

Get Ready!

How to Use “Outdoors: The Ultimate Playground” Toolkit

This toolkit is divided into eight colour-coded sections. Three sections provide background materials. Five sections contain games.

1. Get Ready!

- Outlines the benefits of physical activity and terms used.
- Games and skills chart lists: what’s needed to play each game and the skills children will develop.
- Most games can be modified to suit different skill levels using the **Ability Adaptation Guidelines**.

2. Get Set!

- Lists stuff you’ll need and how you can make it.
- Tips on dressing for the seasons and sun protection.
- Safety.

GO PLAY! 50 games in five categories

- Each category has a different coloured section. The games are in a grab and run format on plastic cards, colour-coded with the section, easy to take outside and then return to their place.
- Each card contains what’s needed to play the game, number of players, suggested ages, equipment, directions, Skimbols (skill development symbols).
- **Ability Adaptation Guidelines** give suggestions for making changes related to players’ skill levels/ability challenges.

Get ready! Get set!

Choose a game and go play in the great “Outdoors: The Ultimate Playground”

3. Go Play Ball!

4. Go Play Group Games!

5. Go Play Hopscotch!

6. Go Play Rope Games!

7. Go Play Tag!

8. Get More Info and Add Games!

- Bibliography
- Add more info and games

