

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.

|  |  |  |  |
| --- | --- | --- | --- |
|  | 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** |