

OUTSIDE

Just like adults, children need to get at least 60 minutes of physical activity everyday for a Healthy Lifestyle!



Running

Hopscotch

Team Sports

Skateboarding

Biking



Rollerblading

Hide and Seek

Freeze Tag

Double Dutch

Four Square



GO PLAY!

GO PLAY!

PLAY EVERYDAY

INSIDE

Just like adults, children need to get at least 60 minutes of physical activity everyday for a Healthy Lifestyle!



DDR

Table Tennis

Yoga/Pilates

Karate/Tai Chi

Jump Rope

If space permits



WU

Tumbling

Ballet/Dance

Team Sports

Hula Hoop

If space permits



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GO PLAY!

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PLAY EVERYDAY