



SUMMER –PATHWAY–



• ACTIVITY GUIDE •



This playful pathway takes eager students on a whimsical summer adventure.

The pathway is designed to offer a great experience for ALL students—as a brain break or boost, a way to be active on a “sunny” day inside when it’s too hot or cold to be outside, and perfect for kids as they move through the school on their own and feel the urge to move and be active.

EQUIPMENT

Pathway Decals
Squeegee (included)
Install Instructions (included)
Tape measure (optional)

SET-UP

Lay the pathway out as suggested or modify it to fit your space. There is a lot of flexibility, so feel free to have fun with it.

When adhering the stickers, use the provided tool to help with the application.



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• RECOMMENDED ACTIVITY •

START On the “go” signal, have one student begin. Try to keep space between students.

STEP 1 Hopscotch the numbers up the kite tail. **TIP** For an extra challenge, students can choose to only one foot hop or two foot jump instead of alternating.

STEP 2 Tiptoe or heel walk the birds. **TIP** For a variation, students can move backwards or sideways.

STEP 3 At the sun, take a big stretch break. Make yourself as tall as you can to feel its warmth. **TIP** Feel free to add your own calming or relaxing activity here to enjoy the sun.

STEP 4 Hopscotch the balloons lettered A–H. **TIP** To add a twist, students can spin 180° in the air and land facing the opposite direction on each hop and jump.

STEP 5 Be an airplane! Put arms out like wings and “fly” around the cloud. **TIP** Since their arms are out, this can be a balancing activity, carefully following the white line around the cloud, one foot in front of the other.

STEP 6 Hopscotch through the I–P balloons. **TIP** For a change of pace, students can jump through the letter pattern with feet together, side to side.

STEP 7 Take a hot air balloon ride. Stand on the book “basket” and jump as far as you can to make the balloon rise. **TIP** Have students jump onto their favorite color on the balloon.

STEP 8 Hopscotch through the Q–Z balloons. **TIP** Encourage students to move at different levels, directions and speeds.

STEP 9 To slide down the rainbow, pick your favorite color and follow it down a zigzag path. **TIP** Try variations for movement—walk backwards, slide, skip, gallop, crabwalk...

STEP 10 Leapfrog over the toadstools, 1–2–3. **TIP** Students can start in a low position and jump high to land on next mushroom.

STEP 11 Take a bicycle ride. Jog in place lifting your knees high as though pedaling a bike. **TIP** For an inclusive activity or rest stop, students can stop at the bike and name 3 things they imagine seeing as they ride by in the summer.

FINISH You made it to the end. Jump in the sandbox and celebrate with your friends!

TEACHER
TIPS

