

## Week 1

Theme: Time to get moving now that Spring has Sprung!

### Day 1- Outside Play    Play based yoga class



Equipment: Yoga mat or towel

Find instructions at this link:

<https://www.actionforhealthykids.org/activity/exploring-imagination-play-based-yoga/>

### Day 2- Indoor Play    Tape Game

Equipment: Painters tape or colored tape

Directions: Tape shapes and letters to the floor.  
Ask youth to crab walk, walk, squat, etc. to the shapes



GROSS MOTOR INDOOR PLAY  
**TAPE SHAPE GAME**



“ Crab Walk to the Triangle . . . Bear Crawl to the 'L' ”



“ Slither to the Diamond . . . Run to the Square ”

+ 85 MORE CREATIVE INDOOR  
GAMES TO GET ENERGY OUT!

WHATMOMSLOVE.COM

## Week 2

Theme: Creative Spaces

### Day 1- Outside Play Outdoor obstacle course.



Equipment: Use your swing set, trampoline, old tires, and ropes to create a stellar obstacle course, or anything you have in your yard. Tree stump, flower bed, sports equipment, etc.

Races get everyone in the mood for a little competition, and you can create a killer obstacle course just from what you have lying around

### Day 2- Indoor Play Penguin Waddle

Equipment: Balloons

Directions: Penguin Waddle: Place a balloon between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles. If they drop it, they have to go back to the start.

For multiple kids, have them play as a team with the balloon placed between their hips. Once they get the hang of it, get out your timer to see how fast they can do it.



## Week 3

Theme: Run & Stretch

### Day 1- Outside Play Picnic Basket Relay Race

Equipment: basket, blanket, play food, utensils, timer



Compete to see who can set up a picnic first (lay down the blanket, set up the silverware and plates, etc.) the fastest! When one player finishes setting it up, they rush to get everything back in the basket, and then pass it off to the next player.

### Day 2- Indoor Play Indoor Tumbling

Equipment: yoga mat or towel

Click on this link and follow the [SPARK PE Lesson](#)



## Week 4

Theme: Adventure

### Day 1- Outdoor Activity    Adventure Story

Equipment: Costumes (optional), binoculars, paper, pencils

The next time you are walking to the park or playground, turn it into make-believe action! Encourage children to begin a story and play along with new twists and turns. You can use this time to tie in physical activity (“Hop on one foot until we reach the bridge.”) and subjects being studied (“That bee is taking something from that flower... do you know what it is?”).

- Start with a prompt. This could be something related to your surroundings like a crack in the sidewalk that might just be a bridge or a piece of litter that might need a recycling superhero.
- Ask children what you should do next, and have them tell a little more of the story. Use your imagination to look at your surroundings through a different lens:
  - A tree could be a secret hiding place until it's safe to pass.
  - A log could be a rickety bridge across the water.
  - The mailperson could be from superhero headquarters delivering the latest mission.



### Day 2- Indoor Activity    Bowling Alley

Equipment: Snacks, plastic cups, different sizes balls, score sheet



Set up your bowling “lane” with some painter’s tape and use plastic bottles or cups for pins. Use any type of ball to bowl, attempting to knock down as many pins as possible. Keep track of the score, or simply aim to knock them all down in one turn. Create a plastic cup pyramid to up the fun-factor even more. Provide fun snacks and let the kids “order” what they want. Have someone be the waitress and the shoe provider!

## Week 5

Theme: Dramatic Play

### Day 1- Outdoor Play    Silent Ball

Equipment: Balls of different shapes



Toss the ball around. If you drop the ball, do 5 exercises (squats, jumping jacks, push-ups) to rejoin. Don't make a noise! If you do, run around the circle once.

### Day 2- Indoor Play    Movement Charades

Equipment: create slips of paper with different characters and movements for others to guess.  
Bell or timer to keep time

Pretend to be your favorite animal, superhero or sports player by imitating their signature moves (no sounds allowed!). The rest of the players try and guess who they are – the first one to do so correctly, gets a point. If your kids have trouble thinking on the spot, write down some suggestions and place them in a hat to draw from when it's their turn.

[Charade Ideas](#)



## Week 6

Theme: Strong Body, Sharp Mind

### Day 1- Outdoor Play Memory Memory

Equipment: 10 sheets of paper or poster board with matching numbers, letters or pictures.

Place face down in the yard or driveway and take turns matching them. For each match do an exercise to celebrate such as; jumping jack, high knees, frogger, etc.



### Day 2- Indoor Play Jump to the Sky

Equipment: space for jumping



Enjoy this 25-minute fitness video that is sure to get your kids moving and excited. Click on this link: [Fitness Fun Video](#)