

# BE A GAME CHANGER:

## VOLUNTEER TO ENCOURAGE ACTIVE PLAY FOR LOCAL STUDENTS DURING FITNESS DAY

As a team-building opportunity, you'll engage Title I elementary students in a series of fun fitness activities. Create a memorable experience that not only promotes the importance of physical health, but also teaches important life lessons in teamwork, communication, and problem-solving skills.

**Join us in making a positive impact for these students!**

*Please note: this volunteer activity requires sponsorship, is designed to accommodate 10–40 volunteers, and takes place during the school year for approximately 2–3 hours. No experience is needed and day-of-coordination will be provided by Orange County United Way staff.*



### SAMPLE FITNESS ACTIVITIES INCLUDE:

- Bean Bag Toss
- Parachute Party
- Jump Rope Jamboree
- Relay Race
- Limbo Mania & Noodle Toss
- Soccer Drill
- And More!

The final number of stations will be dependent on the number of students.

### QUESTIONS?

To get involved or for more information, contact **Doug McKay** at [DougM@UnitedWayOC.org](mailto:DougM@UnitedWayOC.org) or **949.263.6125**

Throughout 2024, Orange County United Way is celebrating 100 years of impact in our community. We invite you to join us on our year-long Journey to 100 centennial celebration as we prepare for another century of caring for each other The OC Way. Learn more and see how you can get involved. [UnitedWayOC.org/journey-to-100](https://UnitedWayOC.org/journey-to-100)

JOURNEY **100** TO **100**

