
Primary Activities

Mindful of time constraints faced by classroom teachers, these activities involve minimal set-up and minimal equipment.

Equipment needed: Music, playground balls, beanbags, scarves, fluff balls, hoops, balloons, cones, and poly spots.



Activity	Skills/Concepts
Builders and Bulldozers	Moving in General Space, Aerobic Capacity
Shuttle Relay	Aerobic Capacity, Dribbling
Frogs and Tadpoles	Aerobic Capacity, Cooperation
Clean Up Your Yard!	Overhand Throw
Volley & Strike	Volleying, Striking
Tunnel Tag	Moving in General Space, Aerobic Capacity
Tunnel Dribble	Foot Dribbling
Frozen Alligator	Moving in General Space, Aerobic Capacity

Builders and Bulldozers

Video demonstration available on website

What You Need:

- 1 or more cones per student, all scattered within playing area. Half of the cones are placed upright, the other cones are lying on side.

Activity

- Arrange students around perimeter of playing area. Divide class into 2 groups: “Builders” and “Bulldozers”.
- On signal to start, the Builders’ task is to upright the lying cones, the Bulldozers’ task is to knock over the upright cones. (Use 1 hand only, 1 cone at a time.)
- On stop signal, students return to perimeter. If there are more cones left standing upright, the Builders win the round. If more cones are lying down, the Bulldozers win.
- Reverse rolls and play again!

Variation

- For a greater aerobic workout, use a larger playing area and increase the playing time.
- To increase challenge, use smaller cones or plastic domes.

Shuttle Relay

Video demonstration available on website

What You Need:

- 2 hoops per group of 3-5 students, placed 1 on each end of playing area.
- 1 or more beanbags/balls per student, divided by number of teams, and placed in 1 hoop per team.

Activity

- Divide class into groups of 3-5, and have them line up behind the hoop containing the beanbags/balls for their team.
- On start signal, first student in line picks up 1 object, runs to hoop on opposite end, places object in hoop, and runs back to tag the next student in line, who repeats the action.
- When all objects have been transferred to opposite hoop, repeat the activity in reverse.

Variation

- The fewer students per group, the greater the aerobic challenge.
- The beanbags/balls per group, the greater the aerobic challenge.
- Increase the distance between cones to further work aerobic capacity.
- Substitute dribbling (basketball, soccer, hockey) rather than running with object.
- Pass object to next person in line rather than placing in hoop during reverse activity.

Frogs and Tadpoles

What You Need:

- 1 poly spot per student
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Activity

- Divide students into groups of 3 and position in short file lines at 1 end of the activity area.
 - Give each student 1 poly spot (lily pad). First player in each line stands on their lily pad.
 - The object is to get all the “Frogs” in your group across the “pond” (activity area).
 - You do that by having them jump from “lily pad” to “lily pad.” (The lily pads are your spots.)
 - First in line is the “Frog.” Those behind the Frog are “Tadpoles.”
 - On start signal, Tadpoles place lily pads in front of your Frog. As the Frog jumps from 1 lily pad to the next, the Tadpoles pick up the used lily pads and continue to place them in front of their Frog, building a path across the pond.
 - When the Frog reaches the other side of the pond, the game begins again with a new Frog returning across the pond.
 - Continue until everyone in your group has crossed.
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Variation

- Substitute hula hoops for poly spots

Clean Up Your Yard!

What You Need:

- 1 or more fluff-balls per student
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Activity

- The object is to clean your room by throwing fluff-balls to the other side.
 - Rules:
 - Throw only 1 ball at a time.
 - No kicking balls.
 - No throwing at anyone.
 - Counting! Count how many fluff-balls are on your side. The side with the fewest fluff-balls has the cleanest room.
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Variation

- To increase the difficulty: Increase the size of the playing area, add a net or obstacle between the “yards”

Volley & Strike

What You Need:

- 1 or more cones per student
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Activity

- Volleying is the skill we use to keep an object in the air.
 - Volleying Challenges – Can you keep your balloon up using. . .
 - The top of your hand? The top of your other hand?
 - The palm of your hand? Other palm?
 - Your arm? The other arm? Your elbow? The other elbow?
 - Your knee? The other knee? Your thigh? Other thigh?
 - Your head?
 - Your foot? The other foot?
 - Two fingers? Three? Four? Thumb only?
 - Each finger on 1 hand? Each finger on the other hand?
 - Striking is moving a body part towards an object to send it into the air. Today, we'll practice striking with our hands.
 - Hold the balloon in 1 hand around shoulder height.
 - Reach back with your other hand.
 - Let go of the balloon and watch it drop slowly.
 - Swing your hand forward as if you were doing an underhand toss.
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Variation

- Challenges – Can you. . .
 - Strike your balloon straight up in the air?
 - Strike the balloon so it floats for 3-5 seconds?
 - Strike it with your other hand? Drop, strike, catch.
 - Strike the balloon so it goes forward? To the R? The L? Down?
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Tunnel Tag

What You Need:

- 1 fluffball (or similar soft object) per 5 students
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Activity

- On the start signal, students who are “It” (those with fluffballs) attempt to tag and freeze others by touching them with the fluffball.
 - If you are tagged, assume a frozen tunnel position (hands and feet).
 - If you are still fleeing, unfreeze someone by crawling under the “tunnel” they have created.
 - (Change Its every minute or so.)
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Variation

- To increase difficulty and cooperation, tunnels are not free until 2 students crawl under their tunnel. Try 3!

Tunnel Dribble

What You Need:

- 1 soccer ball per 2 students
 - 1 poly spot per 2 students
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Activity

- People standing on spot markers are the 1st Tunnels. Tunnels: Stand with your legs wide apart.
 - Those with a ball are Dribblers. Dribblers: On the start signal, dribble your ball (soccer-style) through as many Tunnels as you can in 1 minute. Do not pass through a Tunnel twice until you have dribbled through each Tunnel once.
 - Control your dribble so the ball is always 1-3 feet from you.
 - Keep your head up to avoid others.
 - Can you keep your ball from touching the Tunnels?
 - (Switch roles every minute or so.)
 - How many Tunnels can you dribble through before the stop signal?
 - How many Tunnels can you dribble through without letting the ball touch
 - their legs?
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Variation

- (Pair students.) On the start signal, dribble back and forth through your partner's tunnel (only) until you hear the stop signal. Count (out loud) how many times you roll the ball through in 1 minute.
 - Keep track of the number of balls that travel through your tunnel. After the 5th ball goes through, your Tunnel is "closed," and you do jumping jacks (or curl-ups, modified push-ups, run in place, etc.) until all tunnels are closed. The object is to close all the tunnels as quickly as possible.
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Frozen Alligator

What You Need:

- Music and player (optional)

Activity

- I'll give you a way to move within our area (e.g., walk quickly, hop, skip, etc.).
- When you hear "Alligator" get down on the floor in a push-up position; the "alligator" position.
- (Play several rounds, changing the locomotor skill each round. Add pathways,
- directions, levels and tempos.)

Variation

- Substitute a plank position (forearms and toes).