

# Parent/Caregiver Activities during Parent/Caregiver Night

*Activity*

**Resource:** Ideas for Action

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

## What Is it All About?

Student leaders and members of the community lead parents/caregivers through an activity session during Parent/Caregiver Night to promote physical activity and healthy, active living.

## Why Do It?

Demonstrate some of the work that is being done to promote physical activity at the school.

## How Do We Do It?

Student leaders facilitate a daily physical activity (DPA) session for parents/caregivers to participate in during a Parent/Caregiver Night.

Student leaders identify one or two activities to share and promote prior to the evening so parents/caregivers arrive prepared to move.

Consider connecting with community health professionals, local public health, or parents/caregivers to lead additional physical activities (e.g., Zumba, yoga, pick-up floor hockey).

## What Else Do We Need?

Various equipment depending on the activities selected by the students (e.g., yoga mats, hockey sticks, balls)

## How Do We Get Creative?

Have students demonstrate their abilities before parents/caregivers try an activity.

Teach parents/caregivers the importance of learning fundamental movement skills and how these are stepping-stones to physical activity.