



## Plan Your Event

Move It Outside is not a “one size fits all” event. Activities vary from school to school, group to group, and community to community. The following celebration ideas provide a number of exciting ways your organization can participate in the festivities!

### Try these popular outdoor games and resources:

The following links include maps to outdoor spaces, physical activity guidelines, non-profits who specialize in youth physical education, and more. For more outdoor game ideas, check out PRO Wellness's [Move It Outside Pinterest Board](#).

- **Three-Legged Race**
- **Ball Games**
- **Relay Games**
- **Tag Games**
- **Kaboom!** - national nonprofit that helps communities to build local play spaces
- **Get Outdoors PA** - visit our schools
- **Outdoor Activity Mapping Tool**
- **Screen Free Week** - includes free planning guides, event downloads, and outdoor ideas to reduce youth screen time
- **34 Best Bike Trails in PA**
- **Commonwealth of PA: WalkWorks routes**
- **CDC – Active People Healthy Nation**
- **Rails-to-Trails Conservancy** - finds local hiking and bike trails
- **We Can!** - NIH educational campaign for kids' physical activity and nutrition
- **Good for You. Good for All. Pennsylvania Parks & Recreation**
- **Discover the Forest** - finds local forests and parks
- **Active Schools** - national movement that helps educators promote physical activity during and outside of school
- **SHAPE America Recess Toolkit** - evidence-based strategies to promote physical activity during school recess

