

Sculpture/ Sculptor

In partners, students, working in silence (or with soft music playing), will take turns gently moving their partner through different positions and movements. The sculpture freezes unless there is power from the sculptor to create the movement. They can switch roles at will, trying to take equal turns. If you would like, you can have other students guess the action(s)/ sequence.

Silent Ball

Students form a quick circle. The ball must be passed from one student to another. Everyone in the class must have the ball at least once to complete a round. The game should be timed and the class works together throughout the year to improve their time.

Double Circle Mirror Dance

Students form inner and outer circle facing partners. Music plays. They can do any physical move they want. Inner circle leads; outer follows. Switch leaders. Then inner circle rotates one person to the left so they have new partners. This way, students who are uncomfortable can do the same move each time with a new partner.

Dance Break

If a Wii console is available to you, use it to play a dancing game together. If you have access to the internet, load a video from a website that goes through a dance song. Be sure to preview the video for appropriate content first.

Squat Review

In partners students face each other and bend knees to a squat position. They must hold the position until both of them can come up with 5 review points from the lesson.

Mission Possible

In groups, students have a sheet of tasks to do outside: touch 2 trees, run 1 lap, jump 5 times. While doing the tasks they need to stay connected (holding hands or elbows). The object is to complete as many of the tasks as possible in the time.

Ribbon Ruckus

Using a class set of ribbons, have students go outside in partners. One student controls the ribbon and creates movements with the ribbon.

The partner must then try to recreate the motions of the ribbons with their body. Feel free to play music and take turns.

Ribbon Ruckus Part 2

Divide into two groups (each group has a maestro). One group acts as per the maestro's movements of the ribbon, the other acts as spectators, then switch turns.

This is how I do it

After having introduced body images and the concept of physical movement for enjoyment, have students choose one movement they enjoy (swinging a golf club, a swimming stroke, a yoga pose). Have the student model the movement they enjoy for the rest of class. Spend one minute per activity. Be sure to discuss with the class the type of positive comments that are encouraged (and the negative emotions that other comments can create).

Would You Rather

Designate an action for each side of the room (simple movements like touching toes or reaching arms out etc.), then prompt students to choose a side based on: "Would you rather eat apples or oranges?" 'Apples' go to one side, 'oranges' on the other. They must remain in motion (repeating motion until the next question is called). This would be a good review tool also.

Never have I Ever:

Each student has 5 strikes. Each strike has a specific action to do (Strike 1: jumping jacks; Strike 2: sit-ups, burpees, wall pushups etc). Teacher reads statements, to which the students only have a strike if they have NOT done it (i.e. ate vegetables last night, walked my dog this morning, said something nice to a friend, complimented myself).

Spin it!

As simple as it seems! Have students quickly stand up and spin three times in a circle and return to their seats.

Silly Walks

Have your students attempt to join the Ministry of Silly Walks (Monty Python skit). Give them a few moments to think, and then have them all walk around the room using their “new” walk.

Class Yoga

Use a deck of yoga cards, have students go through five poses together as a quick break between activities.

Simon Says

A classic game. Have a student or teacher act as the leader. They go through a series of actions that the class must repeat. If the command starts with “Simon says... touch your toes.....” the students are safe to do the activity. If the command is simply “Jump up and down”(without saying “Simon Says”) and the students perform the activity, they have a penalty (elimination, jumping jacks etc.).

Inner Animal

Have students choose an animal and mimic the animal’s actions as they transition from one activity to another. Encourage students to be creative and to challenge themselves with the animal they select. Variation: have a designated animal for the day and students must all mimic it in terms of movement: pace, gestures etc.

Popsicle Sticks

On a set of popsicle sticks write out actions (10 jumping jacks, 10 mountain climbers, crab walk, cha cha dance, Macarena etc.). Pull one or two sticks out in between activities to get the students moving a little bit.