

Plan a Family Physical Activity Night

BUILDING HEALTHY COMMUNITIES



Why Host a Family Physical Activity Night?



Hosting a Family Physical Activity Night is a great way to strengthen the connection between families and the school community. These events promote lifelong healthy habits by encouraging movement and wellness in a fun, inclusive environment that welcomes participants of all ages and abilities. They also support overall school wellness goals by creating opportunities for families to be active together, reinforcing the importance of physical health as a shared value between home and school.

Getting Started: Planning Tips

- Form a Planning Team
- Include staff, PTA/PTO, and volunteers
- Choose a Date & Space
- Use the gym, cafeteria, outdoor field—make sure it's accessible
- Set a Theme or Focus (optional)
 - Ex: Dance Night, Yoga Night, Obstacle Course Challenge, Active Game Stations



What to Include at Your Event



Activity Stations

- Examples: relay races, yoga, dance, hula hoops, jump rope, walking track

Whole Group Games

- Ex: Zumba, Simon Says, Parachute Games

Healthy Snack Table

- Offer fruit cups, water, or yogurt as a wellness example

Info Booths (optional)

- Share info about local fitness programs, school health initiatives, etc.

Encourage families to move, play,
and connect together!



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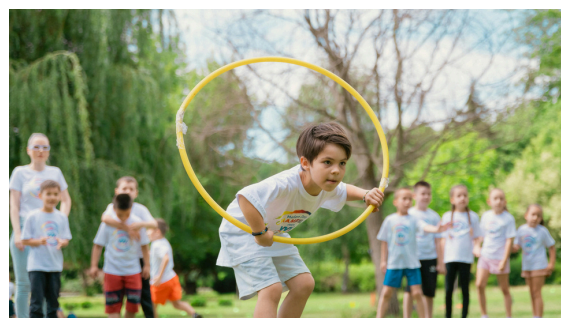
Engagement Tips



To create an exciting and welcoming atmosphere, consider offering incentives like raffles or small prizes to encourage participation. Playing upbeat music can help energize the space and keep families engaged throughout the event. Student leaders or volunteers can be a great help in running activity stations and guiding participants. Be sure to promote the event in advance using flyers, school social media, and newsletters to maximize attendance and build excitement.

Sample Schedule

Time	Activity
5:00 PM	Welcome & Warm-Up (Group Stretch)
5:15 PM	Station Rotations Begin
6:00 PM	Whole-Group Game or Cool Down
6:15 PM	Healthy Snack & Raffle Drawing



Other Helpful Links



[PTA Family Engagement Night Toolkit](#)

[Family Fitness Night Ideas - PTO Today](#)

[Family Fitness Night - Action for Healthy Kids](#)

[Gopher Sport Blog](#)

Additional Tips For Success:

- Keep it simple and fun
- Be inclusive of all ages and abilities
- Recruit staff, students, and community members to help
- Encourage families to attend together—emphasize bonding time

