Get Up & Move!

Community Activity

Series 3: June

Sports in the Community
Sports are everywhere in our world! You have probably seen a professional sports game on television (or even in person!) and your local high school or junior high school most likely has its own sports teams! Sports are a great way for individuals to stay active and be a part of a team. For this month’s community activity, you can explore the sports teams and athletes in your area. Below are some ideas for community activities.

- Visit a practice, game, or meet or a sports team at your local high school. If you are already on a high school team, visit a practice of a sport that is different from your own! Talk with the coach of the team and some of the athletes to find out what their sport means to them. What are the practices like? Maybe you can even participate in one of the practices to see for yourself. Present what you find out and your experience at the next club meeting.

- Contact your favorite athlete to see what he or she does to keep fit and active and what he or she eats to stay healthy! These athletes can be professional athletes, local team athletes, or even high school athletes. To find the address of an athlete to whom you would like to write, you can use a sports magazine, game program, or the internet. Present any information you find out at the next club meeting.

- Sporting news and events are often in the newspaper’s sports section. If you are interested in Journalism, you can read and compare newspaper stories or articles from a sporting magazine. You can also go to a local sporting event and write an article about it for your local newspaper or school paper.