

FITNESS DAY

Volunteer to Encourage Active Play for Local Students in Partnership With Orange County United Way

TEAM BUILDING VOLUNTEER ACTIVITY

As a team-building opportunity, you'll engage Title I elementary students in a series of fun fitness activities. Create a memorable experience that not only promotes the importance of physical health, but also teaches important life lessons in teamwork, communication, and problem-solving skills.

SAMPLE FITNESS ACTIVITIES INCLUDE:

- Bean Bag Toss Jump
- Parachute Party
- Rope Jamboree Limbo
- Relay Race
- Mania & Noodle Toss
- Field Frenzy
- And More!

The final number of stations will be dependent on the number of students.

Please note: this volunteer activity requires sponsorship, is designed to accommodate 20-40 volunteers, and takes place during the school year for approximately 2-3 hours. No experience is needed and day-of-coordination will be provided by Orange County United Way staff.



QUESTIONS? To learn more, please contact **Doug McKay** at DougM@UnitedWayOC.org or 949.263.6125



Orange County
UNITED WAY

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