**Month:** June 2020

**Theme:** Community: Lesson 23

**I. Objective of lesson**:

1. Walk and explore an area park with paths for walking. (ex. Hamlin Beach, Charlotte Beach)

2. Play a game of modified kickball or a circle game of pass the ball while at the park.

**II. Activities and Key learning points: Time: 2 hours**

Activities and Key learning points

Red team (Center based program)

1. Review the park the group will be visiting.
   1. Discuss the purpose is to walk and to play a game with a ball which is soft.
2. Walk the park along the path. Find an open area to play kick ball or the circle game.
   1. Play a modified game of kick ball or a circle game of pass the ball.
3. Write in Healthy Binder the place you visited and what you did.

Blue team (Center/community based programs)

1. Review the park the group will be visiting.
   1. Discuss the purpose is to walk and to play a game with a ball which is soft.
2. Walk the park along the path. Find an open area to play kick ball or the circle game.
   1. Play a modified game of kick ball or a circle game of pass the ball.
3. Write in Healthy Binder the place you visited and what you did.

Green Teams (Community Based)

1. Review the park the group will be visiting.
   1. Discuss the purpose is to walk and to play a game of kickball.
2. Walk the park along the path. Find an open area to play kick ball.
   1. Play a game of kick ball.
3. Write in Healthy Binder the place you visited and what you did.

**IV. Supplies needed**

1. Address and directions of the location you will be visiting.
2. A playground ball or a ball which is soft.
3. Adaptive devices needed for an outing
4. Healthy Binders

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)