal: *PERK* provides educators and recreation providers the “how to”, “where to”, and “who to” work with for teaching lifetime recreation skills to children and youth.

How To - lesson plans, activities, assessment for teaching units related to lifetime recreation activities (biking, jogging, boating, snow sports)-more will be added in future years.

Where To- provide a link to Keystone Active Zone Web-site so adults and kids can search for local recreation activities and facilities.

Who To – will help educators and recreation providers learn about programs, resources, equipment, and partnership opportunities for teaching lifetime recreation for children and youth.

PERK: Active Living for a lifetime

Physical Education Recreation Kit → Active Living for a lifetime

ACTIVITIES | FACTS & BASICS | RESOURCES

BIKING
LESSON + ACTIVITY PLANS
BENEFITS | RESOURCES

WALKING
LESSON + ACTIVITY PLANS
BENEFITS | RESOURCES

WATER SPORTS
fishing • boating • swimming • water skiing
LESSON + ACTIVITY PLANS
BENEFITS | RESOURCES

SNOW SPORTS
country skiing • snowshoeing • skating
LESSON + ACTIVITY PLANS
BENEFITS | RESOURCES

PERK provides educators and recreation providers the *how to*, *where to* and *who to* work for teaching lifetime recreation skills to children and youth.

FEATURES

- How to fund your snow-shoeing program. PERK can help you find a way to take your students on a snow-shoeing adventure. [More...](#)
- Do you have lesson plans or ideas for activities to share with other educators? [Submit your ideas to PERK.](#)

RELATED RESOURCES

- Check out the [KAZ site](#) for hiking trails that your students will love.

HOME | SITE MAP | CONTACT US

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Welcome to KAZ!

The Keystone Active Zone (KAZ) connects Pennsylvanians with the many municipal, county, and state resources close to home... and lets Pennsylvanians discover and explore the parks and activities that can help them have fun--while staying and keeping active!

welcome

KEYSTONE Active Zone
HAVE FUN STAY ACTIVE!

LOOKING TO GET ACTIVE?

Discover KAZ and explore parks and activities around the state. Search by activity or location, learn about county events, and discover all the activities that Pennsylvania has to offer!

discover
the KEYSTONE ACTIVE ZONE

MANAGE KAZ IN YOUR COUNTY

If you're a parks and recreation director who wants to add your county's activities to the KAZ website, you can [Manage KAZ](#) from here... AND learn ways to implement the KAZ Campaign in your county!

manage
the KEYSTONE ACTIVE ZONE

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A NEW AND IMPROVED KEYSTONE ACTIVE ZONE (KAZ) WEBSITE!

The KAZ website has had a face-lift and now offers two separate sides for consumers and professionals. Local KAZ teams also will have the added benefit of a county specific page to share information and updates.

The KAZ Campaign is **FRAMEWORK** to create **PARTNERSHIPS** between Recreation, Health, and Education to promote lifetime recreation and local parks and trails as great places for physical activity and fun!

KAZ & PERK... COMING SOON to a session near you!

10/15 PRPS Fall Membership Meeting, Harrisburg PA
12/1 PSAHPERD Conference, Seven Springs PA

FOR MORE INFORMATION ON KAZ/PERK CONTACT:

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WWW.KEYSTONEACTIVEZONE.COM