

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of June 29 – July 3, 2020

Obstacle Courses

These activities are fun fitness activities. Have groups challenge each other on different obstacle courses. These can be as simple as running over dirt mounds, doing 10 seconds of jump-roping, kicking a soccer ball around some cones, throwing a ball through a hanging tire and running back to the start.

Print Painting (Hands-on Nature)

Help participants to collect a range of flowers, leaves and objects of different shapes and textures. Use a paint brush or roller to coat the object with paint and then press onto a sheet of paper to create an imprint. Create an artwork to display.

Coach Says (Instructional Sports)

This is a way to break away from the traditional basketball drills. It teaches players to listen and to pay attention. This drill is just like the game “Simon Says”; however, instead of Simon it is “Coach Says”. The players only react to the coach’s commands if the coach starts the command by saying “Coach Says.....”. (example “coach says to hop on 1 foot”) When a player reacts to a command that does not start with the statement “Coach Says” then that player is out and must sit down until the game is over. The last player in the game is the winner.

Water Relay

For this game, split participants into two teams. Each team has two buckets and an extra-large sponge. Fill one of the buckets with water and put it a few yards in front of the empty bucket. The point of this game is that one player from each team takes their sponge, runs down to the full bucket, fills the sponge with water and runs back to squeeze as much water as possible into the empty bucket. Then the next player goes and so forth, like a relay. The team with the most water in their bucket (the one that started out empty) wins.

Encouragement Shower (Social Emotional Learning)

Pick a different person each hour (or several) and have the other participants of the group shower them with encouragement, positive qualities they notice about them or something they admire.

Equipment Improv

Spread pairs of equipment throughout the playing area. Have participants enter the playing area and pick up any piece of equipment. They are to start playing with the piece of equipment in a creative and safe manner and they should stay close to their personal space area. After about 3-4 minutes, form teams/partners by instructing participants to find the individual with the matching piece of equipment. After they pair up, they can make up an activity with the equipment between them.