



## 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

