

Quick Reference Activity Card: Activity Basics

Set-Up: Scatter spot markers as a Home Base for each student.

One student per home base. Use 4+ cones to set perimeter boundaries.

Each activity below takes approximately 10 minutes.

Schedule 6 activity breaks throughout the day to provide 60 minutes of daily physical activity.

Suggested MC Cards are the Movement Concept Cards that the authors suggest using with this activity.

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|  | Activity Description | Suggested MC Cards | Category |
| 1 | *Gotcha! (PA Rule: Active Ears)*   * Students begin at Home Base. On start signal (“GO”) they begin to walk in general space. On stop signal (“Freeze”) they stop and freeze their body. * If teacher sees a moving student, say “Gotcha!” | On, Off, Ready to Learn | **Balance** |
| 2 | *Imaginary Fence (PA Rule: Active Eyes)*   * Place ropes on the floor between cones as a “fence.” * On start signal students walk/move inside the fence. On stop signal, they freeze in the shape of an animal they want to keep safe inside the fence. | Inside, On, Off, Ready to Learn | **Locomotor** |
| 3 | *Sharing Circle (PA Rule: Helpful Hands)*   * Begin with Home Base spot markers in 2 concentric circles. Students on spots facing each other. * First, share words. Then, share equipment. See activity page for sharing prompts. | Self-Space | **Social/Emotional** |
| 4 | *Line Up Practice (PA Rule: Follow Directions)*   * Create 2 parallel “line-up” lines with Home Base spot markers. Students start on Home Base and remember their spot color. * On start signal, students walk/move in general space. On stop signal, they freeze and are then called by spot color to line up. | Alongside | **Movement Concepts** |
| 5 | *Everyone Cleans Up (PA Rule: Move Safely)*   * Students start on scattered Home Base spots. * Review moving in space, then returning to spots. * From spots practice moving to get equipment (bean bags). Pretend the bean bag is soap and spot is a sink. * Then, practice putting the equipment back in its place. | Inside, On, Off | **Health/Nutrition** |
| 6 | *Share, Share, That’s Fair (Review all PA Rules)*   * Students start on scattered Home Base spots. Half of the students with a bean bag, half with a scarf. * On start signal, students play with equipment at their Home Base spots. On stop signal they freeze. * Prompt students to share with a partner with the opposite equipment (swap beanbag for scarf). | On, Alongside, Ready to Learn | **Manipulative** |