Easy Physical Activity Stations

- **Jump Rope Station**
  - Set up a variety of mini-stations with various jump rope lengths: single ropes, partner ropes, long ropes, and double dutch.

- **Follow The Leader**
  - Announce to the group that each family should line up oldest to youngest.
  - Play music and tell each group to move around the designated area following whatever the youngest member is doing.
  - After 45 seconds, stop the music to change the leader.
  - Continue stopping music and rotating leaders until everyone has a turn to be the leader.

- **Hot Potato**
  - You will need one foam ball for each group of 6-8 people.
  - Each group makes a circle.
  - Say “GO” and each group will toss the ball around the circle.
  - Say “HOT POTATO” and the each group will quickly make a line behind whoever is holding the ball.
  - Pass the ball over your head and then under the next person’s leg, continuing down the line until everyone has passed the ball to the end. The last person in line will yell, “Family Fitness!”
  - Once the group hears “Family Fitness!” make the circle again and begin tossing the ball.

- **Family Walkabout**
  - Announce to the families they are going to walk around the designated area and get their heart rates up.
  - Each family must stay together and do the same thing. Additional ideas each family might want to try:
    - Change the way you walk, you can gallop, skip, tip-toe or side slide.
    - Sing a song while you walk.
    - Tell Jokes
    - Play “I Spy”
    - Clap your hands in a pattern
• **Dance Station**
  o Set up a boom box and encourage participants to dance free style.
  o Invite a Zumba or other dance instructor for a fitness break or to lead simple dance moves in a designated dance station.

• **Yoga Station**
  o Invite a yoga instructor to lead simple stretches or yoga poses.
  o Put up yoga posture pictures with basic instructions and have participants follow along.