

# Try It Out Tuesday Drop-in

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

During lunch hours on Tuesdays students can go to the gym and engage in new or unique physical activities.

## Why Do It?

Let's try something new! Stop by the gym on Tuesdays (or another day that works for your school) to challenge themselves physically and mentally to a game from around the world, or a variation of an old favourite.

## How Do We Do It?

Student leaders research online or through interviews with adults or activity leaders in the community a variety of activities to try every Tuesday in the gym. They share these ideas with the teacher prior to a given day and communicate via a schedule shared to the school.

During lunch hour on Tuesday (or other chosen day), students drop in at the gym to try the new activities.

Activities are lead by student leaders.

## What Else Do We Need?

A variety of physical activity equipment (e.g., balls, pool noodles, flying discs, scoops, bats, racquets) depending on which activities you pick

## How Do We Get Creative?

Create a monthly theme for weekly games (e.g., based on equipment or country of origin).

Student leaders share rules by creating videos to be posted on social media.

Make equipment available for weekend lending.

Consider setting up a variety of stations to increase movement and fun while simultaneously decreasing wait times.