

# Wellness Activity Day at George Street Middle School

June 18<sup>th</sup>, 2019

## Description of Activities

**\*\*\* All students must bring a water bottle, sunscreen, and your school spirit! \*\*  
(Wear purple and Gold!)**

### **Activity #1-** Theatre Games/Improv and Photography Scavenger Hunt

Students will engage in a variety of theatre games and activities (this is mandatory participation) at the school for one session. For the other session, students will complete a photography scavenger hunt throughout the school. **\*You must bring a camera with memory card and charged batteries for this scavenger hunt, if you sign up.**

### **Activity #2-** Rock Climbing and Outdoor Games **Fee: \$5**

Students will participate in a rock climbing session at UNB and then play lots of fun outdoor games (washer toss, horse shoes, etc.) on the campus lawn. Lunch will be eaten outdoors at the park. **\*Signature of UNB waiver (provided) required in order to participate. Must bring bagged lunch.**

### **Activity #3-** Tennis and Basketball

Qualified instructors will teach you the basics of playing tennis for one session. Students will play in a mini outdoor basketball tournament for the other part of the day. Lunch will be eaten outdoors at the park **\*Please bring your own racquet if you own one. Must bring bagged lunch.**

### **Activity #4-** Bike the Trails

You will be biking all day around the community trails. **\*You must have a good working bike with brakes and bike helmet that can be transported to school and picked up afterwards.**

### **Activity #5-** Floor Ball and Softball

Students will participate in a mini floor ball tournament in the gym, then walk to Queen Square to play softball. **\*Must bring own ball glove for softball. Personal hockey sticks are not permitted; sticks will be available from the school.**

### **Activity #6-** Volleyball and Swimming **Fee: \$6**

Students will walk to the UNB campus and participate in a mini indoor volleyball tournament. Participants will also have a refreshing swim at the indoor pool. **\*You need an appropriate**

**bathing suit, towel, and a signed UNB waiver (provided) to participate. Must bring bagged lunch as you won't be returning to the school for lunch.**

**Activity #7-** Wellness Walk **Fee: \$5**

Students will walk downtown for the day stopping at several interesting places such as Science East, Sports Hall of Fame and the Art Gallery. Bring your comfy walking shoes! **\*\*Bagged lunch needed and will be a picnic style lunch in the park.**

**Activity #8-** Scavenger Hunt at O'Dell Park and Lawn Games

Students will play different lawn games (washer toss, ladder ball, croquet, bocci ball, etc.) for one session. Participants will also do a scavenger hunt looking for answers to specific questions throughout the trails of O'Dell Park. **\*\*Must bring bagged lunch and will be a picnic style lunch in the park.**

**Activity #9-** Soccer Baseball and Pickleball

Enjoy a game of soccer baseball at Queen Square and an exhilarating game of indoor pickleball. Pickleball is played on a badminton-sized court, and is a bit of a combination of other racquet sports like tennis, badminton and table-tennis. Come try it out!

**Activity #10** – Geocaching & Capture the Flag **Fee: \$2**

Spend part of the day geocaching at UNB and then enjoy a fun-filled game of Capture the Flag! **\*\*Must bring a bagged lunch since you won't return to the school until the end of the day.**

**Activity #11** - Games at FHS

Students will have the day to play a variety of games in the FHS gym. Games will be planned depending on what the group decides is of interest for them, provided the equipment is available. Games might include: floor hockey, basketball, dodgeball, etc. You will be walking to FHS and will remain there for lunch, as well.