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/opps/move.

Get Up and Move!