



Outdoor Exercise Maker Kit Guide

The Outdoor Exercise Maker Kit is designed to get your child up and moving.

Age Recommendations

This kit is recommended for kids ages 5-12.

Starting Out

Everyone knows that physical activity is correlated with a longer, healthier life. But did you know that leading a healthy, active lifestyle is also a great way to improve literacy?

In our modern world, the definition of literacy has evolved beyond just knowing how to read and write. Being “literate” now includes concepts such as successfully communicating with others to solve problems and the ability to analyze multiple sources of information to make educated decisions.

Knowing this definition, think of the ways it applies to physical activity and a healthy lifestyle. For example, you could ask your child to explain their horseshoe-throwing strategy, or what they might change to get more revolutions with the ankle skip ball. This involves problem solving and communication – both integral to literacy. Or, the next time you are at the grocery store, compare nutrition facts of different cereal brands to help your child understand what they are putting in their bodies. This involves analyzing information for decision making – again, integral to literacy. Really, the relationship between literacy and health is converse; it is hard to have one without the other.

Enough talk. Grab some toys and get moving!

Research

Peterson, A. (2020, March 23). *Literacy Is More Than Just Reading and Writing*. National Council of Teachers of English. <https://ncte.org/blog/2020/03/literacy-just-reading-writing/>

Silberman, C. (2018, August 29). *Integrating Literacy Into Physical Education*. S&S Blog. <https://www.ssw.com/blog/integrating-literacy-into-physical-education/>

Troubleshooting

For more information, visit the following websites:

Supertrip Jump Rope:

https://www.amazon.com/Supertrip-Skipping-Adjustable-Tangle-Free-Segmented/dp/B089LLZZVC/ref=sr_1_3?crid=12KFM5OR223XZ&dib=eyJ2ljojMSJ9.FyxXW8RsODIZp29GsjXX0ALK6z9QzdHj6FlooJMcR4Jy-TkVoZ1ESra3V24Pjb1aJrFd7DvzJW5TR8W-VzrdqdBZb5rrV72aJuRLGAXGfiZWuqY_uZ9V96NuIQSSpEjff6ZN7pOY7E3FL3tqh2YqpScVexNrPsV0-qP4VknYUHNhrpA8NL7prX4EWi9BNB5xK91B4WUiTavRsSk51hDeeAw-VK7DMePfuIAS1PbaEu8.yHj3O8Rd_T9pDqRPI_hquuo1cMgifcvBI9cWZ6SOr9E&dib_tag=se&keywords=kids%2Bjumprope&qid=1746904930&srefix=kids%2Bjumprope%2Caps%2C106&sr=8-3&th=1

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Scoop and Toss Game:

https://www.amazon.com/ArtCreativity-Outdoor-Durable-Plastic-Construction/dp/B07ZKY2WT1/ref=sr_1_8?crid=1461LNYABXGN1&dib=eyJ2ljojMSJ9.0DV6VPWa_PWM_K36araOM2pSGsqC5J-LHivsbGu1x8FX4hg4HOjdBdJFcCUjjhYZIbz8-bLTkGogAvEvZbQkqnJHrJUOnPs2imHs2eYgr6f4GYvUqtqHUPVM1bY4dSXHougDISp7WFFFzZsAFQFRdPShPfidKT6quN3ck24xoTR_2N-pfHcYABK8pLqr0TLK_XMqwgqISB46CdkMaQs0cddfWagT1u0azl0VxOz7Hs-l.8S2jSdoMoLZkl70w2jtCeun2EhlgvZP2slMzif0Ocy8&dib_tag=se&keywords=wiffle%2Bball%2Bscoop%2Bset&qid=1746905058&prefix=wiffle%2Bball%2Bscoop%2Bset%2Caps%2C82&sr=8-8&th=1

Horseshoes:

https://www.amazon.com/ISANCHA-Horseshoes-Outdoor-Tailgating-Backyard/dp/B0CBBBV1F/ref=sr_1_1_sspa?crid=21X9MY0KZAAW3&dib=eyJ2ljojMSJ9.dRTRSsS9kjJZ_gkw_1E4K2F0KvrpivD2rgamau3HTKmBrUmtFGuuvuZ6ewT6qFtQpetRN4eoL6PdAa656D813tLjK_SypQ_23q4MtNxgoJDncfJHdB12HNdktEryYQUNc6BIDospYUwla8r1piNohoBXZ-NYLbgk9RJkIHCLDTNqBNVVzIE4dcMPJxMOBfrEj8RTmNMQR4EpTkSY08Bu5xUuOeXvdcjS01eGqwRY_PVao.vV59x5WYoRdz_y_EHpURC7a0j6pMoWmeppl4yFMooqA&dib_tag=se&keywords=kids%2Bhorseshoes%2Bset&qid=1746905127&prefix=kids%2Bhorseshoe%2Bset%2Caps%2C91&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1

Ankle Skip Ball:

https://www.amazon.com/Chridark-Ankle-Skip-Ball-Kids/dp/B0B3X9Z8D1?ref=ast_sto_dp&th=1

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