

Healthy and Wise

Physical Education and Recess Activities

Before beginning any of the activities below include a 5-10 minute warm-up period and then allow students to stretch.

These activities can be done for 20-30 minutes or longer. Repeat activities throughout the year so students have an opportunity to improve and become proficient.

Grades K-1 Physical Activities

Have students...

- Practice a variety of movements such as skipping, hopping, galloping, running, etc.
- Practice in a spacious area, changing directions, pathways, and demonstrating control of their bodies. Add equipment such as a ball to practice skills such as throwing, catching, and dribbling.
- Develop hand-eye coordination using balls, beanbags, Frisbees, etc.
- Use striking skills with hands, feet, implements, and so on using balls, sticks, bats, etc.
- Determine how they can move an object in general and personal space, and then demonstrate for other students.
- Practice bouncing a ball with two hands.
- Practice bouncing a ball with one hand.
- Practice running while bouncing a ball with one hand.
- Complete simple throwing and catching sequences, alone, against the wall, and with a partner.
- Participate in drills that move a ball using different parts of their feet, demonstrating control, and stopping on signal.
- Create simple cooperative games with a partner that utilizes various equipment, such as balls, sticks, beanbags, etc.
- Use sticks (hockey sticks, brooms, etc.) to maneuver an object on the floor to a general goal.
- Run changing speed and directions playing games such as tag.
- Perform the seal crawl or crab walk or demonstrate how different creatures move.
- Jump and land on two feet, one foot, on various surfaces and playing various games such as hopscotch, or jump rope.
- Work individually or with a partner to skip or swing in general space.
- Use objects (beanbags, balls) to practice juggling.
- Juggle a soccer ball with their feet.
- Throw various objects (Frisbees, softballs, beanbags) at targets.

- Observe visual aids to show what performing these skills looks like (pictures, charts, graphs, illustrations, videos).
- Practice aiming and projecting skills.

Grades 2-3 Physical Activities

Have students...

- Select a variety of simple games for general warm-up activities (Hokey-Pokey, Simon Says, etc.).
- Throw and catch beanbags and balls to develop hand-eye coordination.
- Practice throwing and catching with two hands.
- Practice throwing and catching with one hand.
- Practice trapping a ball with the feet.
- Create movement sequences to music.
- Dribble a ball with alternate hands.
- Dribble a ball while moving towards a goal or net.
- Use beanbags and balls to practice throwing and catching. Play games utilizing these skills.
- Use balls, birdies, and paddles in a variety of ways (balance ball or birdie on paddle, tap with paddle, and catch).
- Create simple cooperative or competitive games.
- Use activities such as passing or dribbling to develop foot-eye coordination.
- Practice sending and receiving with control, and protecting an object such as a ball utilizing games such as soccer or basketball.
- Concentrate on specific skills needed for more complex game activities (trapping, defending, etc.).
- Practice running safely within an area that contains obstacles.
- Play follow-the-leader using a variety of travel methods, speeds, and body movements.
- Walk and jog increasing distance over time.
- Practice jumping and landing safely.
- Practice games like hopscotch, foursquare, tug-of-war, etc.
- Practice throwing objects for distance and accuracy using overhand and underhand techniques.
- Throw a Frisbee.
- Practice throwing an object at a target (softballs, Nerf balls, water balloons, etc.).
- Run and jump on a variety of surfaces (grass, sand, etc.). Measure distances and set goals for improvement.
- In small groups, practice passing skills with balls, beanbags, or other objects. Gradually add more objects that require more passing and speeds up the game.

Grade 4 Physical Activities

Have students...

- Create running games, or complete a fitness course related to game skills being taught.
- Run and stop in various directions and pathways to develop foot skills used in specific game activities.
- Use equipment (sticks, bats, balls, etc.) to practice throwing, projecting, and receiving to a stationary or moving target.
- Practice throwing and catching skills in groups.
- Create a competitive game using two pieces of equipment for sending, receiving, and moving an object such as a ball, beanbag, or Frisbee.
- Devise a competitive or cooperative game or activity. Then, have students teach the game to others.
- Research and present games from other cultures.
- Individually and with a partner practice, dribbling, passing, and shooting.
- Use a parachute to create shapes (mushroom, umbrella, bubble), movements (waves, merry-go-round), and co-operative games.
- Practice jumping for distance and height on mats, in the sand, or on other appropriate surfaces.
- Practice running and jumping using different takeoff and landing techniques (long jump, high jump).
- Practice passing a baton.
- Participate in relay races passing the baton.
- Practice juggling using a hacky sack.
- Practice juggling using different parts of their bodies.
- Practice skipping in different directions alone, and with partners.
- Use fitness stations to provide practice in different skills (throwing, running, jumping, passing, shooting, etc.).

Grade 5 Physical Activities

Have students...

- Devise and demonstrate rules for playing cooperative games.
- Travel in different pathways and directions using a variety of techniques (run, hop, slide, skip, walk, etc.).
- Use a variety of skills such as throwing, catching, and striking when creating cooperative and competitive games. Demonstrate these skills.
- Invent games that move a ball in general space in three different ways.
- Use bouncing skills (right and left hands). Change positions and bounce while standing, kneeling, and sitting.
- Practice bouncing with control, at different heights, and speed.

- Create an obstacle course and have students bounce a ball on start and stop signals. Change directions and speed at different points in the course.
- Play modified games in small groups to help students develop specific skills such as dribbling, passing, shooting, throwing, or receiving.
- Throw an object at a target from a standing stationary position.
- Throw an object at a target from a moving position.
- In pairs or teams practice basic offensive and defensive skills, drills, and plays.
- Research and write about the origin and history of a game or sport from a different culture.
- Report back to their class on a real sports event.
- Jump rope, using short and long ropes, with a partner or in small groups.
- Create skipping routines to music (alone and with a partner).
- Practice long jump and high jump techniques.
- Practice different field day events, such as races, jumps, etc.
- Practice throwing at a target.
- Jump and throw for distance. Set goals to increase distance over time (3 weeks), monitor and record progress.
- Juggle (beanbags, balls) using a variety of patterns and different body parts.
- Plan and prepare for a health/physical education fundraising event (walk, run, etc.).
- Lead the class in warm-up and cool-down activities.
- Discuss and create individual fitness sequences that include cardiovascular endurance, muscular endurance, strength, and flexibility.

Grade 6 Physical Activities

Have students...

- Control objects (soccer ball, volleyball) in personal or general space, and in different directions and pathways, using a variety of body parts.
- Practice controlling a soccer ball with their feet, sending it long or short distances, and trapping it on return using different parts of the foot, leg, chest, head, or shoulders.
- Demonstrate skills such as serving, volleying, and dribbling.
- Strike and control an object (ball, birdie, puck, beanbag) with a stick, bat, or racket.
- With a racket practice various strokes (forehand, backhand, smash, lob).
- Create a game that uses at least two pieces of equipment such as a ball, bat, or net.
- Using the Internet or library resources present games from other countries.
- Play parachute games.
- Follow safe procedures for handling equipment such as weights.

- Lead warm-up and cool-down activities (walking, dancing).
- Practice jumping techniques using indoor and outdoor jumping pits.
- Practice jumping and moving with a jump rope.
- Demonstrate passing a baton and running a set course.
- Set, record, and modify their personal fitness goals as they participate in various fitness activities.
- Using items such as balls and sticks, create a juggling sequence, with a partner or small group.
- Practice target activities related to horseshoes, archery, and bowling.

Additional Physical Education and Recess Activities

1. Walk around the school building.
2. Have team relay races.
3. Let students run sprints.
4. Play a game of soccer.
5. Have the class compete in Hop Scotch.
6. Play basketball – Divide the class into two teams.
7. Have a jump rope competition.
8. Let the students participate in group jump roping activities.
9. Let students play a game of tug-of-war.
10. Teach students to play Hacky Sack.
11. Play a game of volleyball.
12. Rake the leaves on your school campus.
13. Have a long jump contest.
14. Run backwards and see who can finish first.
15. Run in place.
16. Have a class foursquare tournament.
17. Let the students play a game of kickball.
18. Dribble a soccer ball around cones to practice soccer skills.
19. Students can practice kicking a soccer ball at a goal.
20. Let students climb up and down stairs for a workout.
21. Do a combination of sit-ups and push-ups.
22. Students will enjoy a game of freeze tag.
23. Use an exercise video with the class.
24. Let students create their own exercise routines.
25. Have a class “Hokey Pokey” session.
26. Let students do the Limbo.
27. Create a drill team routine.
28. Play a game of Badminton.
29. Let younger students play Leap Frog.
30. Play musical chairs.
31. Have a Dance-A-Thon. Keep kids dancing for 30 minutes.
32. Let students have a Hula Hoop contest.
33. Students can learn to do the Hula.
34. Create an obstacle course and have students run it several times.

35. On 50's Day, hold a Sock-Hop.
36. Do the "Twist" for 20 minutes.
37. Kick a ball against a wall with no windows.
38. Have potato sack races.
39. Teach kids how to do proper lunges. Have them do walking lunges.
40. Skip around the school.
41. Hold "Walk Fast" relays. No running, but walk as fast as you can.
42. Play a game of softball.
43. Have students do rowing and skiing motions to simulate these particular sports.
44. Have a "Hop-A-Thon".
45. Let students practice their tumbling skills.
46. Teach students to "Jitterbug".
47. Teach students to "Line Dance".
48. Learn how to juggle.
49. Have three legged races.
50. Hold Egg & Spoon Relays.
51. Let your students play Frisbee.
52. Structure a game of Frisbee Golf.
53. Create a game of keep away using a soccer ball. Team members try to keep control of the ball.
54. Let students create exercise routines to holiday songs such as "Rockin Around the Christmas Tree" and "Here Comes Peter Cottontail".
55. Schedule a track and field day. Let students practice different events prior to the Big Day. Don't forget to give out ribbons.
56. Each day, assign a student to be in charge of the 10-minute warm-up period. Let them lead the class in stretching exercises.
57. Teach students to play Croquet.
58. Create workout stations around your school or playground. Post suggestions for exercising.
59. Do your favorite exercise. Let students participate in physical activities that they enjoy.

