**Title**

1) Activities to do with your Beach Ball

2) Let’s Walk to the North Pole

**Time**

Pre-session preparation for learners: 5 minutes

Session:  25 to 55 minutes

**Materials Checklist**

1) Beach Ball Activities

1) Beach Balls

2) North Pole Handouts

1 & 2) Blank Beach or North Pole Calendar

1 & 2) Certificate of Completion Beach or North Pole

1 & 2) \*Fitbit or way to track daily steps

1 & 2) Pen/Pencil

**Objectives**

1) Learn how to do activities with a Beach Ball

1 & 2) Lean how many steps it takes to walk to Myrtle Beach or North Pole

**Learners will be able to:**

1) Play Beach Ball activities

1 & 2) “Walk” to Myrtle Beach or the North Pole

**Exercises and Activities to Complete Before and During the Session**

1) Beach Ball activities

1 & 2) List steps taken to walk to the Myrtle Beach each or the North Pole

**Pre-session Preparation**

**Read (5 minutes)**

1) List of Beach Ball Activities

2) North Pole Handouts

**During the session**

**Present/Review (5 minutes)**

1) Provide participants with a list of Beach Ball activities.

1) Refer to Beach Ball list for types of activities and instructions.

2) Provide participants with the North Pole Handout.

1 & 2) Provide Participants with Blank Myrtle Beach or North Pole Calendars.

**Discuss (15 to 45 minutes)**

1) Guide Beach Ball activities with participants.

2) Guide Participants through the North Pole Handouts: ‘Walking Challenge’, ‘Fun Way’s to Get Active!’, ‘Physical Activity Questionnaire’. Discuss Participant responses to Quiz.

1 & 2) Discuss how they can play these games at home and incorporate the games as part of their daily physical activity.

1) Discuss with Participants how they could bring the beach to their home and many steps it would take to walk to Myrtle Beach (475 miles or 1,187,500 steps from WV to Myrtle Beach).

2) Review with Participants how many steps it would take to walk to the North Pole.

1 & 2) Encourage Participants to log their daily steps on the Blank Myrtle Beach or North Pole Calendar (Using their Fitbit or another way to document daily steps).

1 & 2) Present Participants with Certificate of Completion