





## Activity Plan for Playground Fun

Week 1			
Activity	How many or how long	How many days	Instructions
Playground Fun 	10 mins/day	2 days/wk	Spend a total of 10 minutes or more at the playground this week. To increase arm strength, try going on the monkey bars (see how many bars you can swing on!). To increase leg strength, enjoy playing hopscotch with friends. Be sure to use the slide and swings too!

Week 2			
Activity	How many or how long	How many days	Instructions
Playground Fun 	15 mins/day	2 days/wk	Spend a total of 15 minutes or more at the playground this week. To increase arm strength, try going on the monkey bars (see how many bars you can swing on!). To increase leg strength, enjoy playing hopscotch with friends. Be sure to use the slide and swings too!

## Activity Plan for Playground Fun

Week 3			
Activity	How many or how long	How many days	Instructions
Playground Fun 	20 mins/day	2 days/wk	Spend a total of 20 minutes or more at the playground this week. To increase arm strength, try going on the monkey bars (see how many bars you can swing on!). To increase leg strength, enjoy playing hopscotch with friends. Be sure to use the slide and swings too! Challenge yourself to try new things at the park!

Week 4			
Activity	How many or how long	How many days	Instructions
Playground Fun 	30 mins/day	2 days/wk	Spend a total of 30 minutes or more at the playground this week. To increase arm strength, try going on the monkey bars (see how many bars you can swing on!). To increase leg strength, enjoy playing hopscotch with friends. Be sure to use the slide and swings too! Challenge yourself to try new things at the park!