

Get Them Moving, Learning & Loving It!

AN ACTIVE PRO-D WORKSHOP BY 







Focus on FUNdamentals

SUPPORTING THE DEVELOPMENT OF PHYSICAL LITERACY













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FUNdamentals on Using This Resource

This resource is divided into **three sections**:



WARM-UP
activities



LESSON PLAN
activities



COOL-DOWN
activities

Each section has **three areas of focus**:

Stability
Skills

Stopping, Starting, Bending,
Stretching, Twisting, Dodging,
Balancing & More!

Locomotor
Skills

Walking, Hopping, Jumping,
Gallop, Skipping, Leaping,
Side-Shuffling & More!

Manipulative
Skills

Throwing, Catching, Kicking,
Striking, Dribbling, Rolling,
Volleying & More!

Within every area of focus, there are **ten FUNdamental activities!** That's 90 activities in total!!



playededucation.ca

WARM-UP ACTIVITIES

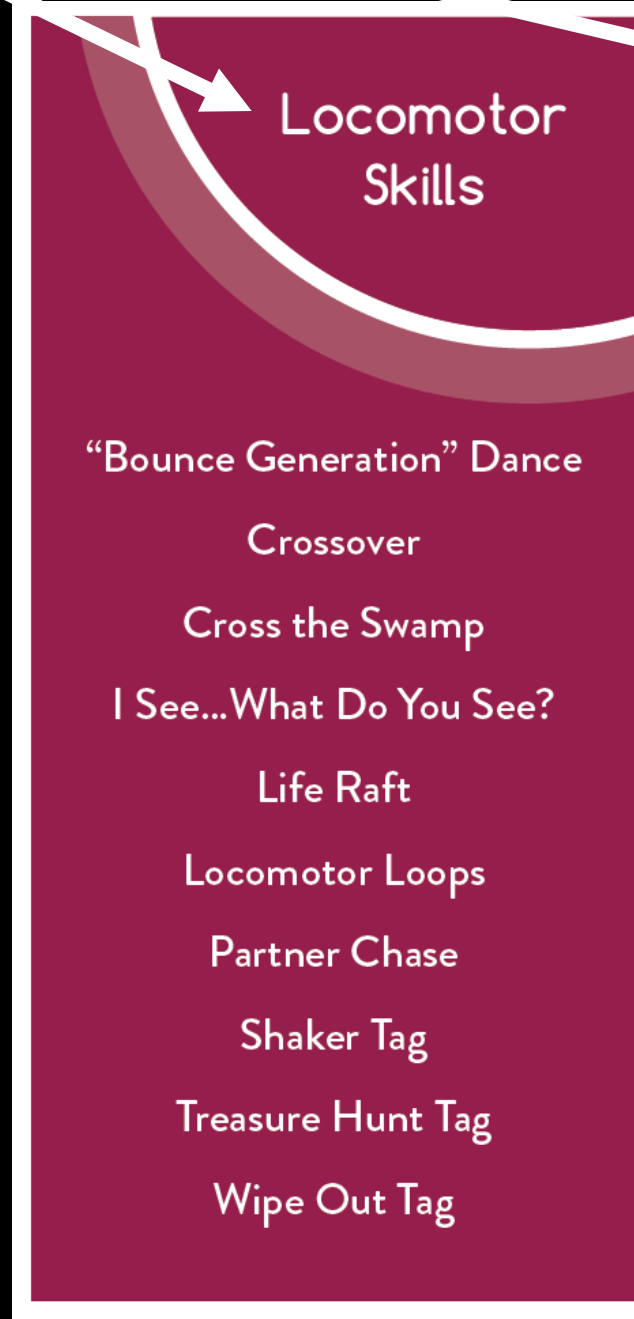
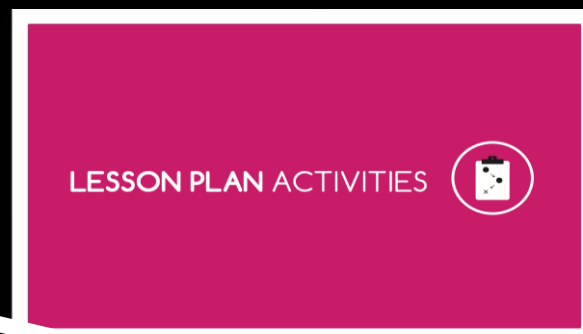


LESSON PLAN ACTIVITIES



COOL-DOWN ACTIVITIES





WARM-UP ACTIVITIES



90

WIND-DOWN ACTIVITIES





PARTNER CHASE

Locomotor Skills

Objective

To move safely in the activity area, while performing locomotor skills, such as, walking, skipping, galloping, and side-shuffling (all locomotor skills are acceptable, except running).

Description

1. Invite participants to form groups of 2.
2. One partner decides to be “A”, the other “B” and they both decide on a fitness-based activity they will perform when the music is on; ie. jumping jacks, squats, tuck jumps, etc.
3. When the music starts, call out a locomotor skill, then participant “A” performs the agreed upon fitness-based activity and participant “B” travels inside the activity area, while performing the locomotor skill and trying to get away from their partner.
4. Once the music stops, partner “A” moves around the area attempting to tag partner “B”. If tagged, they switch roles. If one partner is not able to tag the other, they both stop when the music starts again and automatically switch roles.

Equipment

- None required

Tune Suggestion

- Let's Go (feat. Ne-Yo)
[Radio Edit]
by Calvin Harris



40

TEETER-TOTTER

Stability
Skills

Objective

To improve balance and practice locomotor skills, such as, galloping, hopping, skipping, jumping, and side-shuffling.

Description

1. Divide participants into two groups.
2. Choose one group to travel around the activity area using a pre-determined locomotor skill and the other group to balance on one foot with either one arm in the air while balancing or with one hand touching the ground while balancing.
3. On the signal to go, participants traveling around the space try to “teeter” and “totter” as many participants as they can by high-fiving their hand when it is in the air or by touching their foot when it is up.
4. Switch roles after a few minutes and play again. Instead of “teeter-totter”, try other activities, such as, “snowball” (curled up small) and “snowflake” (standing up with arms stretched out) or right-side plank position and left-side plank position.

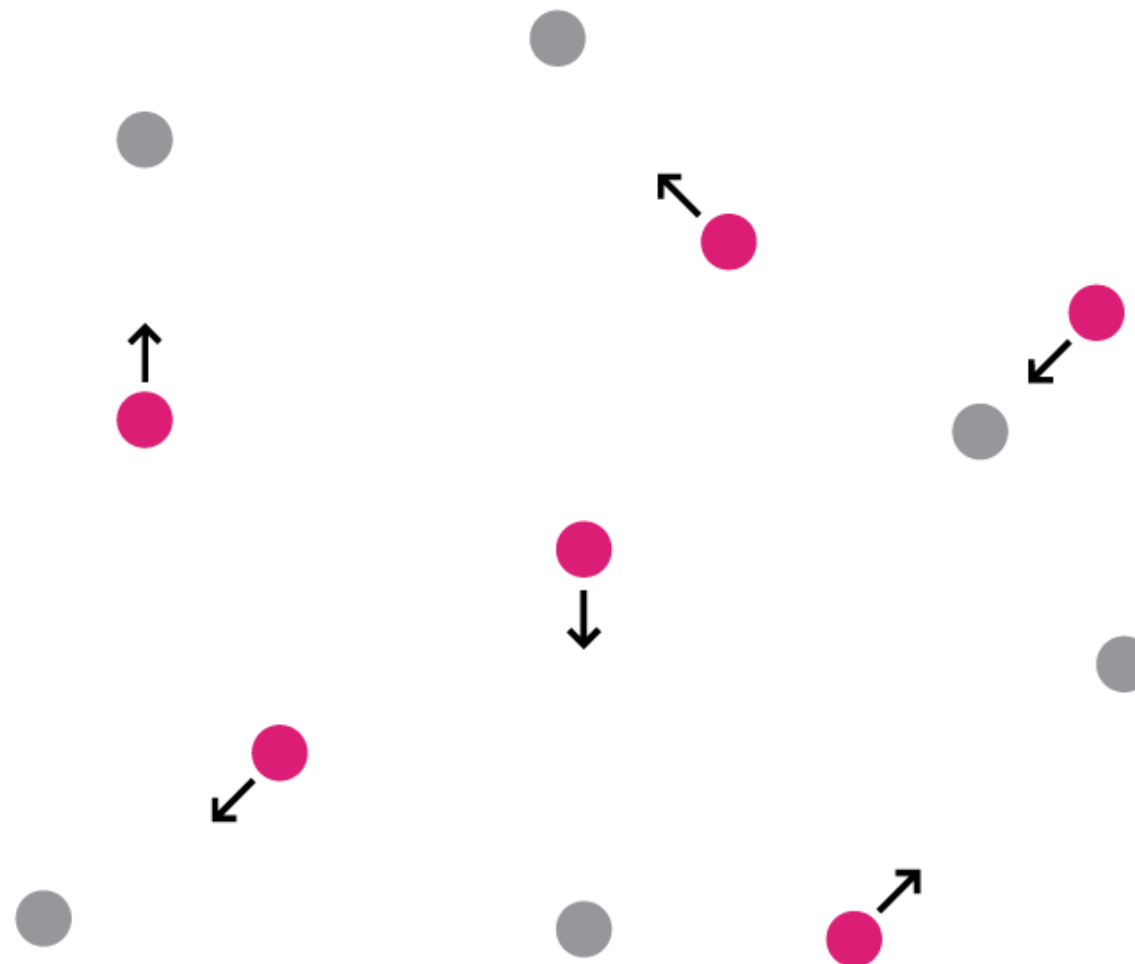
21

Equipment

- None required

Tune Suggestion

- Handclap
by Fitz & The Tantrums





ONE VS ONE KICKBALL

Manipulative
Skills

Objective

To improve and practice manipulative skills, such as, rolling, catching, and kicking, while demonstrating locomotor skills.

Description

1. Participants find a partner. One partner starts as the “pitcher” and the other the “kicker”.
2. All of the pitchers stand along a line near the middle of the activity area that is marked off with cones and each holds onto a soft object, such as a dodgeball. The kickers stand along a line, also marked off with cones, facing their partner.
3. On a signal to go, pitchers roll the object to their kicker. The kickers then kicks the object and moves to touch the middle cone and back as many times as possible. A point is scored for each touch of the cone.
4. Meanwhile, the pitcher retrieves the object and returns to tag their partner. When tagged, partners change roles.

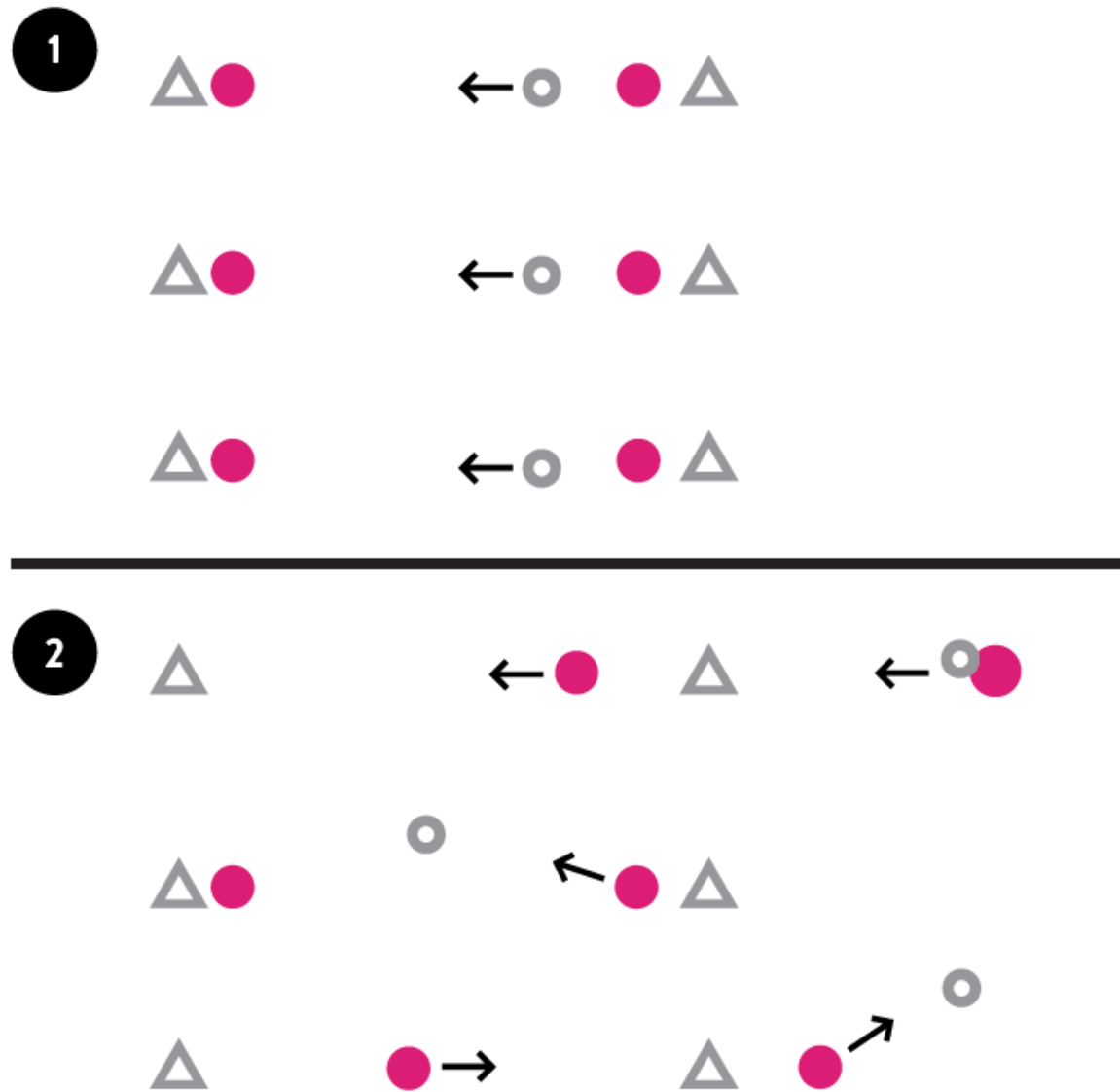
59

Equipment

- Cones (one per participant)
- Dodgeballs or other soft objects for kicking (one per group of two)

Tune Suggestion

- Walking On Sunshine
by Katrina & The Waves



CONTINUOUS KICKBALL

Manipulative
Skills

Objective

To work on kicking and/or striking an object, while demonstrating fair play and teamwork skills.

Description

1. Use poly-spot markers to set up 3 bases, plus one for home plate. Divide the participants into 2 teams; “fielders” and “batters” and place 5 dodgeballs in a container beside the “pitcher”. The batters stand behind home plate and the last batter wears a pinnie.
2. The “pitcher” rolls the ball to the first batter, who kicks it and runs around the bases. Immediately, the pitcher takes another ball from the container and rolls it to the next batter. This continues through the entire line of batters. There are no outs and nobody stays on base.
3. The “fielders” retrieve the balls and drop them back in the container as they are kicked, trying never to let the container get empty. If it becomes empty, the pitcher calls out, “Empty Box!” and the batters get 500 points, then switch roles with the fielders. After the last batter kicks, the fielders attempt to get all of the balls back before the batters run home. The fastest team receives 1000 points.

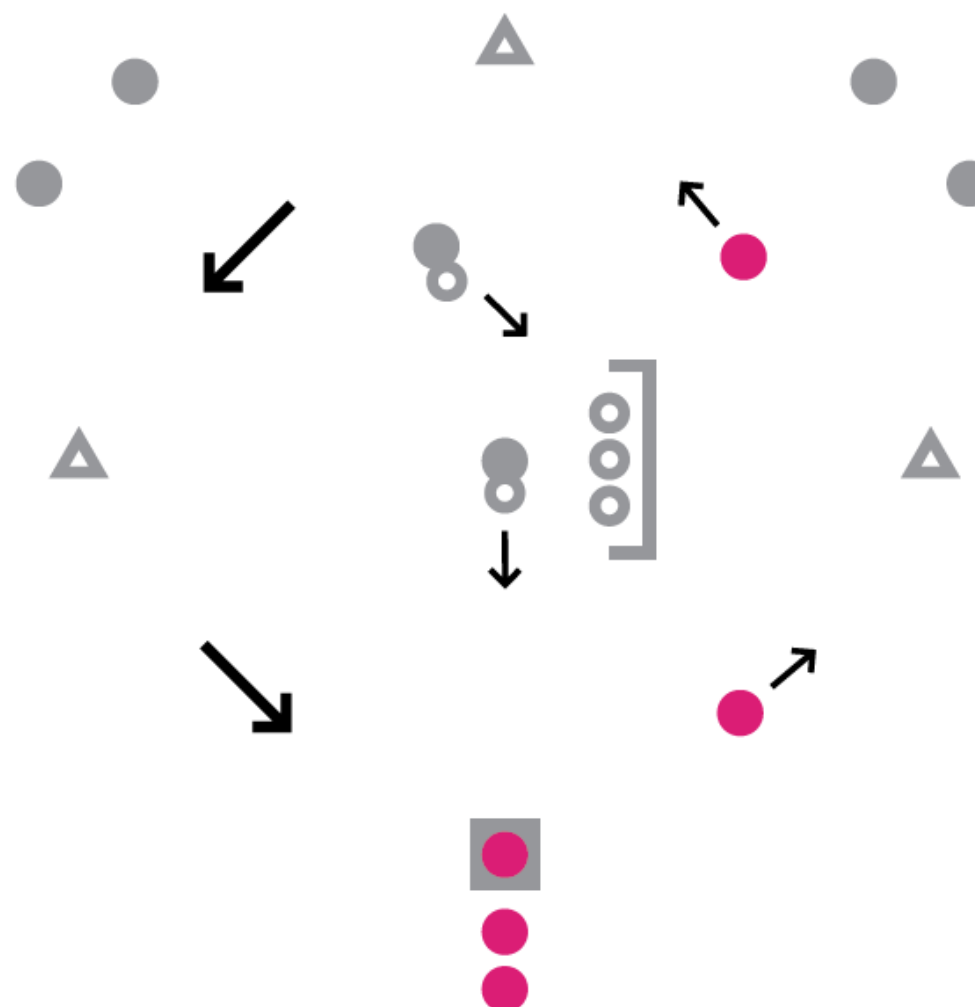
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Equipment

- 5 dodgeballs
- 1 basket or bin (big enough to fit 5 dodgeballs)
- 3 cones
- 1 poly-spot marker

Tune Suggestion

- Centerfield
by John Fogerty





ON THE SPOT FITNESS

Locomotor Skills

Objective

To work with a group, while completing fitness-based activities, including locomotor skills.

Description

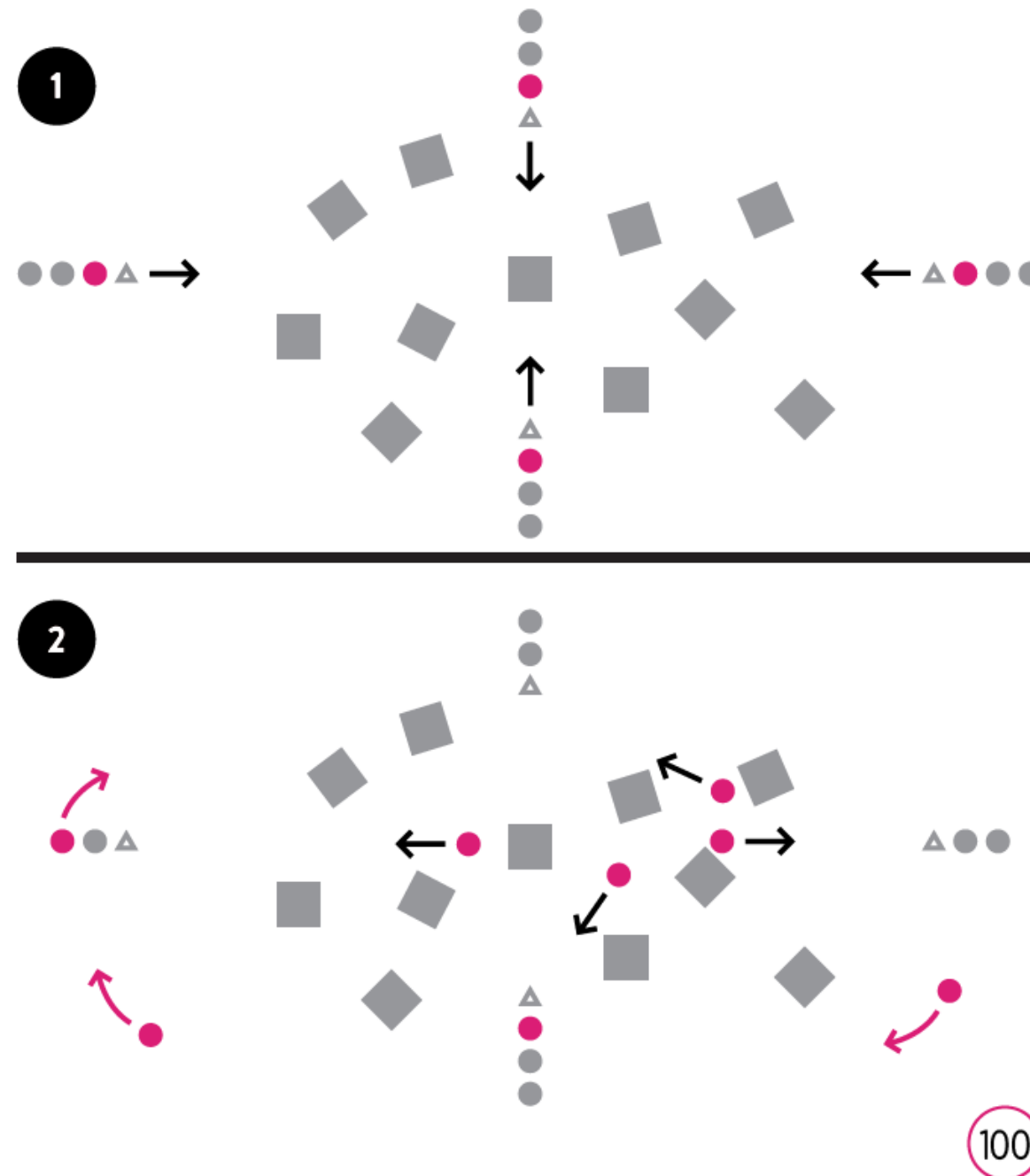
1. Scatter poly-spot markers inside the activity area and place different fitness activities, such as, 10 squats, 15 jumping jacks, 10 push-ups, 20 high knees, underneath each spot (multiple copies of each activity can be placed under each spot).
2. Divide participants into groups of 3-4 and invite them to stand around sideline behind a cone in a line one behind the other (relay-style). On the signal to go, the first participant in each line travels to a spot and completes the activity underneath it. Once complete, they pick up the activity, head back to their group, high five the next participant in line, and then travel clockwise one lap around the perimeter of the activity area.
3. The next participant in line, moves to a different spot and performs the activity underneath, picks it up, heads back to the group, then moves clockwise one lap. This continues until all of the fitness activities are collected. Groups try to collect as many activities as possible in the time allotted.

Equipment

- 25-40 poly-spot markers (at least one per participant)
- Cones (one per group of 3-4)
- Fitness-based activities (at least one per participant and can be copied multiple times)

Tune Suggestion

- Tung!
By Deniz Koyu





Hover & Hold
for 5 Deep Breaths



10 Russian Twists



20 High Knees



10 Squats



10 Forward
Lunges



10 Speed Skaters



10 Bird
(Opposit
Leg Ext)



10 Second Side
Plank (each side)



3 Star Jumps



10 Arm Circles



10 Side Lunges



3 Burpees



5 Push-Ups



5 Inchworms



10 Second
Forearm Plank

"BOUNCE GENERATION" DANCE

Locomotor
Skills

Objective

To practice locomotor skills, such as, running, jumping, bouncing, hopping, and side-shuffling.

Description

1. Learn the dance moves to *Bounce Generation* by using the detailed choreography notes and watching the tutorial video (@ www.dancepl3y.com/playededucation.ca).
2. Next, invite participants to scatter throughout the activity area, start the music, and take participants through the dance (no pre-teaching required!).
3. This dance is from the DANCEPL3Y (dance-play) program. DANCEPL3Y is a play-based physical activity program that focuses on developing physical literacy through dance. Through simple dance moves, playful group formations, and the 3 Rules of PL3Y – Be Positive, Be Fun and Be Yourself, participants experience a fun, interactive, and positive mental well-being approach to physical activity.

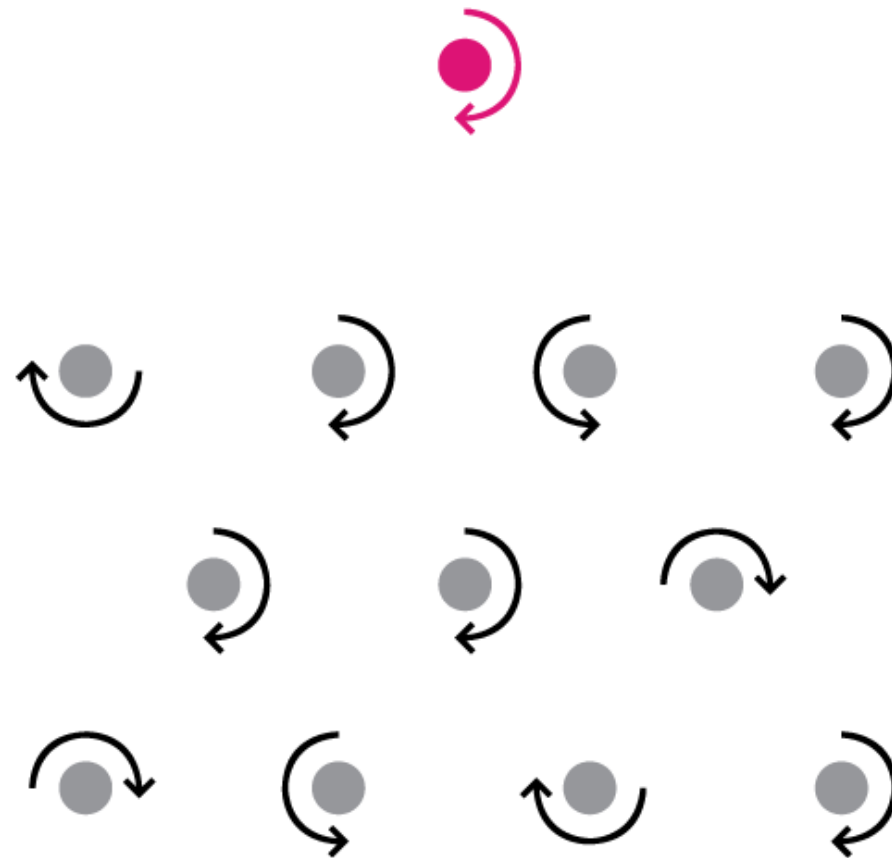
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Equipment

- Choreography notes and tutorial video for “Bounce Generation”, www.dancepl3y.com/playededucation.ca

Tune Suggestion

- Bounce Generation by TJR & Vinai





OVER-UNDER-AROUND-THROUGH

Stability
Skills

Objective

To show balance, twisting, turning, balancing, and stretching, while maneuvering quickly over, under, around and through objects.

Description

1. Divide participants into groups of 3 and provide each group with 2 scarves or 2 pool noodles.
2. Two group members hold onto the scarves and on the signal to go, the 3rd participant travels over, under, around and through them as many times as possible. At the same time, the two holding the scarves move them down, up, in the middle, and then split apart (one arm up and the other arm down).
3. Switch roles after the time is up (30-45 seconds). Groups can also challenge each other to see how many times they can maneuver over, under, around and through the scarves.

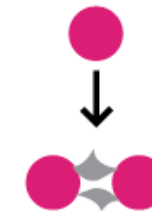
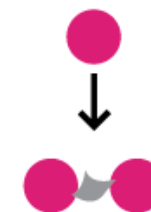
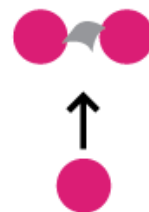
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Equipment

- 2 scarves or pool noodles (per group of 3)

Tune Suggestion

- Me and My Gang
by Rascal Flatts
- The Twist
by Chubby Checker







Focus on FUNdamentals

SUPPORTING THE DEVELOPMENT OF PHYSICAL LITERACY



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PHASE-AP Get Them Moving...

9 songs • 33 minutes

[Shuffle All](#) 



☐ Publish on profile and in search



Hair Up
Justin Timberlake, Gwen Stefani & Ron Funche...

2016

Soundtrack

2:58



Let's Go (feat. Ne-Yo) [Radio Edit]
Calvin Harris – 18 Months

2012

Dance

3:46



HandClap
Fitz & The Tantrums – Fitz & The Tantrums

2016

Alternative

3:13



Walking On Sunshine
Katrina & The Waves – Anthology

1985

Pop

4:01



Centerfield
John Fogerty – Bad News Bears (Original Moti...

2005

Soundtrack

3:52

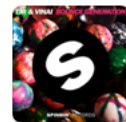


Tung! (Original Mix)
Deniz Koyu – Norman Doray - Strictly Ibiza to...

2011

Dance

4:22



Bounce Generation
TJR & Vinai – Bounce Generation - Single

2014

Dance

3:49



Me and My Gang
Rascal Flatts – Me and My Gang (Bonus Track...

2006

Country

3:38



The Twist (Rerecorded)
Chubby Checker – Do the Twist

2015

Rock

2:39



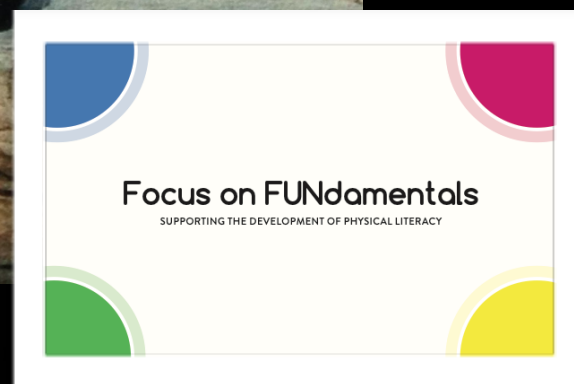


TRACY LOCKWOOD

tracy.playeducator@gmail.com

FOCUS ON FUNDAMENTALS
AVAILABLE FOR PURCHASE!

WWW.PLAYEDUCATION.CA

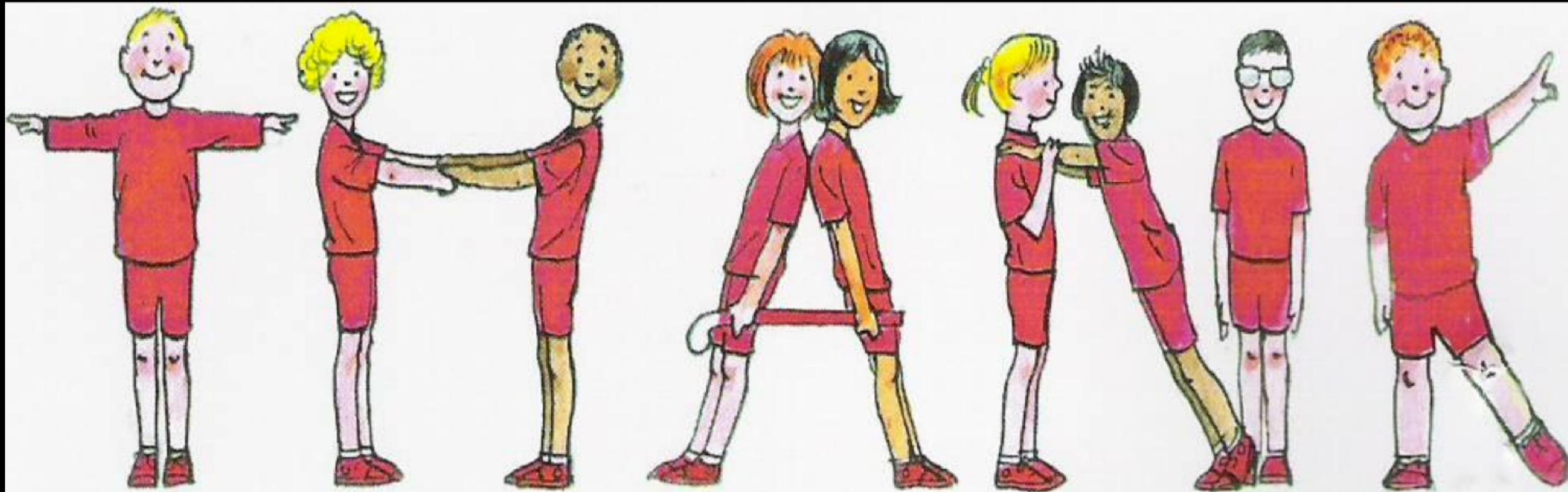




Coming in 2020...

SEL & ECCE





W. RUDLING

