

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	<p><u>Gotcha!</u> (PA Rule: Active Ears)</p> <ul style="list-style-type: none"> 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	<p><u>Imaginary Fence</u> (PA Rule: Active Eyes)</p> <ul style="list-style-type: none"> 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	<p><u>Sharing Circle</u> (PA Rule: Helpful Hands)</p> <ul style="list-style-type: none"> 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	<p><u>Line Up Practice</u> (PA Rule: Follow Directions)</p> <ul style="list-style-type: none"> 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	<p><u>Everyone Cleans Up</u> (PA Rule: Move Safely)</p> <ul style="list-style-type: none"> 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	<p><u>Share, Share, That’s Fair</u> (Review all PA Rules)</p> <ul style="list-style-type: none"> 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