



Campers and **physical activity**... ...**Stay active for life!**

See the
SU Guide

In camp: Have fun every day

9 36

Get every camper **moving**.



68 70

Have campers explore various basic **motor skills**.



During activities: Everyone gets moving

42

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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