

Get Moving! Project Ideas

Places to Play

Pennies for Play: Have a Penny/Change drive to raise money for play equipment (from balls and jump ropes to new swings)

School Fun Run: Collect pledges and sponsors to have a school Fun Run with profits going to playground equipment and supplies.

In Class

[Go Noodle](#): Ask teachers to pledge to take 5-10 minute movement breaks at least twice a day

Recess Required: Write letters to the teachers/principal asking for recess to be part of the daily schedule

Need Someone to Play With/Don't Know What to Play

Fitness Clubs: Start lunch time or before/after school fitness clubs: running, walking, jump rope, four-square or dance/step teams.

[Playworks](#): Bring in coaches to help students learn games and be leaders on the playground

Motivation

[UNICEF Kids Power](#): Use Fitness Trackers for a Good Cause

