

# Event Ideas

## Courses and Stations

Obstacle courses and fitness stations are a fun and interactive way to get kids physically active, and educate them on the various ways to get moving. They are also best for open spaces, and require minimal set-up and break-down.

### Tips for Success

- Incorporate a wide variety of obstacles to ensure variability
- Choose exercises that are repeatable, can be performed with minimal assistance, and that students enjoy

### Activity ideas

- Indoor obstacle course
- Playground obstacle course
- Fitness stations

### Adding a Fun Twist

- Create relay races for obstacle courses and opportunity to win prizes
- Get older kids (high schoolers) to lead the fitness stations. Great opportunity to set a good example for the younger kids, and become role models

## Games

Games are not only a way to get kids outside and moving, they also show kids that physical activity can be fun and enjoyable!

### Tips for Success

- Select a diverse set of games that meet the interest of the targeted age group and skill level
- Gather necessary equipment or supplies a couple weeks before the event to ensure plan feasibility

### Activity ideas

- Tag games
  - Sharks and Minnows
  - Freeze tag
  - Star Wars tag
- Simon Says
- Tug of War

### Add a Fun Twist

- Get staff members, high school kids, or the school mascot to be “it”
- Bring in small prizes for winners to encourage full participation and friendly competition

## Sports

Not only do these types of events get kids active, they teach the value of sportsmanship, competition, and team building. It is also a fun opportunity to introduce and get younger kids interested in sports!

### Tips for Success

- Double check facility availability for scheduled event day
- Make sure there is enough equipment for participation of bigger groups
- Break down large groups into categorized groups for fair play and enjoyment

### Activity ideas

- Basketball
- Soccer
- Kickball
- Volleyball
- Flag football

### Add a Fun Twist

- Have teachers and staff members compete against one another for one round to add excitement and new perspectives for role modeling

## Walking

A walking event is an easy way to get kids moving as it does not require any special skills, facilities, or equipment. It is also an opportunity to educate children on how easy it is to incorporate physical activity into their daily routines.

### Tips for Success

- Ensure the selected walking path is accessible to all participants
- Do a pre-event walk through to be sure the distance meets the timeframe
- Check weather outlook for event day to make sure plans are practical

### Activity ideas

- Nature walk/hike
- Lap walking
- Neighborhood exploration
- Conduct a [walk audit](#)

### Add a Fun Twist

- Incorporate a scavenger hunt to engage the participants and make it a fun experience
- Choose a nature trail that can also be used as an educational opportunity on local nature facts
- Have a “best picture” competition while on a nature hike to engage participants in their surroundings (best for older kids who have access to cell phone cameras)

## Other Fun Ideas

Group events are a great way to bring people together and engage students, teachers, and community members.

### Tips for Success

- Choose an activity that is age and skill appropriate for your targeted participants
- For larger groups, break them down into smaller groups for better management and engagement

### Activity ideas

- Yoga
- Dancing
- Jump rope
- Hula-hooping
- Bike ride

### Add a Fun Twist

- Get the school dance team members to lead group dancing
- Involve the school mascot to show school pride, and get students excited. This is also a great way to show your school's support in celebrating healthy kids
- Get everyone involved, including parents, teachers, and school staff

## Resources

### Iowa Bikes Interactive Map

<https://iowadot.gov/iowabikes/bikemap/home.aspx>

### Iowa Safe Routes to Schools

<http://iowasaferoutes.org/>

### Go Go Yoga for Kids

<http://www.gogoyogakids.com/>

### PlayWorks

<https://www.playworks.org/game-library/>

### Safe Routes Partnership - Walk Audit

[https://www.saferoutespartnership.org/sites/default/files/walk\\_audit\\_toolkit\\_2018.pdf](https://www.saferoutespartnership.org/sites/default/files/walk_audit_toolkit_2018.pdf)

### SHAPE America

<https://www.shapeamerica.org/explorePA.aspx>

### Spotify (Kids Workout Playlist)

<https://open.spotify.com/playlist/37i9dQZF1DWWdHnKrQaltY>

### WIRED Magazine

<https://www.wired.com/2009/08/simpleoutdoorplay/>