**“Get Off Your Apps” Physical Activity Event**

**Volunteer Leader Sign-Up**

**Publicize the Event**

Promote your event to school leaders and teachers, post flyers in school and around the community, invite families and share announcements with local media outlets.

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**Gather and Organize Materials**

Collect and organize activity materials to run the event.

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**Set-Up and Clean-Up**

Organize volunteers to set up the space and take down after the event ends.

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**Host the Event**

Welcome families, serve healthy refreshments and encourage family members to participate actively with their children.

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**Manage Activity Stations**

Run activities, keep time and help engage students and family members in the fun.

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\*A minimum of 10 volunteers are suggested to help run activities\*