Get Up & Move!

Physical Activity Series 1: April

Service Oriented Fitness (35 minutes)

Items needed for this activity:
- Trash Bags
- Gloves
- First Aid Kit
- Buckets
- Wheel Barrow
- OR
- Water
- Shampoo
- Towels
- First Aid Kit

Background information for presenter:
If your club is looking for a community service opportunity that can also tie in with “Get Up & Move” – consider focusing your “energies” toward a community clean-up effort in either a community park, a playground at a local school, or perhaps cleaning up the area surrounding your monthly meeting site. Refer to the “Safety Tips” handout that is included with this lesson.

If you have members enrolled in small pet projects, a second community service outreach option could be to plan and hold a “Dog Wash.” If you choose this option, make sure that you have enough adults on hand to assist if you have a large number of young club members.

Both of these activities will be very “hands-on” so you may want to suggest that members wear clothes they don’t mind getting either a little dirty or a little wet!

Remember, according to the Center for Disease Control (CDC) guidelines, even activities such as gardening and yard work fall into one of the defined physical activities categories.

Step 1: Information to share with club members (2 minutes)
As warmer weather approaches, our thoughts turn to outdoor opportunities. Whether you get active with springtime sports such as soccer, baseball, softball, and track; or gardening and yard work you should track all of the “active” time that you log during the day. Use the following chart to categorize your “activity” level.

<table>
<thead>
<tr>
<th>Light Activity</th>
<th>Moderate Activity</th>
<th>Vigorous Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casual Walking(&lt; 3 mph)</td>
<td>Moderate Walking (3-4.5 mph)</td>
<td>Racewalking, jogging/running (&gt; 5 mph)</td>
</tr>
<tr>
<td>Playing catch</td>
<td>Softball, baseball, shooting baskets</td>
<td>Basketball, Soccer, Kickball</td>
</tr>
<tr>
<td>Gardening &amp; yard work, pruning or weeding while sitting</td>
<td>Raking the lawn, bagging grass or leaves, digging, hoeing, weeding while standing or bending</td>
<td>Heavy or rapid shoveling, digging ditches, carrying heavy loads</td>
</tr>
<tr>
<td>Using a riding mower</td>
<td>Pushing a power mower</td>
<td>Pushing a non-motorized mower</td>
</tr>
</tbody>
</table>

Step 2: Group Activity (15-30 minutes)
Club members can get extra physical fitness minutes while participating in a Trash Scavenger Hunt. Select a location, which could be a community park, the area
surrounding your monthly meeting site, or a local school playground. Divide the members into several groups for the “hunt.” Each group should have two large plastic bags. One bag should be for “recycling” and the other should be “trash.” Discuss what types of items can be recycled in your community (this will vary from community to community). Review the boundaries within which members should stay. Assign several adults to watch over the group to make sure that no one strays beyond the designated area. Use a loud whistle as a signal for when all groups should come back to the central location. Have one volunteer identified to take and dispose of the “trash” and also to drop off the “recycling” at a recycling center or drop.

**Step 3: Group Activity (30 minutes)**

Club members can also get physical activity minutes while participating in a “Pet Wash.” A pet wash can be planned much like a car wash – except that instead of washing cars, the members will be washing pets. Project organizers will need to decide if they want to plan this as a community outreach, in which case they can develop an advertising plan to alert the local community about the event. Be sure to include both the beginning and ending time if you decide to open this up to the community.

Or, the project organizers can make this an internal service project and plan it for just the animals that belong to club/group members. Either way, the following suggestions may come in handy.

- Choose a location that has a water source
- Choose a location away from a major road to ensure the safety of both the members and the pets
- Talk with a local veterinarian to identify an appropriate shampoo that will not irritate the pet’s skin
- Ask that all animals be brought on a leash
- Make sure that you ask to see verification that all pets are current in regard to required vaccination shots
- Ask the pet owners to be responsible for holding/controlling their pet both before and after they are washed.

One possible strategy for organizing your Pet Wash would be to identify three different stations.

- Station 1 – Pet Washing Station
- Station 2 – Pet Rinsing Station
- Station 3 – Pet Drying Station

Have an older club member or an adult assigned to each station to assist with the supervision.

**OPTIONAL ACTIVITY OR GOAL:**

Springtime is also a great time to add a little color to the community. If your club conducts a local clean-up activity, consider taking the next step to help beautify the area. The following ideas are great options that can impact your community and help bring awareness to your 4-H club.

- Plant flowers at a community park
- Provide landscaping around the sign that welcomes visitors to your community
- Conduct a planting project at the county fairgrounds
- Build a “welcome” sign to your community
- Plant flowers or create flowering planters for a local Senior Center
- Hold a spring clean-up day for elderly citizens in your community

**Get Up & Move!**

Physical Activity Chart adapted from WIN Kids Fun Days, Wellness IN the Rockies
Safety Tips

**General Tips:**
Be sure the activity is *age-appropriate* for your participants.

Establish *rules and a code of conduct* for the activity and share these with parents, members, and leaders.

Provide adequate numbers of *adults to supervise* the activity – at least 1 adult for every 10 youth. A lower ratio of younger members to adults may be necessary.

Have parents complete *informed consent forms and health forms*.

Compile a list of *emergency contact numbers*.

Take out *special activities accident/medical insurance* for the event.

Plan for *weather-related risks*.

Have a *first aid kit and cell phone* handy.

**Alert the public** that you will be conducting this activity (place, date, and time) and to be on the look out for youth.

Use all of these strategies to develop your *risk management plan* for your event.

**Tips for Litter Pick Up:**
Have members wear *gloves* and possibly *reflective clothing* when picking up litter.

Encourage members to ask for *assistance* when picking up heavy items.

Be sure members *wash their hands* before and after litter pick up.

Avoid *animals* in the area to prevent bites or scratches.

Discuss *expectations* about protecting the property and area you are cleaning.

Be sure that if you sign agreements to conduct litter pick up that they *does not contain a “hold harmless” clause*.

**Tips for Pet Wash:**
Survey site for *hazards*.

Be sure you have the *appropriate materials and supplies*.

Be sure pet owners *supervise/control their animals* and have them on a *leash*.

Encourage members to wear clothing that can get *wet and dirty*.