

School's Out for Summer Family Activity Night Mission

Activity

Resource: Ideas for Action

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

What Is it All About?

Beat the heat while working collaboratively in small groups with students, parents and caregivers, and teachers to complete 7 summer-themed missions as quickly as possible.

Why Do It?

Participants will be feeling hot, hot, hot as they demonstrate relationship and social skills while working together to collaboratively complete 7 summer-themed physical activities.

How Do We Do It?

Teachers, students, and parents and caregivers work together in self-formed groups of 5–6.

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

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

- Front Crawl – Run around the activity area 3 times while moving your arms as though you are swimming.
- Jump Rope –Hop around the activity place once as if you were jumping rope.

- Sit and Row – Complete a wall sit in each corner of the activity area rowing your arms 10 times each as if rowing a boat.
- Bicycle Ride – Lie on your back moving your legs in a circular motion as if you were riding a bike.
- Skip and Touch – Skip around the outside of the activity area twice, touching each corner as you go.
- Hop Scotch – Hop the length of the activity area using various foot patterns as if playing hopscotch.
- The Twist – In the center of the room, perform the Twist while counting out loud for 20 seconds.

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?

Participants add their own summer-themed missions.

Provide healthy summer fruit and smoothies as a snack.

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

Instead of the Twist try another fun or trendy dance move.

Play music.

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