

# MAT Activity Options

Students will select **ONE** of the activities from the following list to participate in during the Move- A-Thon. Each activity is described, as well as the safety equipment required for participation. Sneakers are required for all activities.

**Activity Registration opens online, Thursday, October 9th at 7:00 pm.**

**VOLLEYBALL:** Enjoy bumping and setting by the volleyball net? Come build your volleyball skills and play some mini-volleyball games. **Sign-up is limited to the first 24 students at each grade level.**

**NATURE WALK and YOGA:** Enjoy a guided stroll with natural and seasonal sights to explore and enjoy. There will be an opportunity to participate in some yoga exercises following the walk led by staff. Bring a beach towel for yoga exercises.

**PLAYGROUND ACTIVITIES::** *“Move-It, Move-It”* for one hour with your friends by dancing, jumping, hooping. Join this station for some free style fun! Jump ropes, hula-hoops, and 4 square equipment will be provided along with space to climb on the Big Toy or dance with your friends. Music will be played to accompany the dances and motivate the students to *“Move-It, Move-It”*.

**GAGA BALL:** Join your friends for the classic playground game of Gaga ball. Haven’t tried it yet? Here is your chance! Players slap or hit the ball, aiming to hit other players at or below the knees. If you’re hit, you’re out. It is a fast moving game that gets you moving.

**CAPTURE THE FLAG:** Can you capture the flag? Choose this activity, and for one hour you will be moving and running on the field while you and your teammates attempt to capture the flag. **Capture the flag is limited to the first 100 students that sign-up at each grade level.**

**BASKETBALL:** Meet your friends on the court for some 3-on-3, knock-out and other basketball competitions. If basketball is your passion, come get in on the hoop action! **Basketball is limited to the first 20 students that sign up at each grade level.**

**TRACK EVENT: Scooters/Ripsticks/Skateboards (pick one):** Students will be completing laps on their scooter, ripstick or skateboard. Students are required to bring their own scooter, ripstick, or skateboard and a helmet. Please label all equipment with the student's name.

**DODGEBALL:** Get your feet moving and hands up for this event and come play bombardment, a dodgeball style game, with your friends during this year’s Move-A-Thon. **Sign-up is limited to the first 60 students at each grade level.**

**\*Equipment should be dropped off at the school anytime between October 27th and 30th\***