

Kindergarten to Second Grade

Buckets

Purpose of activity: To teach skills of gathering and collecting, primary colors, as well as use of locomotor skills.

Materials needed: Four different colored construction paper (blue, green, red, yellow). Four different colored buckets (same colors as buckets). Besides the primary materials an open space large enough to hold the amount of students in your class is required for a safe environment.

Directions: Four different colored, rolled up, pieces of construction paper (how many pieces of paper varies with the amount of students in class) will be placed in the bucket. The teacher dumps the pieces of paper out into the circle in the middle of the room. The students will begin playing "Buckets" after the teacher has dumped the paper. The students must run, skip, gallop, crawl, under control, to the paper. Teacher or students can select the movement. They grab one piece of colored paper and run back to place that paper in the corresponding colored bucket. This continues until all the paper is gone from the circle or hoop in the middle of your playing area. The clock does not stop until everyone is finished. (PE Central)

Rhythmic Ribbons

Purpose of activity: To practice various locomotor skills and to experiment with movement to music.

Materials needed: One ribbon per child. To make inexpensive ribbons...Begin with plastic shower curtain rings. Attach one, two, or three (depending on the width) one yard lengths of ribbon to the rings by looping one end of the ribbon over the ring and securing with a hot glue gun. The other end of the ribbon should then be folded over twice and glued to keep it from fraying.

Directions: Put on some lively music and allow children to express the rhythms through dance with the ribbons. (PE Central)

Hot Hoops

Purpose of activity: To work on jumping and landing skills and cooperation while learning color recognition, listening skills, cooperation and understanding of jumping and landing.

Materials needed: Colored Hula Hoops.

Directions: Lay hula-hoops out on the floor, one for each child. The teacher chooses one color that is the “hot” hoop by saying “Red hoops are hot!” Any child standing in a red hoop jumps out and joins another child in a different color hoop. Teacher should place emphasis on children jumping off of two feet and landing on two feet when they jump out of the hoops. No more than 4 children should share a hoop at one time. When hoops are filled with children (4 per hoop) it would be time for the teacher to change the hoop color that is hot. Children would go back to their original hoop and the game begins again. Everyone is a winner! (PE Central)

Musical Line Movements

Purpose of activity: While learning music they work on balance by traveling along lines on the floor; and by starting and stopping a variety of locomotor movements with control.

Materials needed: Upbeat music, boom box, lines to move on.

Directions: Children find a spot on any line on the gym floor. Allow a reasonable amount of time, then instruct them to “freeze.” Start the music. The children walk forward, following lines on the floor. Stop the music. The children freeze like statues. Comment on the “great statues” as they freeze without moving. As the activity continues, challenge students to travel on the lines using different locomotor skills. (PE Central)

Active Simon Says

Purpose of this activity: To practice locomotor skills while bringing class to attention after a period of sitting.

Materials needed: None

Directions: Teacher leads an active Simon Says game with commands like “hop on one foot, skip around the room, push-ups, reaching up to the sky, pretend to climb a mountain, pick up shells on the beach, rake the lawn, pick apples, etc.”

Healthy Spelling

Purpose of this activity: Incorporate your list of spelling words and alphabetizing into physical activity.

Materials needed: None

Directions: Students march in place throughout activity except when they are spelling the word and doing another activity. The teacher names the activity (ie, lunges) that the student will be doing while spelling. The teacher/leader calls out

two of their weekly spelling words. For example, use the words “dog” and “pony.” The class decides which word comes first alphabetically and then responds, “dog.” The students spell D-O-G, while doing forward lunges. Then they spell P-O-N-Y while doing lunges. Class continues until 10 minutes have been completed. As the class advances you can change the physical activity with each new word (jumping jacks, knee raises, toe raises, bicep curls, etc.) (Take 10!)

Sums in Motion

Purpose of activity: To jump or jog in place while students learn math.

Materials needed: None

Directions: Students begin by jogging in place. Teacher calls out instructions for warm-ups. (Count to 50, count backwards from 20, etc.) Everyone jumps as they count. Class continues until 10 minutes of physical activity have been completed. (Take 10!)