



Physical Activity Play

RECESS REFRESH – IT’S NOT SO ELEMENTARY

PLAYBOOK HIGHLIGHT

Recess isn't just for elementary school, its unstructured physical activity and play time that's so important to being active for 60 minutes a day.

Create spaces that make your physical activity areas for recess and free time inviting and fresh! In this Play you will assess your school's physical activity environments, then design and implement updates. Be sure to work with the administration to help get more students active before, during and after school.



Find free-play ideas with items on hand [HERE](#)



Stencil kits for blacktops

Complete this Play

Below are a few ideas

Offer downtime before, during or at the end of the day

Build a fitness / ninja course

Use blacktop for activities

Add equipment to outdoor area

Offer small equipment for students to create games with (jump ropes, balls, etc.)

Programs from Fuel Up to Play 60 Program Advisors

Holiday Themed Activities

Snacks Crossing Elementary (Indianapolis, IN)

Themes are a great way to add variety to physical activities. Students turned cold-weather days into a chance to play holiday-themed games inside. Relay races to pull a "sleigh," deliver packages, and make a snowman can be fun indoors, too.

WATCH VIDEO

Check off the Play from the Touchdown Steps on your FUTP60 dashboard [HERE](#)

WATCH VIDEO

Share the Great Work your students do and keep us posted [#FuelGreatness](#) [#WinnersDrinkMilk](#)

Student Combine

Laura Newman, P.E. Teacher Nicholson Elementary & Wabash College (Crawfordsville, IN)

Wabash University student athletes helped run drills at nearby Nicholson Elementary. Having a variety of activities, partnered with older role models made this a special day, showing you can roll activities from school into everyday ways to stay active.



Be Social - Great Resources to follow for ideas:

- American Dairy Association Indiana
- Fuel Up to Play 60
- Indiana Fuel Up to Play 60 Program Advisors
- National Fuel Up to Play 60 Program Advisors

Your Indiana Fuel Up to Play 60 Team

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