

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.

The following is a suggested list of planning team members, organized 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 physical education 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

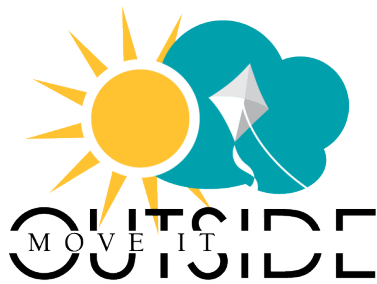
School Nurse or Nutritionist:

- 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”

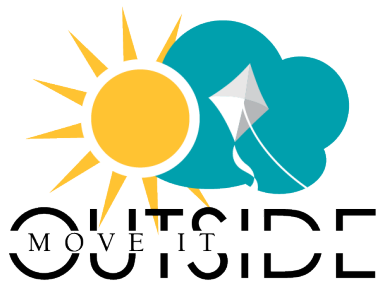
Local Civic Leaders/Mayors/County Commissioners:

- 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

