



TOOLS FOR AN ACTIVE
HOME

ACTIVE FAMILY

JUMP 4 ENDURANCE RHYMES

ACTIVITY GOALS

- I will learn and perform jump rope endurance rhymes.

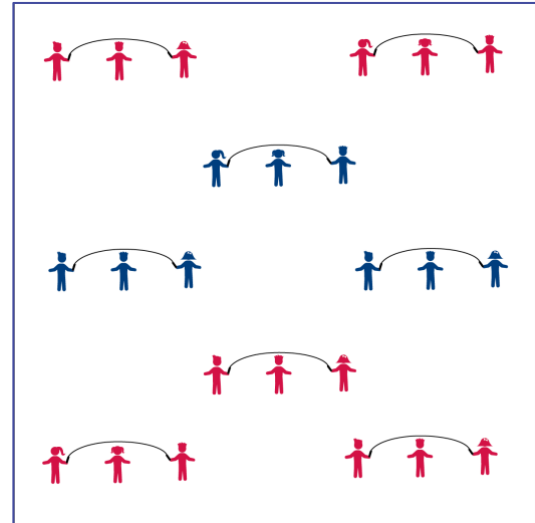
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 long jump rope per 3 players
- 1 short jump rope per player

Set-Up:

- 3 players at a rope.
- Spread out in general space with enough space to turn the rope safely.
- Get your jump ropes ready!



Activity Procedures:

- Let's see how long we can jump our ropes using the endurance rhymes listed below.
- To start, begin jumping your rope while calling out the rhyme. Keep counting (or saying the alphabet) until you make a jump rope mistake and have to stop.
- How many jumps can you make in a row with no mistakes?
- After you master each rhyme, work to try and add all of the different jump rope tricks that you know.

Endurance Rhymes:

- I can jump. I can hop. How many jumps before I stop? 1, 2, 3, 4...
- Up, and up. Down, and down. Jump and make the world go 'round! 1, 2, 3, 4...
- Pick a fruit. Pick a veggie. How many picked before I'm ready? 1, 2, 3, 4...
- ABCs and vegetable goop. What letters land in the vegetable soup? A, B, C, D...

EATING
HEALTHY
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- Focus on Fruit:** Eating a fresh apple (including the skin!) is one of the best things you can do with your teeth on any given day. Eating the skin with the rest of the apple gives you twice as much fiber when compared to peeled apple slices. Not to mention all of the other essential nutrients that are found mostly in the skin. Eat up!

Looking for more physical education and activity ideas?
Visit [OPENPhysEd.org](https://www.openphysed.org) and find free activity plans and resources.

What is OPEN? OPEN is a national grassroots organization of teachers helping teachers working to provide physical educators and activity leaders free curriculum tools and outstanding professional development experiences. OPEN is a public service of [BSN Sports](https://www.bsn.org) and [US Games](https://www.usgames.org) with a network of 60 national trainers providing curriculum support and professional development experiences to teachers around the world. More than 43,000 teachers have downloaded lesson plans and resources that have enhanced the educational experience of 22 million students.

SLAM BALL

ACTIVITY GOALS

- I will demonstrate fair play and cooperation with others.

TEACHING TIPS

- Aim for Target
- Move to Ball
- Soft Hands to Catch

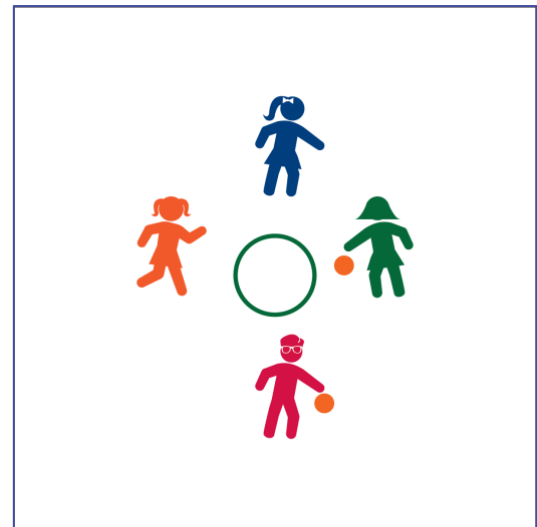
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 hoop per 2 (or 4) players (or chalk circle on a sidewalk or driveway)
- 1 ball per 2 players (A playground ball or a tennis ball will work. Really, any ball that bounces and can be caught safely.)

Set-Up:

- 2 players stand on opposite sides of a hoop, at least 1 step away.
- If sharing a hoop, 2 other players can stand perpendicular at the same hoop.
- 1 player starts holding the ball.



Activity Procedures:

- It's time to play Slam Ball. The object of the game is to successfully catch the ball after it bounces in the hoop or chalk circle.
- To start the game, the 1st player throws the ball into the hoop. The 2nd player attempts to catch it.
- Scoring:
 - Ball does not hit inside the hoop (point for receiving player)
 - Ball hits inside the hoop, but does not bounce at least 1 step away from hoop (point for receiving player)
 - Ball hits inside the hoop and bounces over the head of the receiver (point for receiving player)
 - Ball is not successfully caught by receiving player (point for serving player)
- If 4 players are sharing a hoop and the 2 balls collide, this is a "slam," and the 2 players who threw the balls switch opponents.

Tips:

- Start with a cooperative version of Slam Ball. How many throws and catches can you make in a row?
- Ready for competition? Get an edge by throwing the ball so that it bounces out of the hoop with different trajectories.

- FACT:** Slam ball is fun, but slamming your food isn't! Everyone can benefit from slowing down a little while they eat. It takes 20 minutes from the time you start to eat for your brain to tell you that you're full. Eating too quickly can lead to overeating and other digestive problems. So, slow down and enjoy your food!

BE HAPPY BEAN BAG

ACTIVITY GOALS

- I will demonstrate good communication and cooperation with others.

TEACHING TIPS

- Be Positive
- Be Encouraging

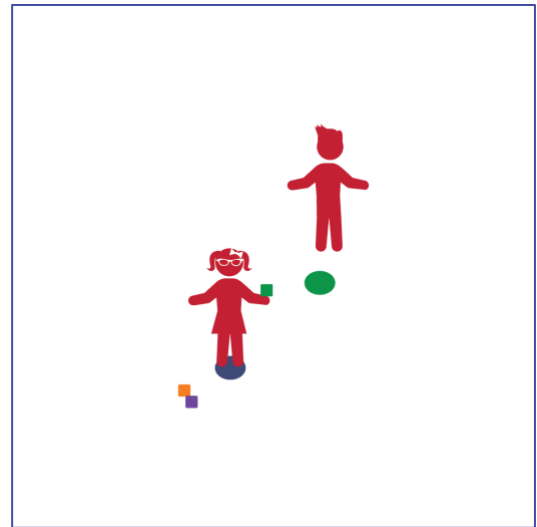
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 2 poly spots/paper plates per 2 players
- 3-4 bean bags per 2 players

Set-Up:

- Place 1 poly spot (paper plate) on the ground (for your partner to stand on).
- Hold the spot, ready to begin the game.



Activity Procedures:

- Today's activity is called Be Happy Bean Bag. Have your partner stand on the poly spot on the ground with their eyes closed.
- Walk behind your partner and place the other poly spot somewhere behind them in the field of play.
- Tell your partner to open their eyes but not to look behind them for the target just yet.
- Communicate how far away the poly spot is from them. (e.g., "It is 5 feet behind you, straight back.")
- Give your partner 1 bean bag. They will toss it over their shoulder to try to hit the target according to the directions given.
- If they hit the poly spot, switch positions and let them hide the spot. If not, communicate how they missed (e.g., "You threw it 2 feet too far"), hand them another bean bag, and let them try again. (Repeat until you run out of bean bags.)

Tips:

- Add an element of success by scoring points for every beanbag tossed that is closer to the spot than the first beanbag tossed. This emphasizes improvement without perfection.

- Healthy Eating Tip:** Build positive attitudes through your communication about healthy foods. Encourage young children to try new things with you. Setting an example for them helps to build positive attitudes about trying foods they may be unsure about.

BLINDFOLD BUILDING

ACTIVITY GOALS

- I will demonstrate communication, cooperation, and trust with others.

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think "Safety First"

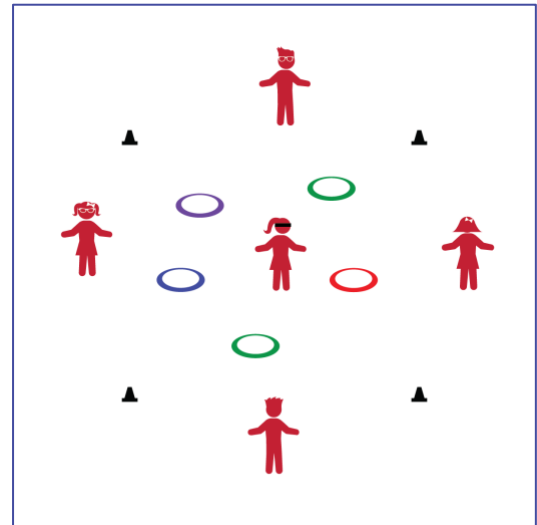
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 5 hula hoops per team
- 1 blindfold per team per team
- 4 cones or spot markers per team

Set-Up:

- Create an 8'x8' play space (1 per team) using cones or spot markers.
- Scatter hoops within the play space.
- Create teams of 2-5 players.
- Teams stand outside of the play space with 1 player wearing blindfold.



Activity Procedures:

- Today's activity is call Blindfold Building. The group will use positive communication to guide the blindfolded player through the play area to collect all the hoops.
- Only the blindfolded player may be inside your team's play space. The other team members must remain outside the play space.
- The group may move around the outside of the play space as needed to help guide the blindfolded player safely to the hoops and assembly area.
- Once the blindfolded player collects all the hoops, the other players will instruct her/him to build a hula hut.

Tips:

- Keep players safe by making sure they stay in bounds.
- Keep the activity area quiet during this activity so teams can communicate clearly and effectively.
- If a player doesn't wish to be blindfolded, respect that choice.

THE DANCE PARTY

ACTIVITY GOALS

- I will demonstrate cooperation and positive communication while creating a group dance.

ACTIVITY SET-UP & PROCEDURE

Equipment:

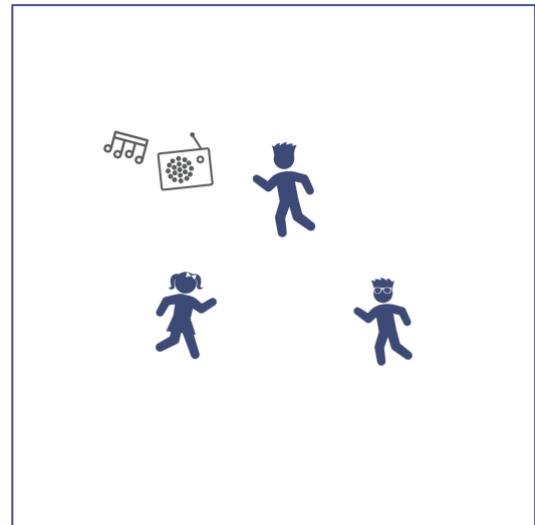
- Dance Cards
- Upbeat, fun music and music player

Set-Up:

- Create a safe space large enough to dance with friends.
- Get your music ready!

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First



Activity Procedures:

- It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.
- You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.
- Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!
- Then, let's put our moves together. First, your friend will perform her/his dance for 8 counts. Next, you'll take a turn and perform yours. Continue through all of your friends' moves.
- Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!

Tips:

- Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat until everyone understands how to count 8 beats of music.

EATING
HEALTHY
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- Healthy Lifestyle:** Remember to eat at least 5 portions of fruit and veggies every day! It's easier than it sounds. Why not slice some banana over your breakfast cereal or reach for a piece of fresh fruit for your mid-morning snack?! Keep in mind, unsweetened 100% fruit juice, vegetable juice, and smoothies can only count as 1 of your 5 servings each day. For example, if you have 2 glasses of fruit juice and a glass of vegetable juice, that still only counts as 1 serving of fruit and veggies. Limit the amount of juice you drink; eat fresh fruits and drink water instead.

DANCE PARTY CARDS

**Robot
Dance**

**Basketball
Dance**

**Football
End Zone
Dance**

**Superhero
Dance**

**Grasshopper
Dance**

**Soccer
Dance**

**Tiptoe
Dance**

**Super Cardio
Dance**

DECK OF FITNESS

ACTIVITY GOALS

- I will perform exercises with perfect form and at a safe speed.

TEACHING TIPS

- Use Proper Form
- Pace Your Movement
- Have Fun!

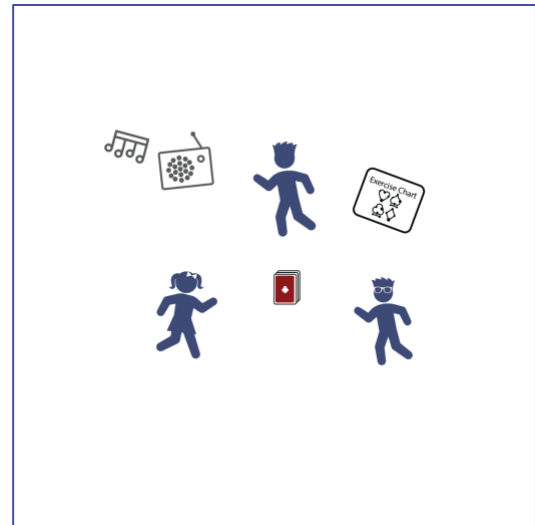
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of cards
- Fun music and music player

Set-Up:

- Shuffle and place the deck of cards face down where everyone can reach it.
- Create an exercise chart using the list shown under the “Tips” section below. (It’s okay to modify your chart using different exercises.)



Activity Procedures:

- Today’s friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
- When you draw a card, you’ll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
- Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
- In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

Tips:

- Make sure you pace your activity safely. Don’t give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow this format, or create your own:
 - Hearts = Jumping Jacks
 - Clubs = Push-Ups
 - Diamonds = Invisible Jump Rope Jumps
 - Spades = Squats

- Hydration Station:** Be sure to stay hydrated before, during, and after exercising. Water has zero calories and is the best way to stay hydrated!

FITNESS UNO

ACTIVITY GOALS

- I will follow the rules and have fun with my friends and family.

TEACHING TIPS

- Use Proper Form
- Increase Your Heart Rate
- Play Fairly
- Have Fun

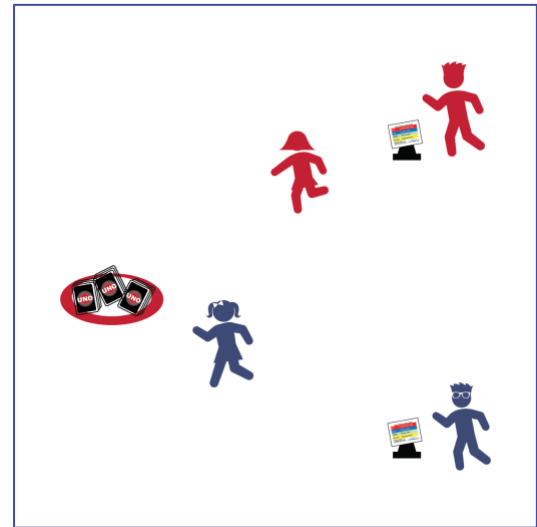
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of UNO Cards
- 1 hula hoop
- 1 cone or spot marker per team
- 1 UNO Fitness Chart per team of 2 players

Set-Up:

- Shuffle the UNO Cards and scatter them on the floor inside the hula hoop.
- Place 1 cone or spot marker per team 10–20 meters away from the hoop.
- Create teams of 2 players, each team behind a cone or spot marker with an UNO Fitness Chart.



Activity Procedures:

- Today's friendly competition is Fitness Uno. We will be developing our personal fitness with friends and family. This game is played in 2 phases.
- During Phase 1, your team will run in relay-race format (1 player at a time) to the hoop to grab 1 UNO card per visit. Do not look at the card when you pick it up. When you return, give your teammate a high-5, and then she/he will run to the hoop. Place the cards face-down in a pile.
- When your team has 10 cards, it's time for Phase 2. During this phase, your team will work to return all of your cards to the hoop. To do that, flip over 1 UNO card at a time and use the UNO Fitness Chart to determine which exercise to perform. The number on the card determines the number of exercise repetitions you'll complete. Everyone on your team must complete the exercises together.
- Once you've finished an exercise set, 1 player will return the card to the hoop. Repeat until all cards are back in the hoop.

UNO Chart Info:

- Red = invisible jump rope; blue = jumping jacks; green = mummy jacks; yellow = stationary sprints.
- Wild card = free (no repetitions); draw 2 cards = draw 2 new cards; reverse = count 10 reps backwards; skip = free (no repetitions); wild draw 4 = give to another team—they must draw 4.

- Color Your Plate:** Different colored fruit and veggies have different health benefits. Be sure to have a colorful plate of fruits and vegetables at every meal. Eat a rainbow of fruits and veggies!

Fitness UNO Chart: Aerobic Capacity

RED	Invisible Speed Rope
BLUE	Jumping Jacks
GREEN	Mummy Jacks
YELLOW	Stationary Sprints

- Wild cards: free—discard with no repetitions.
- Draw 2 cards: draw 2 new cards.
- Reverse cards: count 10 repetitions backward.
- Skip cards: free—discard with no repetitions.
- Wild Draw 4 cards: give to another team—they must draw 4.

LOCOMOTOR SHAPES

ACTIVITY GOALS

- I will move safely, following the rules of the game.

TEACHING TIPS

- Land Soft by Bending Knees
- Tag Soft on Shoulders Only

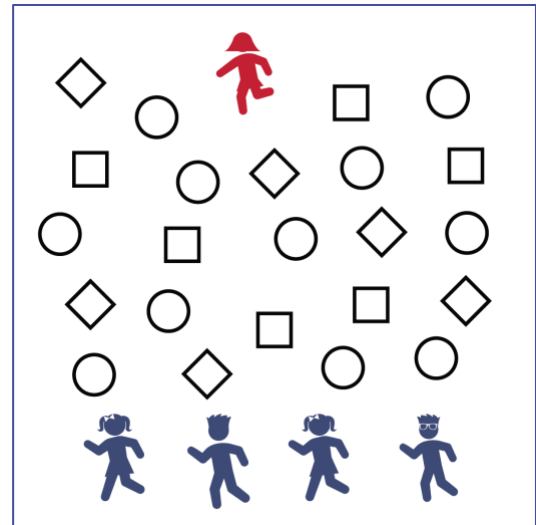
ACTIVITY SET-UP & PROCEDURE

Equipment:

- Sidewalk chalk
- Large concrete or blacktop area (like a driveway)

Set-Up:

- Create a large activity area by drawing 20–30 circles and 20–30 squares throughout general space. Leave at least 1 foot in between each shape.
- One tagger will begin on one side of the area. The rest of the players line up on the opposite side.



Activity Procedures:

- Today activity is call Locomotor Shapes. It's a tag game with jumping, hopping, and leaping. The object of the game is for all the players to get to the other side of the area without getting tagged.
- Designate 1 player to be the tagger. The tagger will start on 1 side of the area, and all other players start on the opposite side of the playing area. To begin, the tagger will say, "READY, SET, GO!"
- To move, the tagger and all other players must jump, hop, or leap and land correctly from shape to shape. You must jump on squares with a 2-foot landing. You can hop or leap onto a circle with a 1-foot landing.
- When a player is tagged, start the game over. The person who was tagged will be the new tagger. If all players cross without getting tagged, designate a new tagger and play again.

Tips:

- Think safety first: Don't try to land on a shape if another player is jumping or hopping onto that same shape.
- Work on bending knees, swinging arms, and building momentum for longer jumps and hops.

EATING
HEALTHY
101

- Balance Your Moves:** There are lots of ways to stay healthy, and balance is important. You rely on balance when you are hopping on 1 foot, and having balance on your plate is also an important step toward healthy eating. Choose a variety of foods from all the food groups while minimizing fats and oils. Good nutritional balance will keep your body strong and healthy.

FUN WITH SCOOPS

ACTIVITY GOALS

- I will demonstrate cooperation by safely practicing throwing and catching with a friend.

ACTIVITY SET-UP & PROCEDURE

Equipment:

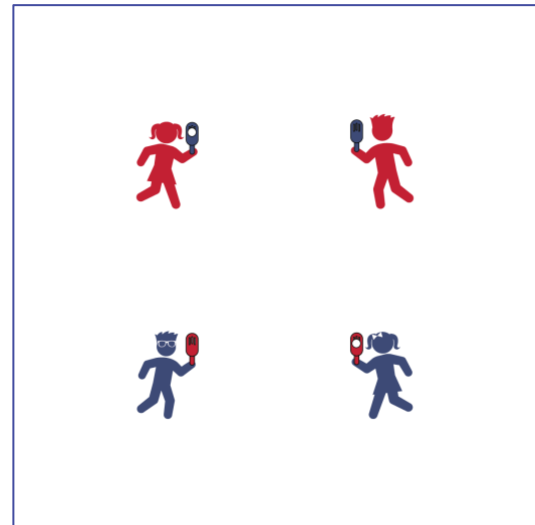
- 1 [Fun-Air Scoop](#) per player
- 1 ball per team of 2 players

Set-Up:

- Find an open space with enough room to play catch.
- Each player with 1 scoop, and each team with 1 ball.

TEACHING TIPS

- Control Your Scoop
- Control the Ball
- Step to Target with Opposite Foot
- Keep Your Eye on the Ball



Activity Procedures:

- Today's activity is Fun with Scoops. We will be working on throwing and catching a ball using a Fun-Air Scoop.
- Activity 1: Partner 1 will toss the ball underhand, and Partner 2 will catch it in the scoop. Challenge each other to catch 10 good tosses, and then switch roles.
- Activity 2: Partner 1 holds the scoop with the head up at shoulder height, the open face toward the target, and the ball inside the scoop. Partner 1 will toss the ball using the scoop, and Partner 2 will catch it in her/his hands. Challenge each other to catch 10 good tosses, and then switch roles. Focus on soft and controlled tosses that can be caught.
- Activity 3: Both partners will have a scoop. Practice passing the ball back and forth using only the scoop to throw and catch. Add a challenge by increasing the distance between partners.

Tips:

- Before tossing from the scoop to a partner, try tossing the ball against a wall. Continue against the wall until the tosser can demonstrate safe control and speed.

EATING
HEALTHY
101

- Elevate Your Game:** Two cups of broccoli contains more Vitamin C than 2 oranges, and it contains about the same amount of Calcium as a cup of whole milk. Increase your Vitamin C and Calcium game with broccoli at lunch or dinner.

PARACHUTE PASS

ACTIVITY GOALS

- I will demonstrate cooperation with teammates in order to master difficult challenges.

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First

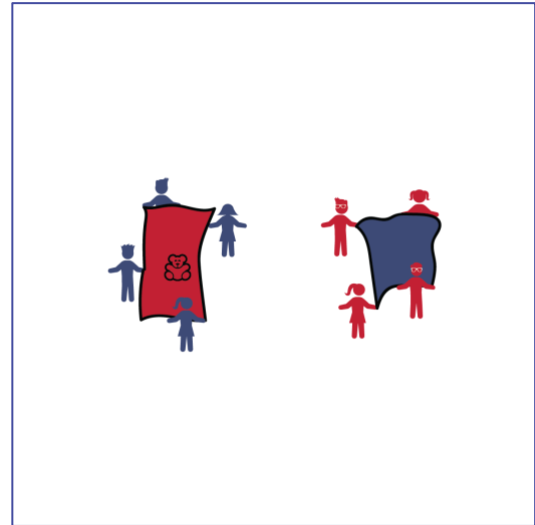
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 mini-parachute, large towel, or small tarp per group of 3–5 players
- 1 medium-sized tossable object (ball, stuffed animal, etc.) per 2 groups of 3–5 players

Set-Up:

- Group players (3-5 per group), each with a mini parachute/large towel.
- 2 groups will work together as 1 team during this challenge. They will start across from each other, about 8 feet apart.
- 1 of the groups starts with the tossable object on their mini parachute/towel.



Activity Procedures:

- It's time to play Parachute Pass! Let's work together to pass the object safely back and forth.
- On the start signal, the group that has the object on their parachute will try to send it through the air in the direction of their teammates in the other group, who will try to catch it on their parachute. If a catch is made, the entire team gets a point...no catch, no point.
- Switch roles so the catching group now tosses and vice versa.
- Once a team accumulates a total of 5 points, 1 of the groups move back 2 giant steps, increasing the distance between the groups. Continue this pattern.

Tips:

- Create additional challenges by trying to pass objects that fly differently through the air. Then try multiple objects at the same time.

- Keep Tossing:** You know what's great about tossed salad? You can toss in all of the veggies and fruit that you like! Try tossing apples or mandarin oranges onto a bed of lettuce and shredded carrots. Yummy!

QUICK CUTS

ACTIVITY GOALS

- I will give my best effort while dribbling through the obstacle course.

TEACHING TIPS

- Soft Touches Keep Control
- Use All of Your Foot
- Head Up on the Dribble

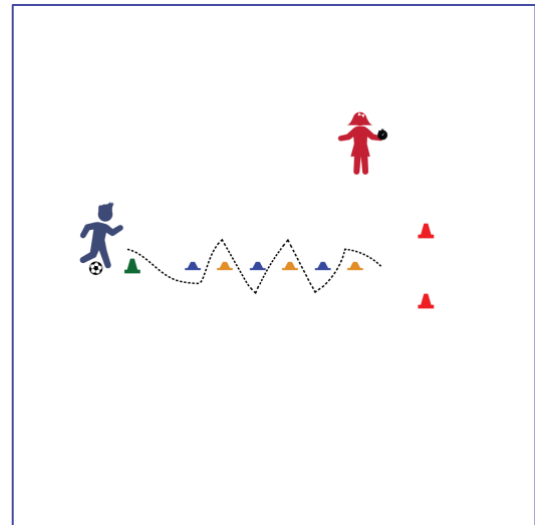
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 15 spot markers, cones, or pinnies
- 1 soccer ball
- 1 "goal"
- 1 stopwatch

Set-Up:

1. Set up a speed-dribbling course using the cones: Designate a starting cone, and then place 14 cones in a row after it, about 3–5 feet away from each other. The cones must have enough room for a player to dribble in between them.
2. Place a goal at the end of dribbling course.



Activity Procedures:

1. Today's activity is called Quick Cuts. We are going to have fun practicing our foot dribbling and shooting skills.
2. 1 person will begin at the starting cone with a soccer ball at their feet. On the signal, "Ready, Set Go!" the clock will start. Start dribbling the course by "cutting" in and out of cones and controlling the ball with your feet. If you miss a cone, you must go back and complete it.
3. When you reach the end of the course, shoot and until you score in the goal. Once a goal is scored, the clock will stop.
4. Try to beat your personal time or play with a friend for a competitive dribbling race.
5. Got it down?? Make a new course and try again.

Tips:

- Use small touches to maintain control of the ball.
- Use inside, outside, and laces of feet. No toes.
- Use accuracy when shooting at the goal. It's almost like a pass into the net.
- Try to keep your head up when dribbling.

- **Take Your Time:** Time is important! How we spend our time during our day is extremely important, especially when it comes to food. Give yourself time to eat breakfast, lunch, and dinner. In addition, make sure you take your time while you eat: DON'T RUSH! Did you know it takes our brains 20–30 minutes from the time we start eating to tell our stomachs we're full? Find time each day to sit down and eat a slow and healthy meal!

Soccer Croquet

ACTIVITY GOALS

- I will demonstrate ball control and accuracy while working cooperatively with my friends.

TEACHING TIPS

- Soft Touches Keep Control
- Use All of Your Foot
- Head Up on the Dribble

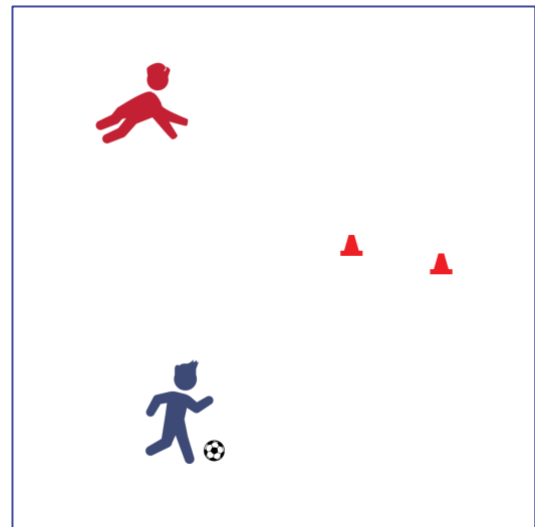
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 soccer ball
- 2 cones or markers

Set-Up:

- Determine a starting point. Place the soccer ball there.
- Place 2 cones (spaced 2–3 feet apart) approximately 10–20 paces away from the starting point.
- 1 player assumes a crab position anywhere in the activity area, but not near the cones.



Activity Procedures:

- It's time to play Soccer Croquet! The object of the game is to see how many hits it takes you to pass the soccer ball through the wickets.
- Player 1 will begin at the starting point. Count how many passes it takes you to pass the ball through the 2 cones (the first wicket).
- Then, keep counting and see how many more passes it takes you to pass the ball under the player making a crab pose (the second wicket).
- Switch roles (someone else becomes the wicket) and play again. The player with the lowest score wins that round!

Tips:

- Use the inside of your foot to pass the ball. This will improve your accuracy. Vary the distance in between the wickets to increase or decrease the difficulty.
- Change your crab pose to another position that supports muscular endurance (plank, squat, etc.).

- Balance It Out:** Muscular fitness is only 1 aspect of balanced wellness. We also need to make sure that we are eating a healthy, well-balanced diet. This includes counting the number of sugar-sweetened beverages you drink each day. Just like in Soccer Croquet, the lowest score wins. Aim for a score of zero whenever possible!