

Time-to-Move Family Activity 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?

Students, teachers, and families work together to complete a series of sport-themed missions as quickly as possible.

Why Do It?

Improving your fitness can be fun when you do it with a team. Participants work in small groups to cross 7 sport-themed tasks off of a mission to-do list.

How Do We Do It?

Working together, teachers, students and parents/caregivers, form groups of 5–6

Each group completes the following activities together as quickly as possible.

Groups can complete a mission in any order but must remain together.

- Homerun – Pretend to hit a home run by swinging an imaginary bat and running around the outside of the activity area.
- Football Huddle – Linking arms with your group, crunch down low and jump up 10 times.
- Swimming – Jog around the activity area 4 times while using arms to "swim."

- Standing Long Jump – Perform 2-foot jumps for the length of the activity area and back.
- Fast Feet – Run on the spot as fast as you can while counting to 60.
- Cheer Squad – Perform tuck jumps in the centre of the activity area and yell, “Go, team, go!” 3 times.
- Basketball Defense – Side-shuffle around the perimeter of the activity area 2 times.

What Else Do We Need?

Consider providing missions on paper for groups to keep with them, or listing all missions for everyone to read on poster paper at the front of the activity area.

How Do We Get Creative?

Students add their own sport theme missions to the list.

Students create mission activities based on community supports and resources (e.g., a local swim team might inspire lying on a scooter board and “swimming” across the activity area; a community football club might inspire an activity in which students run through hula hoops as if they were tires).

Students create invitations, decorations, and a music playlist associated with the theme.

Students practice some fundamental movement skills by including a fun and diverse list of movements that need to be completed during the missions.

Adapted from: Toronto District School Board. (2007). DPA Supplementary Handbook. Toronto: Toronto District School Board