





Activity Plan for Monkey Bars

Week 1			
Activity	How many or how long	How many days	Instructions
Monkey Bars 	5 mins/day	3 days/wk	Have fun in your local playground. While you are at the playground, try swinging across the monkey bars. Each time you go to the monkey bars, count to see how many bars you can grab onto to make it to the other side. By using the monkey bars, you will get stronger arms and it will become easier to do.

Week 2			
Activity	How many or how long	How many days	Instructions
Monkey Bars 	8 mins/day	3 days/wk	Have fun in your local playground. While you are at the playground, try swinging across the monkey bars. Each time you go to the monkey bars, count to see how many bars you can grab onto to make it to the other side. By using the monkey bars, you will get stronger arms and it will become easier to do.

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Week 3			
Activity	How many or how long	How many days	Instructions
Monkey Bars 	12 mins/day	3 days/wk	Have fun in your local playground. While you are at the playground, try using the monkey bars. Each time you go to the monkey bars, count to see how many bars you can grab onto to make it to the other side. By using the monkey bars, you will get stronger arms and it will become easier to go across the monkey bars.

Week 4			
Activity	How many or how long	How many days	Instructions
Monkey Bars 	15 mins/day	3 days/wk	Have fun in your local playground. While you are at the playground, try swinging across the monkey bars. Each time you go to the monkey bars, count to see how many bars you can grab onto to swing to the other side. By using the monkey bars, you will get stronger arms and it will become easier to go across the monkey bars.