**Community Activities**

The goal of this project is to learn about fun and affordable activities located within the community that will help you stay healthy and active outside of school.

Your group will be responsible for researching and presenting to the class 3 different types of activities that are available in the community.

The activities must be located within Sonoma, Napa, or Marin County (preferably Sonoma County).

**Possible activities include:** hiking, rock climbing, surfing, yoga, pilates, kick boxing, boxing, self defense, martial arts, swimming, running, cycling, dance, workout gyms, gymnastics, mountain biking, fishing, horseback riding, skateboarding, sky diving, bungee jumping, dirt biking, camping, recreational sports leagues (ultimate frisbee, lacrosse, rugby, tennis, golf, volleyball, soccer, baseball, softball, basketball, football,)

**For each activity you must include the following information:**

* A detailed description of what the activity is. Pretend you are speaking to someone who hasn’t ever heard of it.
* Describe the purpose of the activity
* Does it require any equipment?
* Is it performed inside or outside?
* Is it an individual activity or something you do with a partner or group?
* Do you need an instructor to start out?
* Any safety concerns?
* Is it expensive to participate in?
* What types of skills are necessary to participate in this activity?
* Benefits of participating in this activity
* At least 2 different places, leagues, classes, etc. where you can participate in the activity
* Name of each place and where it is located
* How much does it cost?
* Do you need to sign up or join anything to be able to participate?
* Is there an age minimum or limit?

IMPORTANT: You must use a visual aid to explain the activities to the class. Your visual can be in the form of a poster, PowerPoint, QuickTime video, etc. You must run your idea for a visual aid by me before starting. **Your visual will be graded on creativity and clarity. Have fun with it!**

**\*You must also turn in an activity sheet for each of your 3 activities.**

**Rubric**

|  |  |
| --- | --- |
| **4** | Discussed all required information, includes creative visual aid, group appears organized and confident, all group members presented, apparent that a lot of time and thought went into the project |
| **3** | Discussed most of the required information, includes visual aid, group is fairly organized, all group members presented, |
| **2** | Discussed some of the required information, includes visual aid, group appears to be under prepared for presentation, all members presented  |
| **1** | Discussed little of required information, visual aid is poorly created, group is under prepared, not all group members presented,  |

**Community Activity Sheet**

**ACTIVITY**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the goal or purpose of the activity?

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Does it require any equipment, specific clothing or shoes, etc. to participate in the activity?

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Is it an individual activity or something you must with a partner or group?

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Do you need an instructor to start out?

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What types of skills are necessary to participate in this activity?

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What are the benefits of participating in this activity?

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**LOCATION 1**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you need to sign up or join anything to be able to participate? If so, what do you have to do?

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Is there an age minimum or limit? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LOCATION 2**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cost $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you need to sign up or join anything to be able to participate? If so, what do you have to do?

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Is there an age minimum or limit? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_