

# PASSPORT TO FUN AND FITNESS SPARKS



## **PROGRAM COMMITTEE**

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### **INTRODUCTION**

Fun and Fitness – two words that should go together! Learn about yourself, how to build energy, and create a healthy lifestyle while having FUN!

### **Objectives**

To introduce members to new types of physical activities in order to provide them with variety and to potentially peak their ongoing interest.

To promote the ideal that lifelong inclusion of physical activity is enjoyable and achievable for all people.

To include nutritious food choices for an energized and healthy lifestyle.

To challenge members to stretch their personal limits and abilities.

### **Requirements**

Print a passport for each member of your unit (double sided might work best). You could make a craft out of this by letting the girls glue or staple the sheets to a piece of construction paper. **Complete two activities in each section.**

This challenge requires all age groups (including adult members) to complete all four components in a way that is appropriate to their age and ability. As the participants complete the activities, outline the squares with a highlighter or provide small stickers.

Activities listed are suggestions only - feel free to choose other ideas that meet the spirit of the challenge.

Instructions for some of the options:

#### Banana People

You Need: peeled bananas chocolate chips or raisin, honey, coconut.

Create a banana person. - use raisins and chips for eyes, nose and mouth, dip end in honey and use coconut for hair.

#### Ants on a log

You need: celery, cheese spread or peanut butter, raisins

Spread cheese or peanut butter on celery, add ant (raisins)

### Food Group Relay

Create cards which have food from each of the food groups on them as well as some poor choice foods. (Remember milk and water as well). Divide the girls into relay teams. Place the cards at the far end of the room. In a relay, have the girls run to the end of the room, choose a food picture, and return it to the group. The next team member must look at what is already on their plate and run to the end to grab a food from a different food group. The team is finished when they have a well balanced meal on their plate.

### Sports Camp

Give the girls an opportunity to participate in different sports. Have circuits set up where the girls try their hand at a number of different activities. Concentrate on skills or just a basic introduction of the sport (perhaps volleyball, kickball, floor hockey, soccer, badminton, dance, paddle, yoga, gymnastics, free weights, running)

### Hockey Night in Canada

Divide the girls into four Canadian Hockey teams. Play floor hockey (or indoor soccer) in a tournament format of 15 minute long games. Have a commentator narrate the games!

### Water Relay

In relay teams, carry water from a full bucket on one end of the room to an empty bucket on the other end using a small glass or a spoon. The object is to fill the bucket with speed, but most of all, without spilling along the way.

For more information, please consult:

Canada's Physical Activity Guides for Children and Youth (by Canadian Society for Exercise Physiology) available at [www.paguide.com](http://www.paguide.com) or by calling 1-888-334-9769.

Canada's Food Guide to Healthy Eating (from Health Canada) available to download at [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

Please note, both documents include permission to copy in their entirety.

Challenge Created By:  
Alberta Program Committee 2002  
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## SECTION 4: COOL PLAY

### CULTURALLY COOL

Create or learn a new dance



Ideas:

Try square dancing, highland dance, jingle dance, rain dance, belly dancing, or ribbon dancing.

### LET'S GET WET

Participate in an activity involving water



Ideas:

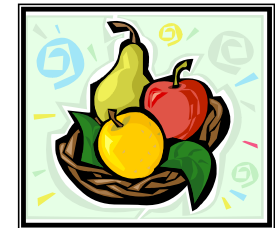
Snowball fight, ice sculpture, homemade water slide, water fight, water relay, bucket brigade, swimming.

## OPEN YOUR PASSPORT TO FUN & FITNESS

### SECTION 1: FUN FOOD

#### FUEL INJECTION

Learn about healthy food



Ideas:

Enjoy a vegetable or fruit buffet.  
Try a fruit or vegetable you have never tried before.

#### CANADIAN FOOD GUIDE

Learn about the Food Guide



Ideas:

Play a relay game about the Canadian Food Guide

Plan and prepare a healthy snack to take on an outing (Banana people, ants on a log).

## SECTION 2: WORK IT OUT

### FUN WITH A FRIEND

Participate in a physical activity involving team work

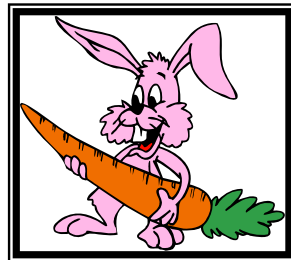


Ideas:

Mini Olympics, skipping contests, Hockey night in Canada, or sports camp.

### WALK ON THE WILD SIDE

Go for a walk or hike for a distance, elevation, or in a manner, which is challenging



Idea:

Each participant walks like different zoo animals (elephant, racoon, penguin, camels, bear, rabbits, giraffe, and monkey)

## SECTION 3: ME

### STRETCH YOUR COMFORT ZONE

Discover different ways to stretch your body



Ideas:

Yoga, Pilates, gymnastics, Frisbee golf

### GET IN TOUCH

Listen to your body

Ideas:

Read out some situations and ask the girls to act out how they feel in the situation. For example, you ate a bag of chips and a pop for lunch, you had an apple and a glass of milk for lunch, you only got 3hours of sleep last night, you had 8 hours of sleep last night etc.

