

WORKSHEET LIST:

#1 Active Day Cartoon Options Pages 16-18

1 panel to draw picture

3 panels to draw morning, in-school, and after school activities

3 panels with space below to write story (can offer multiple pages for longer stories)

6 panels for older children to create longer stories

#2 Get Moving Activity Cards Pages 19-40

Get Moving and Stay Still activity list for leaders

Get Moving and Stay Still cards

Very Active and Moderate Moves list for leaders

Very Active and Moderate Moves cards

It's an ACTIVE DAY!

Draw a picture of you doing something to move your body



What are you doing? _____

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

Morning	School	After school

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

Write your story here:		

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

1	2	3
4	5	6

Activity Cards for Get Moving Relay or Charades

Activity List for Leaders

Get Moving Activities:	Stay Still Activities:
Take a Walk	Watch TV
Jog or Run	Surf the Internet
Roller blade	Sing
Shoot hoops	Read a book
Play on jungle gym	Color, Draw or Paint
Swim	Do a Puzzle
Play Tag	Play Video Games
Dance	Do Homework
Play Kick ball	Talk on the Phone
Clean room	Write a story

Activity Cards for Get Moving Relay or Charades

Take a
Walk

Watch TV

Activity Cards for Get Moving Relay or Charades

Jog or
Run

Surf the
Internet

Activity Cards for Get Moving Relay or Charades

<p>Roller Blade</p>	<p>Sing</p>
---------------------	-------------

Activity Cards for Get Moving Relay or Charades

Shoot
Hoops

Read a Book

Activity Cards for Get Moving Relay or Charades

Play on
Jungle Gym

Color, Draw
or
Paint

Activity Cards for Get Moving Relay or Charades

Swim

Do a Puzzle

Activity Cards for Get Moving Relay or Charades

Play Tag

Play Video
Games

Activity Cards for Get Moving Relay or Charades

Dance

Do
Homework

Activity Cards for Get Moving Relay or Charades

<p>Play Kickball</p>	<p>Talk on the Phone</p>
----------------------	------------------------------

Activity Cards for Get Moving Relay or Charades

Clean Room

Write a
story

Activity Cards for Get Moving Relay or Charades

Activity Cards for Modification Option #2

Very Active Moves	Moderate Moves
Hip Hop Dance	Walk to and from School
Hockey or Ice Skating	Take the Stairs
Basketball	Carry in Groceries
Volleyball	Skateboarding
Martial Arts- Karate, Judo, Tae Kwon Do	Sweep Floors
Play Soccer	Play on a Swing
Ride Bikes	Toss a Frisbee
Jump Rope	Play Catch
Tennis	Play Hopscotch
Swim Laps	Help With Chores

Activity Cards for Get Moving Relay or Charades

Hip Hop
Dance

Walk to and
from School

Activity Cards for Get Moving Relay or Charades

<p>Hockey or Ice Skating</p>	<p>Take the Stairs</p>
----------------------------------	----------------------------

Activity Cards for Get Moving Relay or Charades

Basketball

Carry in
Groceries

Activity Cards for Get Moving Relay or Charades

Volleyball

Skateboard

Activity Cards for Get Moving Relay or Charades

Martial Arts—
Karate, Judo,
Tae Kwon Do

Sweep Floors

Activity Cards for Get Moving Relay or Charades

<p>Play Soccer</p>	<p>Play on a Swing</p>
--------------------	----------------------------

Activity Cards for Get Moving Relay or Charades

Ride Bikes

Toss a
Frisbee

Activity Cards for Get Moving Relay or Charades

Jump Rope

Play Catch

Activity Cards for Get Moving Relay or Charades

Tennis

Play
Hopscotch

Activity Cards for Get Moving Relay or Charades

Swim Laps

Help with
Chores