

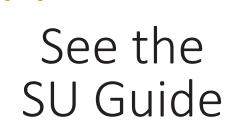
# Campers and physical activity...

## ...Stay active for life!



9 36 Get every camper moving.

Have campers explore various basic motor skills.





#### During activities: Everyone gets moving

Keep instructions short.

Choose games without **down time** or **eliminations**. Add a different twist by **changing** location, equipment,

instructions, etc.



Have campers discover **new ways** of moving. **Progressively** increase the level of difficulty.

### 68 70 On the field: Observe and react

Is every camper:

- Learning, discovering, and developing various motions?
- Slightly/quite out of breath?
- Motivated by the activity?
- Feeling self-confident?
- Exerting their muscles?

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