Physical Activity Plan

The following two websites contain fact sheets, videos, and other tools to help get Americans moving and become a healthier country. In this activity, you will visit these websites and plan activities for school-age children and their families using the ideas presented.

1. Review the websites:
   - Healthy Kids, Healthy Future https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/.
2. Explore the the fact sheets, videos, and other tools to build a weekly plan.
3. Notes/Thoughts on the Healthy Kids, Healthy Future and Move Your Way websites.

Activity Planning Ideas
Now that you’ve explored the websites, use the ideas and concepts to do some brainstorming for your school-age activity plans.

1. How could you use the information found in the websites to motivate school-age children to be physically active?
2. What are two activity ideas that you could incorporate into your school-age activity plans?

Activity Plan
Using the information, ideas, and resources found on the websites, try completing a basic activity plan. The goal for this activity plan is to think about a way to incorporate activities that would motivate school-age children and their families to be physically active, or more active. Think about how you would implement this idea into your current program.
Activity Plan: School-Age

Activity Idea

Activity Goal

How does this idea encourage and motivate school-age children and their families to be physically active?