

SAMPLE: COMPLETED ACTIVITY TEMPLATE

	ACTIVITY	SKILLS PRACTICED	GROUP SIZE	AGE RANGE	ACTIVITY LENGTH	SPACE REQUIREMENTS	EQUIPMENT NEEDED	ACTIVITY CENTER
Basic Games	Sharks & Minnows	Agility, Awareness	10-100	All Ages	10 min	Large Square (75' x 75')	None	1
	Wonderball	Passing, Jumping Jacks, Awareness	10-30	PreK-5th grade	10 min	Circle (30' diameter)	1 playground ball	2
Tag Games	Blob Tag	Evasion, Agility, Endurance, Running	20-30	1st-5th grade	15-20 min	Big, open space	None	4
	Capture the Flag	Reflexes, Running, Awareness, Endurance	10-30	2nd grade and up	10-40 min	Big, open space	6 cones, chalk, 2 flags	4
	Cones Conquest	Evasion, Teamwork	10-30	4th grade and up	10-20 min	Big, open space	2 colored sets of 6 cones, chalk	4
Cooperative Games	Bridge Ball	Hand-Eye Coordination, Strategic Play	10-30	2nd-5th grade	10-15 min	Circle (30' diameter)	1 playground ball	2
	Giants, Wizards & Elves	Communication, Reflexes, Running	12-50	3rd-5th grade	10 min	Large Square (75' x 75')	None	1
	One fish, Two fish, Red fish, Blue fish	Balance, Agility, Awareness, Throwing, Catching, Running, Reflexes	10-35	1st grade and up	10-15 min	Large Square (75' x 75')	Chalk, 1 small throwable object	1
Playground Games	Four Square	Balance, Agility, Awareness	4-12	Kindergarten and up	10-20 min	10' x 10' square	1 playground ball, chalk	2
	Kickball	Kicking, Catching, Running, Throwing	8-30	Kindergarten and up	10-30 min	Open Field	Chalk, 1 kickball, 4 bases	3
	Flag Football	Agility, Awareness, Throwing, Catching, Running, Evasion, Endurance	8-24	2nd grade and up	10-30 min	Open Field	1 football, 2 sets of waist flags, Chalk or 10 cones	3
Fitness Stations	Minute Masters	Jogging, Running, Jumping Jacks	1-30	PreK and up	10 min	2 30' x 30' stations, 2 60' x 60' stations	Whistle, Cones or chalk	5
	Flexibility Stations	Flexibility, Balance	5-40	1st grade and up	20-30 min	6 30' x 30' stations	Whistle, Chalk	5

SCHEDULE TEMPLATE: GENERAL

CENTER	TIME	ACTIVITY
1		
2		
3		
4		
5		