

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of August 3 – August 7, 2020

Slow Motions

Players line up standing 6 feet away from each other. Players are all going to be racing one another...slowly! Each player stands on the starting line! The finish line is the opposite end of the play space. The leader will be the starter and the judge. He or she will give players a motion to do, and players will attempt to do it as slowly as possible while moving to the finish line. Players keep moving but not too quickly! If a player moves too quickly for the judge, stops moving, or loses balance, he or she will be asked to freeze and do an activity in place for 5 seconds. The first player to cross the finish line is the winner!

Leaf Hunt (Hands-on Nature)

Let participants go on a leaf hunt. See how many different shapes of leaves they can find. Bring them back to home. Help the participants to learn the names of the leaves they found. Some of the names are great, because they look like the leaf (triangular, linear, etc.) Also note what kind of trees the leaves belong to.

Stop to Turn (Instructional Soccer)

Players need to learn how to duck away from defenders. In teaching this skill, have players kick the ball in front of them a short distance. Teach your youths to shorten their strides and come to a stop, using the bottom of their foot to halt the ball. Once they've mastered this skill, have them pivot over the ball and change directions. Alternate directions with each run through.

Water Bottle Relay

Get into teams. One person from each team must lie down on their back and hold an empty water bottle on their forehead. The rest of the team is lined up, single file, behind a bucket full of water and a small cup. On "Go!", the first person in each line has to scoop up water in the cup and carry it to where their team-mate is lying on the ground and dump the water into the bottle. It's a relay, so you run back to the rest of your team and pass the cup to repeat until the bottle is filled to the brim. The first team to fill their bottle wins!

Zip, Zap, Zoom

Form a circle and stand 6 feet away from each other. One player starts the game by clap-pointing while saying, "zip," to a player on his or her left. That player will clap-point and say, "zap" to a player on his or her right. Next, that player will clap-point while saying, "zoom" to someone new. Keep the pattern going. Restart if the wrong command is said or someone claps in the wrong direction.

Sun, Moon, Earth

Set up three cones in your play space. Designate each cone as sun, moon, or earth. Line up on the starting line and stand 6 feet away from one another. The facilitator will call out either sun, moon, or earth. When players hear: SUN, run to the sun cone. MOON hop on two feet to the moon cone. EARTH walk to the earth cone. Make sure to keep your distance when moving to different cones. If players make a mistake, do five jumping jacks, then rejoin the game.