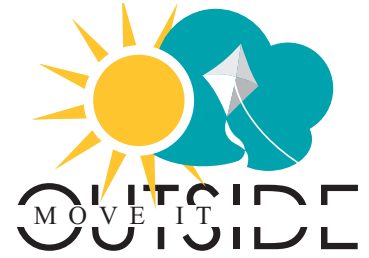


## Organize Your Team

In order to host a successful Move It Outside event, it helps to organize a team to assist with the planning and execution. An ideal team consists of six to ten individuals and can include anyone who is willing to support your event.

Following is a suggested list of planning team members, broken out by celebration location, and the roles each team member can fulfill to plan a successful Move It Outside event.



### At School or Recreation Center

#### Teacher or Recreational Center Program Staff:

- Lead morning (or afternoon) announcements with facts about the importance of outdoor activities
- Have students develop their own games that they can participate in during Move It Outside
- Teach your class about the importance of physical activity

#### Physical Education Teacher or Recreational Center Program Staff:

- Make up fun games that students can participate in during phys ed class or designated activity times
- Set up a week-long Ultimate Frisbee® tournament among students
- Hold a field day for the entire school
- Set up stations outside to encourage students to try different games.

#### School Nurse or Nutritionist:

- Give students physical fitness tests, and hand out flyers about why physical activity is so important
- Ask youth to decorate your door with hand-made pictures/posters depicting their favorite outdoor activity

#### PTO/PTA or other Parent Group:

- Hold a Move It Outside activity night for students, parents and siblings
- Send a letter home to parents about your school's Move It Outside celebration and how they can be involved too
- Host a bar-b-q for the students during lunch, and encourage them to play outside
- Hold an outdoor "minutes in motion" competition and ask students to keep an outdoor activity log. Reward the class who logs the most activity minutes with an outdoor-related prize, e.g., extra-long recess.

#### Principal or Recreational Center Director:

- Support by being interested and talking to youth about active living and the importance of physical activity
- Promote your organization's event to businesses by attending local Rotary or Chamber of Commerce meetings and encourage local business/community support
- Approach a local sporting goods store or outdoor entertainment facility (miniature golf, batting cages, etc.) and ask them to donate a prize package to be raffled off to the student who logs the most outdoor activity minutes during National Turn Off the TV Week



## In the Community

### Local Sporting Goods Store:

- Donate Frisbee®'s to the school for Move It Outside celebrations
- Approach a school/recreation center/business and offer to do a demonstration of Ultimate Frisbee®



### Local Park or Trail:

- Approach a school/recreation center/business and offer to organize an outdoor hike or walk

### Local Conservation Group:

- Approach a school/recreation center/business and offer to host a class on the importance of environmental conservation or “leave no trace”

### Local Civic Leaders/Mayors/County Commissioners:

- Declare the event date as “Move It Outside Day” in your community
- Work with local news organizations to publicize a Move It Outside Day proclamation/resolution
- Identify “active zones” in your community

## At Home

### Families:

- Reinforce the Move It Outside message your child(ren) is learning in school/recreation center by:
  1. Taking a walk as a family after dinner
  2. Encouraging children to play outside after school
  3. Packing a picnic and going to the park
  4. Visit the [National Wildlife Federation's “How to Guide for Outdoor Fun”](#)
  5. [Get Outdoors PA](#)

## At Work

### Wellness Committee:

- Organize a walking group before or after work, or at lunch
- Include an article about Move It Outside in your employee newsletter
- Hold an outdoor “minutes in motion” competition and ask employees (and/or departments) to keep an outdoor activity log during the week of Move it Outside. Reward the employee/department who logs the most activity minutes with an outdoor-related prize

