



# Get Up & Move!

Physical Activity

Series 2: June

## Family Picnic Games (20 minutes)

### Items needed for this activity:

- Marker cones (start & finish lines)
- Heavy string or cord; or burlap bags
- Whistle
- Watermelons (with **seeds**)
- Sharp knife to cut watermelon into wedges
- Paper plates
- Burlap bags or gunny sacks – 1 per participant if possible
- Paper towels or plastic table covering
- Measuring tape
- Felt-tip marker
- Tape (optional)
- Stopwatch
- Balloons (1 per participant)

### Background information for presenter:

Nothing says summer quite like a good old-fashioned family picnic. June is a great month to combine a 4-H club project tour with a family picnic. The activities outlined in this **Activity Guide** are a combination of old and new picnic game options. After reviewing all of the descriptions, choose those activities that will “get members up and moving” while still allowing enough time for in-depth sharing of project learning experiences.

### Step 1: Information to share with club members (1 minute)

Now that school is out and you no longer have a designated time each day set aside for physical education (PE), make sure that you build in some planned activities that help you get the 60 minutes of daily physical activity recommended by USDA. One way to celebrate the beginning of summer is to get everyone in the group “up & moving” in a series of picnic games.

### Step 2: Group Activity (15 minutes)

#### Three-legged Race

Prior to the beginning of the activity, identify a large open area for the race. Create a starting line and a finish line using either marker cones or ropes laid on the ground.

After identifying the race area, all participants should form pairs, as they match up with one other club member. Use either a strong string or cord to tie one leg of each member of the pair together, or use a burlap bag, having both participants place one leg inside the bag.

The goal of this activity is to be the first pair to cross the finish line. After responding to any questions, have all the participants move to the starting line, tie their legs together, and prepare to begin.

Once all of the teams are ready, blow the whistle to begin the race. The first pair to cross the finish line wins!

#### Over-Under Game

The next game is a relay. Divide the group into teams of equal numbers. Each team will line up behind a starting line with approximately one foot of space in between each participant. In front of the first team member, will be a box (or paper bag) that holds enough balloons for all of the team members. (Note: If you have a large group, consider having balloons inflated before starting the relay.)

The goal of this activity is for the first person in the line to reach into the box (or paper bag), pull out a balloon, blow it up, tie the end so the air cannot escape, then pass the balloon OVER his/her head to the person

behind him/her. Once the pass is complete the first person runs to the end of the line. Meanwhile, the second individual takes the balloon, and then passes it UNDER or between his or her legs to the person behind him or her, and then moves into the first position, starting another balloon to pass over his or her head. Each team member will alternate OVER or UNDER as the balloon passes to the next person. As soon as the first person joins the end of the line and accepts the balloon pass, he/she must put the balloon on the ground and use his/her foot to pop the balloon. (If chairs are available, the balloon can be placed on the chair and the team member can break the balloon by sitting on it.) The game continues with team members alternating between passing the balloon OVER or UNDER until one team finishes, and wins the relay.

### Gunny Sack Race

Prior to the activity, use marker cones or rope to identify a starting line and a finish line. If possible, have enough burlap bags (gunny sacks) so that each participant can race at the same time. If you cannot secure that many sacks, then conduct the race in "heats." Randomly identify participants for a race, involving the number of participants that equal the number of available sacks.

The goal of this activity is to see who can hop the fastest while in the burlap bag and cross the finish line first.

Provide each participant with a sack. Have participants line up at the starting line and climb into his/her sack. When all are ready, give the signal to start. All of the participants should begin hopping as quickly as they can toward the finish line. The first one who crosses the finish line wins. If you are running several heats, bring back the winners (or the first and second place individuals) of each heat for a final race.

### Watermelon Seed-Spitting Contest

Watermelon is a great treat on a hot summer day and since our focus today is on picnic-related games, a watermelon contest is fits the bill! Watermelon belongs to which section of MyPyramid? *Participants should respond Fruit Group.* The fruit group is

represented by the red stripe of MyPyramid and is a good source of many important vitamins and nutrients.

Prior to the activity – cut watermelon into large wedges of approximately equal size, making sure there are seeds in each piece. Place each of the wedges on a paper plate on a table. Place a second table in a "T" position to the first table, with approximately 3 feet between the tables.

On the second table, place the plastic table covering or lay out 2 lines of paper toweling, using tape to affix it to the table if necessary. If using a plastic covering, use a marker to divide the table in half length-wise. Starting at the (short) edge of the table (closest to the watermelon table), use the measuring tape and marker to mark 6-inch increments continuing to the opposite end of the table for each team's area.

The goal of this activity is a competition between two teams to see who can spit a watermelon seed the farthest. One participant from each team will run to the watermelon table and pick up one wedge of watermelon. Each participant then goes to the edge of his/her team's side of the second table, starts eating and has up to 90 seconds to spit up to three seeds onto the marked area -- seeing how far his or her seed can go. Seeds that are spit onto the opponent's area are forfeited. Using a marker, circle the seed and write the participant's initials or name next to his/her seed.

After spitting and marking is complete, participants may take their watermelon wedge to another area to finish eating, signaling the next team member to begin competition.

NOTE – each participant must have his or her own watermelon wedge.

The team with the most seeds past a specified mark is declared the winner. The person who spits the farthest may also be recognized.

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