

# Wellness Activity Day at George Street Middle School

## Description of Activities

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

**Activity #1-** Theatre Games/Improv and Zumba/Photography Scavenger Hunt  
Students will engage in a variety of theatre games (this is mandatory participation) at the school for one session. For the other session, students will *either* participate in Zumba OR photography. Zumba will be taught for an hour and the photography scavenger hunt will take place around the building. **\*You must bring the camera with memory card and batteries.**

**Activity #2-** Rock Climbing and Outdoor Games **Fee: \$5**  
Students will participate in a rock climbing session at UNB and play lots of fun outdoor games on the campus. **\*Signature of UNB waiver (provided) required in order to participate.**

**Activity #3-** Cricket and Indoor Dodgeball

Students will play cricket at an outdoor park, and then play dodgeball and other possible fun indoor games at a local gym.

**Activity #4-** Tennis and Basketball  
Qualified instructors will teach you the basics of tennis and then students will play in a mini basketball tournament. **\*Please bring your own racquet if you own one.**

**Activity #5-** Bike the Trails  
You will be biking all day around the community trails. **\*You need a good working bike with brakes and bike helmet.**

**Activity #6-** Floor Ball and Softball  
Students will participate in a mini floor ball tournament in the gym, then walk to Morrell park and play softball. **\*Must bring own ball glove (cannot bring own hockey stick)**

**Activity #7-** Volleyball and Swimming **Fee: \$5**  
Students will walk to the UNB campus and participate in a mini volleyball tournament. Participants will also have a refreshing swim. **\*You need an appropriate bathing suit, towel, and signed UNB waiver (provided) to participate.**

**Activity #8-** Wellness Walk **Fee: \$5**

Students will walk downtown stopping at several interesting places such as Science East, Sports Hall of Fame and Sunbury Museum.

**Activity #9-** Ultimate Frisbee and Rugby

Activity leader will teach students ultimate frisbee techniques. Students will also enjoy playing an exciting game of rugby with help from the Loyalist Rugby Club members.

**Activity #10-** Scavenger Hunt at O'Dell Park and Lawn Games

Students will play different lawn games (washer toss, ladder ball, croquet, bocci ball, etc.). Participants will also do a scavenger hunt through the trails of O'Dell Park.

**Activity #11-** Soccer Baseball and Dodgeball

Enjoy a game of soccer baseball at Queen Square and an exhilarating game of outdoor Dodgeball.

**Activity #12** – 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!

**Activity #13** - 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.

**Activity #14** – Community Kitchen Volunteers

Students will tour the community kitchen, learn about the many services it provides and help support it by donating our time. This Wellness Day give back to your community by volunteering at the Fredericton Community Kitchen.

**Activity #15** – Pickleball and Kinball

Students will walk to Queen Square and participate in the engaging game of pickleball, then switch to kinball in the afternoon. \*Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Check out both games on Youtube for more info! All equipment is provided.