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Quick and Easy Physical Education Activities for Primary Teachers

PHYSICAL AND HEALTH LITERACY POCKETBOOK

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SUMMARY



This booklet contains an assortment of primary physical education games that require little equipment, set-up, or instruction. Each game is flexible and can be run within a gym or outdoor setting. Diverse physical literacy levels have been considered in the making of these games and each have been designed to be inclusive and engaging, while still offering a “Challenges” section to provide additional adaptations to further challenge your students. An activity summary of how these games relate to the BC Daily Physical Activity has been provided.

The format of the booklet is as follows:

- Ready: equipment
- Set: set-up
- Go: Rules and instructions
- Challenges: additional adaptations for greater challenge

TABLE OF CONTENTS

ACTIVITY SUMMARY	4
FIT-TAC-TOE	5
CHUCK THE CHICKEN	6
CIRCLE RUN	7
LEAP FROG	8
CAPTAIN'S DECK	9
ELECTRIC FENCE TAG	10
CHAIN TAG	11
TRIANGLE AND ONE	12

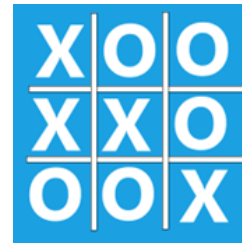
ACTIVITY SUMMARY



Activity	Gymnasium	Outdoor	Classroom	Active	Communi- cation	Team Work
Fit-Tac-Toe	★	★	★	★	★	
Chuck the Chicken	★	★		★	★	★
Circle Run	★	★		★	★	★
Leap Frog	★	★		★	★	★
Captain's Deck	★	★		★		★
Electric Fence Tag	★	★		★	★	★
Chain Tag	★	★		★	★	★
Triangle and one	★	★		★	★	★

FIT-TAC-TOE

GRADE LEVEL: K-3



READY

- Fit-Tac-Toe cards
- Writing utensils
- Open space (gymnasium/field)

SET

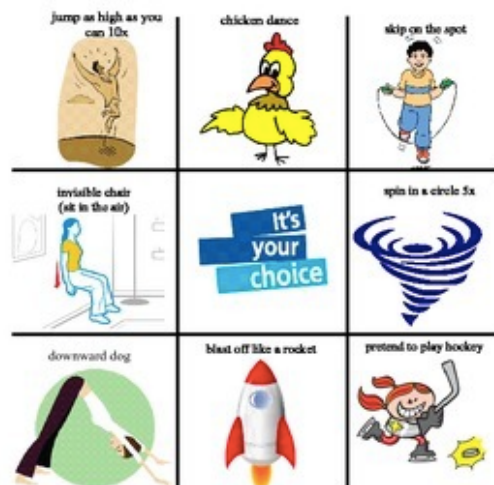
- Students spread out throughout the gymnasium or outdoor field
- Ask students to get into pairs or assign dyads.

GO

- This Fit-Tac-Toe sheet can be challenged for different fitness activity and/or grade level by changing the exercise options

Challenges: This Fit-Tac-Toe sheet can be challenged for different fitness activity and/or grade level by changing the exercise options

Fit-Tac-Toe



http://free-extras.com/images/tic_tac_toe-13738.htm

<https://www.teacherspayteachers.com/Product/New-and-Improved-Fit-Tac-Toe-a-game-for-brain-breaks-and-DPA-946015>

CHUCK THE CHICKEN

GRADE LEVEL: 1-7



READY

- 1 rubber chicken
- Open space (gymnasium/field)

SET

- Students are divided into two teams
- Team A is standing in a line (one behind the other) and Team B stands in a circle (closely together, like a nest)
- Team A starts with the rubber chicken and passes it over their heads and under their legs towards the back of the line.
- While Team A is passing the rubber chicken, Team B has a member running around their team nest as many times as they can (teacher keeps track of how many times the student ran around the nest).
- When the last member on Team A receives the rubber chicken, they throw it and yell “Chuck the chicken!”, and will form a nest of their own with a member running around it as many times as they can.
- At that time, Team B’s nest breaks, find the rubber chicken and form a line (one behind the other) and starts doing over/under.
- While Team B is passing the rubber chicken, Team A forms a nest and a member runs around it as many times as they can (teacher keeps track of how many times the student went around the nest).
- Play to a particular number of points.

GO

- Teachers can increase the number of points mandatory to win, incorporate four teams and two rubber chickens instead of two teams and one rubber chicken.

Challenges: Teachers can increase the number of points mandatory to win, incorporate four teams and two rubber chickens instead of two teams and one rubber chicken.

<http://www.pegames.org/warm-up/chuck-the-chicken/>

<http://www.ciraontario.com/rubber-chicken-throw>

CIRCLE RUN

GRADE LEVEL: 1-7



READY

- 4 Hula Hoops
- Open space (gymnasium/field)

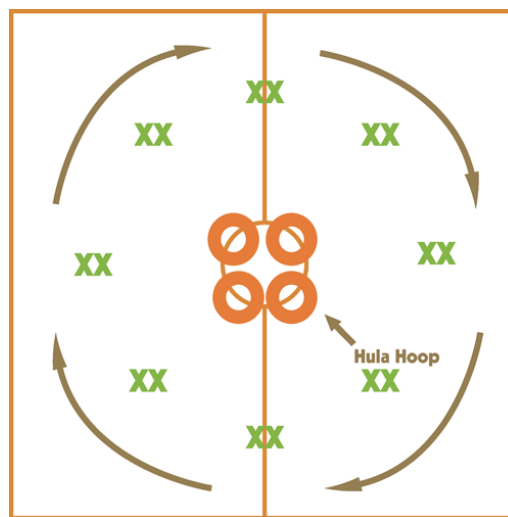
SET

- Students pick a partner or assign dyads
- Place hula hoops in the center of the gym.

Challenges: Remove hula hoops and use different targets around the gym

GO

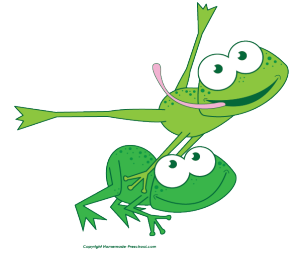
- Students hold hands to spread out to form a large circle. Separate hands and stand close to their partner.
- Have partners choose who is partner 1 and who is partner 2
- The teacher will shout “partner 1” then the students will run clock wise around the circle until they reunite with their partner. Partner 1 will run through partner 2’s legs then as a team they enter the hula-hoops.
- Can alternate running around the circle with skipping or jumping



<http://www.pegames.org/full-length/circle-run>

LEAP FROG

GRADE LEVEL: K-4



READY

- Colored chalk, markers, gym lines or masking tape.
- Open space (gymnasium/field)

Challenges: Designed the activity as a race or ask students to jump on one foot

SET

- Divide the students into two groups
- Mark the start/ finish line
- Mark the “lily pads” in a straight line (4-10 lily pads)

GO

- Line children up behind the start line
- Before beginning the game, review the procedure of jumping.
- “Jump like a frog” demonstrate
- Sing the “Da Glump” song

<https://www.youtube.com/watch?v=sPCBuWNb4qU>



<http://www.goodforkids.nsw.gov.au/media/1071/i-move-we-move-games-cards.pdf>
<http://imagebasket.net/199-clipart-frogs-leaping.php?pics=true>

CAPTAIN'S DECK

GRADE LEVEL: K-4



READY

- Open space (gymnasium/field)
- Cones for boundary/gym setting with lines/walls
- 4 sheets of paper with the words/pictures of: Island, Ship, Water, and Treasure.

SET

- Students spread out throughout the gymnasium or outdoor field within boundaries
- Tape image/word of island, ship, water, and treasure to the four walls of the gym or to 4 corner cones if you are outside.

GO

Before beginning, explain that you are the Captain and will be giving orders to your crew (students). Go over each call and demonstrate each action before beginning the game. Review safety (watch where you are running, stay within boundaries). Calls include:

- To the ____ ! (island, ship, water, treasure): Run to the side of the gym/boundary with that picture/word.
- Captain's quarters: Run to the captain.
- Hula girl: Freeze in spot and sways hips and hands side to side
- Periscope: Lie on back and put one foot in the air
- Row-row-row your boat: Get into pairs, face each other, and pretend to row a boat together
- Hit the deck: Drop to stomach on the ground

To increase the difficulty of the game, the signs can be removed from the walls to increase more commands to remember. Or, more commands can be added:

- Sick turtle: Flop on back and wave arms and legs in the air
- Scrub the deck: Go onto knees and pretend to scrub the floor
- Attention on deck: Stop, turn to the captain, and salute while yelling, "Aye, Aye Captain!"
- Clear the deck: Sit on bum and put feet in the air

<http://www.primaryresources.co.uk/pe/pdfs/warmupgames.pdf><http://www.clipartof.com/portfolio/visekart/illustration/cartoon-pirate-ship-sailing-with-a-jolly-roger-flag-1318267.html>

ELECTRIC FENCE TAG

GRADE LEVEL: K-4



READY

- Open space (gymnasium/field)
- Whistle

SET

- Students spread out on one end of the gym or a section of the field.
- Two people are “it” and are stationed on one line each that runs horizontally across the gym/field facing the students that are spread out.
- The electric fence lines should be near the middle of the gym/field.

GO

- When the whistle is blown, students that are waiting along the end will run across the “electric fence” while staying within the boundaries. Those that are “it” are the electric fence, and can only run from side-to-side on their line. If a child running across is tagged by someone on the fence, then they join the fence and are also “it”.
- When 4 people are left, they are the winners and the game is over.

Challenges: To increase difficulty, more people can be added to the electric fence. The boundary can be made smaller so there is less room to run for those going across. Have only one winner rather than three.



<http://markbrk.tumblr.com/post/27395377689/exercises-suitable-for-kids>
<http://www.clipartpanda.com/categories/wire-20clipart>

CHAIN TAG

GRADE LEVEL: 1-3



READY

- Open space (gymnasium/field)

SET

- No equipment needed
- Select one player to be a "it".

GO

- When the person that is "it" tags another player, they must link arms and work together to tag other players.
- The chain will grow when the chain has four players it splits in half.
- Students who are "it" continue to tag other players with their free hands, and the game continues until all the players are part of a chain.

Challenges: Playing with larger chains makes tagging more difficult (and fun!). Have the game begin with *two* players in a chain as "it." Chains can only split in half once they have reached *six* players (instead of four).



<http://www.playsport.net/activity/even-more-tag-games>

<http://www.johnlund.com/page/3492/multi-ethnic-children-playing-in-the-park.asp>

<http://viralstories.in/10-games-kept-us-alive-kicking-kids-90s/>

TRIANGLE AND ONE

GRADE LEVEL: 2-6



READY

- Open space (gymnasium/field)

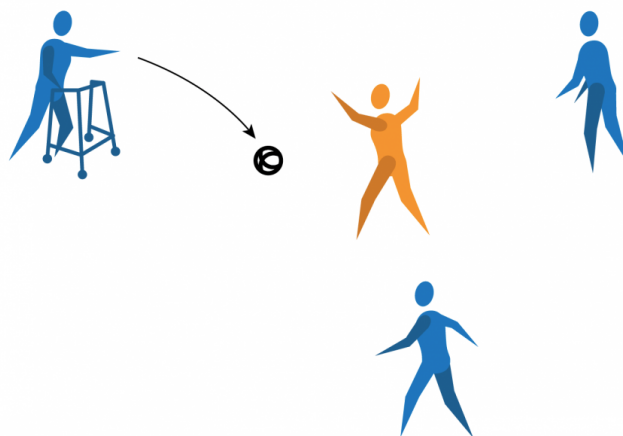
SET

- 1 ball per 4 players (e.g., foam, beach or basketball).

GO

- For each group of four, three players form a triangle and one participant is the defender.
- The goal of the triangle players' is to throw the ball to each other without dropping it or having the defender intercept it.
- They may move around and use any kind of throw.
- If a player's pass is intercepted or a player drops the ball, then that player swaps places with the defender.
- Ask players to consider who to pass the ball to or, if they are the defender, what strategies they can use to get the ball?

Challenges: Triangle and two: three players form a triangle and two participants act as defenders. When a defender intercepts a ball, they swap with the player who threw it.



<http://www.pegames.org/warm-up/chuck-the-chicken/>
<http://www.ciraontario.com/rubber-chicken-throw>