

ACTIVE

ACTIVITIES

Long Jump

Supplies Needed: Colored Tape, Measuring Tap

Procedure:

- 1) Cut 10 twelve inch strips of the colored tape out**
- 2) Measure out every 8 inches in a hallway and place the strip of tape on those marks.**
- 3) See how long you can jump! After seeing how far you can jump normally check out some of these modifications!**
- 4) See how far you can jump without swinging your arms! See how far you can jump on one foot! See how far you can jump backwards! See how far you can jump with your eyes closed**

Sticky Spider Web

Supplies Needed: Painter's Tape, Balloons, Newspaper

Procedure:

- 1) Use painter's tape to make a web-like design in a doorway opening. Make sure that the sticky side of the tape is on the same side.**
- 2) Have the kids scrunch up old newspaper into balls and have them throw and aim at the sticky web. Make it a competition too! Whoever gets it to stick the highest, lowest, etc.**
- 3) Have them use balloons too for an extra challenge! The lightness of the balloon will make it more difficult to aim!**
- 4) Set up challenges! If they miss the sticky web, have them do 5 jumping jacks! Or it can be a competition to see who can sticky the most newspaper balls or balloons within 2 minutes**

Animal Impersonation Race

Each participant chooses an animal to impersonate, with noises and physically, and must complete the race as that animal.

Materials:

- Costumes (not needed, but could be fun!)
- Tape, chalk, or something to indicate the start and finish of the race track

Instructions:

Have each participant choose an animal that they can sound like, and act like. (Optional) Dress up as that animal.

Then, hold a race!

Award points for being the fastest animal, most accurate animal, or more creative animal.

Movement Machine

Each participant will do a unique movement, starting with one person at a time until there is machine of movement.

Materials:

- None necessary

Instructions:

One person begins the machine by demonstrating a repetitive movement, could be accompanied by a sound.

One by one, each participant attaches themselves to the machine by performing their own unique repetitive movement

Animal Walks

Supplies Needed: None

Procedure:

- 1) Call out different types of animal walks for students to perform. This can be made into a big game in the form of a race.**
- 2) Different animal walks include: Crab, bear, turtle, kangaroo, gorilla, elephant, octopus, and a bunch of other animals can be used.**
- 3) Have students stand on one side of the room. Call out an animal walk. The last person to animal walk to the other side of the room is out. Continue till there is one person left.**

Four Corners

Supplies Needed: None

Procedure:

- 1) One person stands in the middle with their eyes close. When everyone is ready, this person counts down from 20.**
- 2) The rest of the players run to one of the four corners.**
- 3) The player in the middle will have their eyes closed while counting, and points to which corner they want. The people in that corner are now out.**
- 4) This process continues till there is one player left, and they will be in the middle next.**

Indoor/Outdoor Obstacle Course

Supplies Needed: Hula Hoops, String, Tape, Paper, Writing utensils, Any other household materials available

Procedure:

- 1) Set aside an area for the obstacle course. Indoor works best for rainy/muddy days while outdoor works best for good weather and encourages more physical activity. Both could be used for the same course.**
- 2) Create your obstacle course with child. You can use any household activities, such as hula hoops for hoops, create a “laser” hallway with string or set up obstacles to jump over outside. Setting up the course with the child will allow them to be creative and develop motor skills.**
- 3) If household supplies are limited you can create your course with chalk in the driveway.**
- 4) If needed, create signs to mark the path with paper and hang them up where needed.**
- 5) Try a quick runthrough and make changes if needed.**
- 6) Have fun with the course.**
- 7) Timed trials are a good opportunity to go over some math such as mean, median, mode and range. Turning the course into a competition to improve time, or competing with siblings will increase physical activity and make the course more engaging as well.**

Bedsheet Parachute

Supplies Needed: Bedsheet, Beach ball or smaller foam balls, Small stuffed animals (not hard plastic)

Procedure:

1) Find a good bedsheet.

2) Stand around the sheet and begin making waves to make sure your chosen sheet works for this activity. Some examples of things you can do are listed below.

3) Popcorn: place small foam balls or other toys on the sheet. Then, begin shaking the sheet to make the balls/toys pop up and down like popcorn. For an added challenge, see how long you can go before they fall off.

4) Canopy: sit or squat with the sheet laying on the ground. On the count of three, stand up and stretch your arms above your head, creating a canopy.

5) Parachute tag: call out someone's name, and the goal is for them to run underneath the parachute to the other side before it falls back down on them.

6) Lifeguard (requires multiple people): designate at least one "lifeguard" and at least one "shark." Everyone else sits on the ground holding the parachute on their lap. The sharks are positioned under the parachute, while the lifeguards are on the outside patrolling. The sharks try to pull one of the people on the outside underneath by their legs, while the lifeguards try to save them from the sharks before they are pulled all the way under. If you are pulled under by a shark, you become a shark. NOTE - once a lifeguard saves a swimmer, the shark must stop pulling.

7) Volleyball: put a beach ball in the middle. The objective is to get the ball over the other side while the other side tries to do the same to your side.

Name Tag

1. Get in a circle
2. One person (Teacher) starts in the middle.
3. Make sure everyone cheers when you go in the middle (if rule isn't followed they will re enter until they are cheered).
4. Elbows are "glued" to their sides with hands facing towards the ceiling
"waiter arm"
5. Person in the center will call out someone in the circle's name and will attempt to high five the person whose name was called.
6. The person whose name is called must call out another person's name
(not person in the middle) before they are high fived.
7. If the person in the center can't high five the person they called before they get a name out they must go to the person whose name was called and so on.

Freeze Dance

Supplies needed: Speaker / Phone

How to:

1. Start by playing a fun song to dance to
2. Pause it when you want everyone to stop dancing.
3. If you see someone move, they are out.
4. The last one standing wins!

UNO movement Game

Supplies Needed: UNO deck

Procedure:

1) Designate which colors are equivalent to what actions (e.g. Red is squats blue is jumping jacks)

2) Draw cards from the UNO deck and complete the exercises

The Floor is Lava

Supplies Needed: Miscellaneous objects to jump on

Procedure:

- 1) Place paths along the ground from miscellaneous items (whatever works best)**
- 2) Have kids attempt to get across the room and do other tasks without touching the floor!**

Jump the River

Supplies Needed: 2 Jump Ropes (or any long string available)

Procedure:

- 1) Start with the jump ropes close together and parallel.**
- 2) Have the kids jump over them (Running jump is okay).**
- 3) Keep separating the jump ropes until they can't be jumped over.**

Quick, your city needs you!

The goal is to get dressed into your “super hero costume” as quick as you can, for your city needs you!

Materials:

- Clothing

- Extra fabric (not

necessary) Instructions:

Inform your child that they must get ready quick, because there is an emergency in the city that requires a super hero’s assistance!

With a timer, set sixty seconds(or more if needed) on the clock for your child to find their ideal superhero costume from their closet/dresser or fabric selection provided.

Once the time is up, they must strike a super hero pose and announce “_____ is here!” with their super hero name.

