What do you do with your Summer Time?
When school ends for the year, children are often faced with more free time to fill each
day. Long days at home during summer months can often lead to the phrases "I'm bored," or "There's nothing to do." Too often, this summer time is filled with sedentary activities,
such as playing video games, watching television, or using the computer. The goal of this
month's lesson is to increase members' awareness of how they are spending their summer
time and how they can stay active, even when P.E. classes are over for the year!

During the summer, the hot weather can pose a challenge to children. Many youth would
rather stay in the air-conditioned indoors than be outside biking, running, or playing. When
the proper precautions to stay hydrated and cool are taken, outdoor exercise can be fun!
This month, members will discuss what outdoor activities they can do and how to make
them bearable in the heat.

Sometimes, going outdoors is not an option for children. This doesn't mean that physical
activity has to be replaced. This month, you will discuss with members some activities they
can do indoors to stay active!

Club Roll Call:  What is your favorite hot weather activity?

Physical Activity Calendars
Collect the June Physical Activity Calendar from each participant. Record each
individual's total number of activity minutes on the Get Up and Move! Club Chart.

Have a short discussion to review the Physical Activity Pyramid and reflect on his/her
activity for the past month. Have each individual look closely at his or her calendar to see
how his or her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you see an increase of physical activity over days in June?
Did you get at least 30 minutes of moderate activity each day?
Did you get at least 15 minutes of intense activity, 3 times a week?
How is exercising in hot weather different from exercising in cold weather?
What activities do you participate in now that school is out?

Pass out the July Physical Activity Calendar.

Educational Activity
In this month’s physical activity, members can participate in some common summer
outdoor activities: hopscotch, four-square, cold potato, and jump rope splash. These
activities are so much fun they might just take children’s minds off the heat! When doing the cold potato and jump rope splash games, you will need an outdoor space. Hopscotch and four-square can be done outdoors or indoors if you have enough room.

Recipes/Snacks
This month’s snack features peaches, a popular summer-time fruit. Made with oats, Peach Crisp provides 3 grams of fiber. It also provides a serving of fruit. Peach crisp makes a perfect dessert for a summer meal or cookout!

Family Activity
This month’s family activity is the family hike. Hiking is a great summer activity for families to do together. Not only will family members get exercise, they will also explore nature and make lasting memories. This month’s family activity guide provides some tips and suggestions for a safe, successful family hike.

Community Activity
Because children often have more time in the summer, why not do more community service? Projects like pet washes, car washes, and lawn watering are great ways to provide a service to friends and neighbors, all while keeping active! This month, members can also explore their communities to see what summer time activities are available to them. They can contact local park districts, school districts, churches, libraries, or other groups and find out if they can join any summer clubs or day camps. Contact your county’s Extension office to see if a Camp Clover is being offered near you. These activities often have large physical activity components and are a great way to stay active in the summer.

Ties to 4-H Projects
Many 4-H projects provide members with a way to spend their summer time. With the State Fair approaching in August, some members may have fair-related projects to work on. In Bicycle Adventures, one popular summer activity – bike-riding – is explored, while in Outdoor Adventures, hiking, backpacking, and camping topics are covered. Those members who complete the family hiking activity may be interested in completing an Outdoor Adventures or Outdoor Meals project or one in Forestry, Geology, or Natural Resources. Members can also spend their summer time learning about Clothing, Sewing and Textiles, Computers, Electricity, or Aerospace. Members interested in holding the pet wash discussed in this month’s community activity may be interested in Cat or Dog projects. Projects in Photography, Woodworking, Interior Design, and Performing Arts also provide summer time learning and fun.

All materials can be found on the State 4-H website at http://www.4-h.uiuc.edu/oppss/move.

Get Up and Move!

University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Weekly Total</th>
</tr>
</thead>
</table>

Each day fill in what physical activity you did and how many minutes you did it.

Name ____________________________

Summer Activity ABCs

Make a list of summer physical activities that you enjoy!

A _______________________
B _______________________ C _______________________
D _______________________ E _______________________ F _______________________
G _______________________ H _______________________ I _______________________ J _______________________ K _______________________ L _______________________ M _______________________ N _______________________ O _______________________ P _______________________ Q _______________________ R _______________________ S _______________________ T _______________________ U _______________________ V _______________________ W _______________________ X _______________________ Y _______________________ Z _______________________
Peach Crisp

Get Up & Move!

4 peaches (4 cups sliced)
2 tablespoons margarine or butter
3/4 cup quick-cooking oats
1/2 cup sugar
1/4 cup flour
2 teaspoons cinnamon
1 teaspoon lemon juice

Slice peaches, spread in 8-inch baking dish. Sprinkle with lemon juice.

Melt margarine, mix in oats, sugar, flour, and cinnamon. Stir until well blended.

Sprinkle the oat mixture on top of the peaches.

Bake for 20 minutes until bubbly.

Serves 6.
Get Up & Move!

Physical Activity  Series 3: July

Summer Activities (25 minutes)

Items needed for this activity:
- Sidewalk chalk
- Small rocks or bean bags
- 1 kickball or four-square ball
- Masking tape (for indoor activities)
- Water balloons
- Long jump rope (at least one)
- Plastic or paper cups
- Water source (sink, hose, etc.)
- Safety pin to poke holes in water balloons

Step 1: Information to share with club members (5 minutes)
Now that school is done for the year and we are in the middle of the summer, how has your physical activity changed? Do you think you are getting more or less physical activity? (Take responses). Why do you think that is the case? (Take responses).

Now that you are not in school, you have an extra seven hours of the day to fill! How do most of you fill that time? (Take responses). Do you find you are watching more television? Playing more video games? Using the computer more? Maybe you aren’t getting as much physical activity now that P.E. is over or your sports team practices have ended.

During the summer, you are more responsible for filling your time than you were in the school year. You get to make more of the decisions about what activities you do! It is important to make sure you are filling it with enough healthy activity, such as eating right and being physically active. Let’s talk about what physical activities you think you could do to fill your summer time healthfully!

What activities do you think you could do indoors? (Take responses). That’s right! Things like push-ups, jumping jacks, knee lifts, and vertical jumps can...
help you get your heart pumping inside. When you’re doing something like watching television or playing a video game, you should take frequent breaks and do one of these activities to keep your body moving.

What about outdoors? Summer is a great time to participate in outdoor activities. What physical activities can you do outdoors? (Take responses).

Let’s discuss some important things to remember about outdoor activity. When playing outside during the summer, we have to take extra precautions because the weather can be very hot. One way to keep your body cool and hydrated is by drinking a lot of water before, during, and after exercise. As we talked about in May, you should also make sure to wear sunscreen to protect yourself from the harmful rays of the sun. And if you are playing outside and you start to feel dizzy, faint, or sick, go indoors and tell an adult! You might be experiencing a heat-related illness.

One fun way to keep cool in the heat is by playing water games. Let’s brainstorm some water games that you have played before or would like to play outdoors. (Take responses).

Great job! We have talked about many activities that you can do in the summer. Now we are going to play some popular summer games to give you some more ideas of what you can do on your own at home.

**Step 2: Group Activity 1 (20 minutes)**
(For the group activity, you can organize the members according to what works best for your club. You may want to have half the club doing one activity while the other half does another activity. Or if you have a smaller group, all members can do the same activity together. Two of the activities (Jump Rope Splash and Cold Potato) involve water and work best outdoors. Hopscotch and four-square can be done indoors using masking tape instead of chalk, as described above).

**Activity #1: Hopscotch**
Draw a hopscotch game on a paved surface with sidewalk chalk (or tape in an indoor setting). Have members play according to instructions below.

1. Start by tossing a rock or bean bag into box 1.
2. Hop into box 2, landing with a single foot. (Skipping box 1 where the rock is located.)
3. Hop into box 3, landing on a single foot; then simultaneously into boxes 4 and 5 with both feet (one in each box). Hop into box 6 (single foot), then into boxes 7 and 8 (both feet – one in each box).
4. Jump while turning around, and land in boxes 7 and 8.
5. Hop all the way back to box 2 (landing on one foot in single boxes and two feet in boxes side by side), and then pick up the rock or bean bag from box 1. Then, hop out of the pattern.
6. Throw the rock or bean bag into the next numbered box. (Round 2, rock is tossed in box 2, etc.) Be sure to remind youth to skip over the box containing the rock or bean bag.
Activity #2: Four-square
1. Draw a 6- to 10-foot square on a paved surface with sidewalk chalk.

2. Divide the larger square into four smaller squares, number the squares 1 to 4, and have one child stand in each block.

3. The player in square 4 serves the ball by bouncing it in his square and tapping the ball into another square.

4. The player in that space must tap the ball (after one bounce) into another child's area, and so on, until someone misses the ball, lets the ball bounce twice, or sends it out of the grid.

5. The player who misses the ball steps out and the remaining players rotate up through the numbered squares. If you are playing with more than four players, a new player enters the game at square 1. The player who is out waits in line to re-enter the game once square 1 is open again.

6. Whoever is now in square 4 serves the ball to resume play.

Activity #3: Jump Rope Splash
1. Have two members hold each end of a long jump rope.

2. One at a time, have other members jump rope while holding a cup of water in their hands as they jump a set number of times.

3. Whoever spills the least water wins.

You can make this game more complicated by having members run into the rope, turn circles while jumping, etc.

Activity #4: Cold Potato
1. Have an adult use a safety pin to poke a hole in a water balloon, so that it has a slow leak.

2. Have players stand in a circle and toss the balloon around across the circle. The idea is not to be the one holding the balloon when it runs out of water!

Get Up & Move!
Summer Time
When school ends for the year, children are often faced with more free time to fill each day. Long days at home during summer months can often lead to the phrases “I’m bored,” or “There’s nothing to do.” Too often, this summer time is filled with sedentary activities such as playing video games, watching television, or using the computer. The goal of this month’s lesson is to increase members’ awareness of how they are spending their summer time, and how they can stay active, even when P.E. classes are over for the year!

During the summer, the hot weather can pose a challenge to children. Many youth would rather stay in the air-conditioned indoors than be outside biking, running, or playing. But when the proper precautions to stay hydrated and cool are taken, outdoor exercise can be fun! Here are some tips to keep your child healthy and safe while exercising outdoors:

- Make sure your child drinks plenty of water before, during, and after outdoor activity to keep his or her body hydrated and cool.
- Use sunscreen whenever your child will be in the sun.
- If your child begins to feel faint, dizzy, or ill, get them indoors immediately! He or she may be experiencing a heat-related illness.

Sometimes, going outdoors is not an option for children. But this doesn’t mean that physical activity has to be replaced. This month, discuss with your children some activities they can do indoors to stay active!

As a parent, you can encourage your child to stay physically active in the summer. Discourage long intervals of television watching, video game playing, and computer use. Explore the option of enrolling your child in a summer day camp through your local park district, school, or library. Contact your county Extension office to see if a Camp Clover is offered near you. Or look into summer sports teams. When possible, spend time doing physical activities as a family. Go for evening walks, take trips to a local swimming pool, or go on bike rides together!
Family Hike

Select a route
Part of the fun of going hiking is choosing the route. It’s a good idea to get the whole family involved at this stage. Consider: What will you see when you’re walking? Are there places to rest along the way? How busy is your route? For safety reasons, be sure to thoroughly research your plan. Choose a route that’s the right length and terrain for the youngest child. Ask the local park employees and get maps where necessary. Know what plants and animals you will need to watch out for on your hike. To start, a shorter, well-marked route is generally the best option. Lots of city parks have excellent shorter walking routes to explore.

Make it fun
Keep in mind this isn’t just a walk, it’s an exploration. Here are ways to keep the kids enjoying putting one foot in front of the other.

- Halfway or three-quarters along, plan an “energy stop” that will allow everyone to refuel with a drink, snack or lunch.
- If you’re walking in a city park, collect a couple of items like pine cones, rocks and sticks to make crafts later. If you’re in a national park or conservation area, the general rule is to leave everything as you found it, so taking items for crafts will likely not be an option.
- Keep young hikers busy by encouraging them to count how many of a particular animal, flower or tree they see along the way. Singing songs also makes the journey fun, especially hiking or camping tunes.
- If you have a digital camera, take it along. You can encourage the kids to take pictures for a handmade book or story board. Inexpensive disposable cameras are also an option.
- In preparation for your walk, talk about what kinds of wildlife you might encounter, or head to the library to get a book and read about it.

Be safe and be comfortable

- Get each member of the family a whistle.
- Clearly explain the rules of the trail before you go. Depending on your route, these might include that everyone has to stick together (no going ahead or lagging behind), that children cannot touch certain things and that you should use your whistle if you lose sight of the group.
- Everyone should wear a hat, sunscreen and sun glasses. Also, be sure to take insect repellent.
- Take lots of water. One quart per person is the general rule for adults. Do not drink any water from streams along the route. Bring energy snacks such as granola bars or trail mix for the whole family.
- Have proper footwear.
Get Up & Move!
Community Activity
Series 3: July

Summer Time Activities

How are you spending your summer time? One way to find out is to keep an activity journal! For one week, keep track of all the activities you do and for how long. Keep track of all activities, including things like watching television, playing basketball, or riding your bicycle. At the end of the week, look at your activity journal and review how you spend your summer time. Is there anything you can replace with something more active? Is there any way to decrease the amount of time you spend doing sedentary activities?

Doing community service activities is a great way to use your summer time! Try some of the following activities for those in your family or neighborhood.

- Hold a pet wash! Ask your neighbors with cats or dogs if you can help them by giving their pet a bath. This is a great way to keep cool in the hot weather, too!
- Wash cars! Take a walk around your neighborhood with a bucket, soap, and sponges. Ask your neighbors if you can wash their cars for them!
- Water lawns! Another service you can provide to neighbors is to water their lawns or flowers. In the summer, many plants need to be watered daily because of the hot weather. See if you can help out a neighbor by providing this service.

Find a Summer Program

What summer-time programs are available to you? You can get involved in your community by participating in summer programs and events. Check with your local park district, library, church, or school to find out about day camps and clubs. Contact your county Extension office to see if a Camp Clover is offered near you. You may be able to find a reading club, a sports team, a theater group, or another group that interests you! These programs are great ways to use your time this summer learning new things, making new friends, and having fun!