





## Activity Plan for Play Actively

Week 1			
Activity	How many or how long	How many days	Instructions
Play Actively 	20 mins	Total for the week	Play a running game like tag or ride your bike or go swimming. Try to do an activity for a total of 20 minutes during the week. You can do the 20 minutes all at once or on a few different days. One game you might like to try is Blob tag. To play Blob tag, you start with two people as the blob. They have to lock their arms together and cannot come apart. Once the blob tags someone, they become part of the blob and add to the end. The blob becomes bigger and bigger. Only the ends of the blob can tag someone, so players can run through the blob, if possible without getting tagged.

Week 2			
Activity	How many or how long	How many days	Instructions
Play Actively 	30 mins	Total for the week	Go inline skating or swimming to be active this week. If neither of these are accessible to you try to play actively outside at the park, or by riding your bike. Try to do the activity for a total of 30 minutes during the week. You can do the 30 minutes all at once or on a few different days.

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Week 3			
Activity	How many or how long	How many days	Instructions
Play Actively 	45 mins	Total for the week	Play a running game like tag or ride your bike or go swimming. Try to do an activity for a total of 45 minutes during the week. You can do the 45 minutes all at once or on a few different days. One game you might like to try is Belly Double Circle tag. To play Belly Double Circle tag, choose one player to be the runner and one player to be the chaser. All other players are to lie in a big circle in groups of two. The players lay side-by-side then a space then the next two players with their heads facing the center of the circle and lying on their bellies. On go, the chaser will try to tag the runner. The runner will run on the outside of the circle and try to find a space to lie down next to one set of players. The player on the opposite side of that group will have to get up and start running from the chaser. If the runner is tagged then they are to turn around and chase the chaser. The new runner will find a spot to lie down and the player on the opposite side will start running because they are the new runner.

Week 4			
Activity	How many or how long	How many days	Instructions
Play Actively 	60 mins	Total for the week	Engage in active play for a total of 60 minutes this week. You can play actively by playing a running game like tag, going to the park, riding your bike or go swimming. You can do the 60 minutes all at once or on a few different days.