



Daily Physical Activity

Spring Daily Physical Activity Ideas



Prepared by Windfall Ecology Centre



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Introduction

Daily Physical Activity (DPA) has been introduced to publicly funded schools to make them healthier places to learn and improve student achievement. It ensures that elementary students have a minimum of 20 minutes of sustained moderate to vigorous physical activity each school day. The ParticipACTION Report Card on Physical Activity for Children and Youth 2015 states that only 14% of kids are meeting the Canadian Physical Activity Guidelines at age 5-11. The following are some suggestions for Spring DPA activities to use in and out of your classroom to combat that and to comply with the Ontario government rules that require 20 minutes of sustained moderate to vigorous physical activity in curriculum time.

Activity in the spring boosts our children’s immune system, making it easier to fight the flu and colds. Springtime is the perfect time for outdoor play and activity. We are leaving the cold, snowy winter behind and emerging into a sunny spring, which kids love to play in. Spring brings with it a mix of weather conditions from pleasant sunny days when one may want to do their Daily Physical Activity (DPA) outside and rainy days where it might be best to keep the DPA activities indoors.

Dressing Appropriately

The best way to get ready for spring weather is to dress appropriately. The mornings can be chilly and the afternoons can be warm and sunny, making dressing appropriately tricky. Layering a great way to keep warm. Kids can then peel layers off as it gets warmer and as they participate in the DPA activity. An ideal spring outfit would start with a lightweight cotton t-shirt, shorts,

and cotton socks. Sweat pants can then be worn over the shorts, and long sleeved shirts or sweaters over the t-shirts. Hats and jackets should also be able to be easily removable, and appropriate for the weather.

Sun Protection

Ultraviolet (UV) radiation from the sun can cause skin cancer, melanoma and some forms of cataracts. Sun protection is needed when the UV index is 3 (moderate) or higher. Remember to put on sun protection before heading outside. Childrens' skin is especially sensitive to sunlight and UV radiation

Hydration

Drinking water is important any time you are physically active. When exercising, the body loses a lot of its water through breathing and sweating. Please ensure children consume an adequate amount of water during and following DPA. It is recommended that children, depending on their age, drink 5-7 cups of water a day.

Warm Ups

DPA Warm Up Idea 1: Up ↑↓ Down

Ages appropriate for: Grade K-8

Equipment needed: 10-15 Tall Pylon Cones, Whistle, Timer

The Nitty Gritty:

1. In a safe environment, randomly place the pylons in the designated activity area
2. Divide the students into two groups and identify the activity area
 - a. They cannot go farther than the designated space
3. Assign one group to be the Up team, the other to be the Down team
4. The Down team is responsible for putting down all the pylons standing up
5. The Up team is responsible for putting up all the pylons lying down
6. Demonstrate to the students what an Up/Down pylon looks like for clarity
7. Allow the students to play the activity without any physical motions for 3 minutes
8. If available blow the whistle to grab the student attention and indicate the end of the first round.
9. Count the number of Up/Down pylons to determine the champions.
10. Next round, suggest a physical motion for each team; for example, the Up team must skip and the Down team just lunge

Rules:

- No kicking the pylons
- If putting pylons up, the pylons must be picked up and put up right
- If putting pylons down, pylons must be picked up and put on its side
- No hovering
- No-contact activity; hands and feet to themselves

Ideas for physical motions:

- Jump, skip, lunge, zombie walk, space walk, heel-to-toe, crab walk, monkey walk, hop

How to tie it into the curriculum:

Science: Gravity

Source: CSH 2015

DPA Warm Up Idea 2: Lead Me

Ages appropriate for: Grade 2-8

Equipment needed: None



The Nitty Gritty:

1. Have students line up in groups of 3 – 6
2. Students travel throughout the activity area, copying movements of a student leader (e.g., walking, shoulder rolls, knee lifts)
3. Every 30 - 45 seconds, change the leader to the next in line
4. Students increase the pace slightly with each change of leader

How to tie it into the curriculum:

General: Teamwork

Source: Peel Region

DPA Warm Up Idea 3: Stories

Ages appropriate for: Grades 1-8 – vary story by age

Equipment needed: None



The Nitty Gritty:

Tell a 3 minute story about spring and get the kids to act out the story. For example the trees grew taller and taller as the bunnies hopped about the fields. The flowers bloomed and the birds flew away from their nest to get food.

How to tie it into the curriculum:

Geography: Weather & Seasons

Science: Animal growth and reproduction

Source: Healthy Kids Community Challenge Aurora

Cool Downs

DPA Cool Down Idea 1: Ladder Climb

Ages appropriate for: K-8



Equipment needed: None

1. Have students walk on the spot, with feet slightly apart.
2. Ask students to pretend that they are climbing up a ladder to the sky for 20–30 steps.
3. Then climb down the ladder at a slower and slower pace.

How to tie it into the curriculum:

Science: Kinetic energy and energy changes

Source: Peel Region

DPA Cool Down Idea 2: Wave

Ages appropriate for: Grades 3-8



Equipment needed: None

The Nitty Gritty:

1. Students move slowly (e.g., in a slow jog, brisk walk) around the activity area. Have students form a circle
2. Designate a leader, who chooses stretches
3. Have students “pass” each stretch around the circle and hold it as others join in, creating a wave effect

How to tie it into the curriculum:

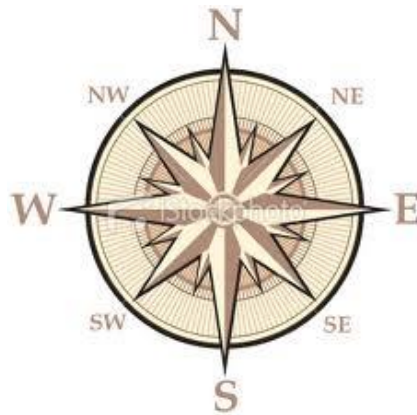
Science: Waves and Wind

Source: Peel region

DPA Cool Down Idea 3: Compass

Ages appropriate for: Grades 1-8

Equipment needed: Walls, Tape to make line



The Nitty Gritty:

1. Designate different walls of the activity area as north, south, east, and west.
2. Give movement and direction signals (e.g. Walking to the north, hopping to the east, wiggling west, skipping south). It is important to choose progressively less vigorous ways of travelling so that students can cool down.
3. Have students move towards the wall and stop at a designated line a safe distance from the wall.
4. Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches).

How to tie it into the curriculum:

Geography – Directions and cartography

Source: Ophea, H&PE Curriculum Support Document

DPA Indoor Activities

DPA Activity Idea 1: Angry Birds

Ages appropriate for: Grades 1-4

Equipment needed: Beanbags – have more beanbags than players



The Nitty Gritty:

1. Group children in four corners (nests) of the play area.
2. Name each group after a bird. Place the beanbags in the centre in a couple of hoops.
4. At signal, all the children fly around in scatter position.
5. They run, flap wings, crow hop.
6. On the next signal, each person picks up one beanbag and runs with it to their nest.
7. Which birds can secure the most food?

Variation: Hold the beanbags between knees, between feet and hop to the nest.

How to tie it into the curriculum:

Science - Growth & Gravity

Source: pedago.net

DPA Activity Idea 3: Changing Seats

Ages appropriate for: Grades K-8

Equipment needed: Chairs

The Nitty Gritty:

1. You give the command: "Exchange right!"
2. Each person moves to the seat to his/her right and the ones in the displaced row run around the room and take the vacant row of seats on the opposite side.
3. If you say "Change forward!" everyone must move up one seat, the one in the front going to the back seat. (Similarly for changing back or left)
4. Repeat with "Change backwards", "Exchange left", "Exchange right twice" etc.

How to tie it into the curriculum:

General - Friendship, mental processing skills. Math- Adding and subtracting.

Source: Pedago.net



DPA Activity Idea 4: Be a Bug

Ages appropriate for: Grades K-3

Equipment needed: Cards printed off from <https://www.pinterest.com/pin/319966748498799710/>

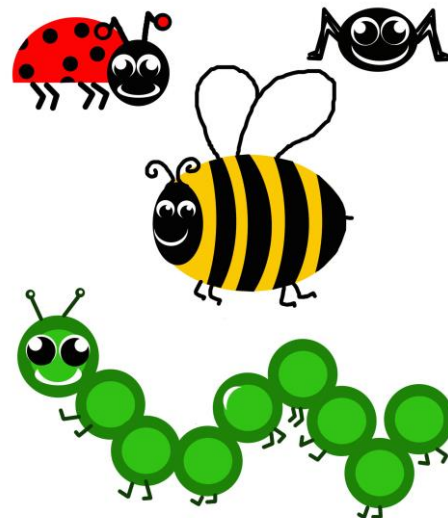
The Nitty Gritty:

1. Line the class up in the front of the class
2. Hold the action cards up
3. The kids have to pretend to be the bug on the card held up
4. Repeat and shuffle the order of the cards

How to tie it into the curriculum:

Science – Animals found in our garden

Source: Pintrest - Nathalie Gosselin



DPA Activity Idea 5: Yoga

Ages appropriate for: Grades 3-8

Equipment needed: Yoga Poses Slideshow - http://www.huffingtonpost.com/2013/11/12/danialle-karmanos-work-it-out_n_4214627.html?slideshow=true#gallery/302356/0



The Nitty Gritty:

1. Put the slideshow on the white board
2. Copy the poses one by one with the class and hold them for as long as you can
3. Repeat

How to tie it into the curriculum:

General: Mental Health and meditation

Source: Huffington Post

DPA Activity Idea 6: Twist and Tangle

Ages appropriate for: Grades 3-8

Equipment needed: None



The Nitty Gritty:

1. This game calls for lots of cooperation and works best with larger groups. Start with a minimum of six students. You can have multiple groups - divide the class into a few groups and have them compete against each other to see who can get untangled first.
2. Have the students gather into a tight circle, close their eyes, stretch out their arms and grab two other hands. Each participant must try to avoid grabbing both hands of the same person or the hand of someone next to him/her.
4. When the players open their eyes, without letting go of any hands, they must untangle themselves until they become one large circle again.
5. Students can twist, turn, and climb over or under other students' hands to untangle themselves.

How to tie it into the curriculum:

Science – Forces, equilibrium, inertia

Source: Peel Region

DPA Activity Idea 7: Rock, Paper, Scissors

Ages appropriate for: Grades K-6

Equipment needed: Pylons to indicate safe lines and the centre line



The Nitty Gritty:

1. Split the playing area into two and place pylons at the end of each side approximately 2-3 metres from the wall indicating a line. Divide the participants into two teams facing each other at the centre of the activity space, one to two meters apart. Each team huddles up and secretly decides if they would like to be “Rock” (crouched down with body shaped like a ball), “Paper” (standing with arms and legs wide), or “Scissors” (standing with arms up and crossed and legs crossed in front).
2. When the teams are ready, they stand in a line facing each other in the center of the playing area. Students chant together “Rock, Paper, Scissors, Rock, Paper, Scissors, Rock, Paper, Scissors” (while doing the actions), then each group shows their choice.
3. The side that wins the RPS challenge chases the other side back to their line. Anyone tagged becomes a new participant on the other team.

Variation: Change the rock to wrapping arms around self for students in a wheelchair or for those that find it a challenge to get down to the floor. To play this activity in the classroom or small space, give the team a point if they win the RPS challenge and do not have them chase each other. The teacher can also call out “three, two, one, choose!” instead of the teams chanting and performing the actions.

How to tie it into the curriculum:

Health and Literacy - Have students create their own version of the rock, paper, scissors body challenge by having them come up with health-related words and actions.

Source: DPA for the substitute teacher

Outdoor Activities

DPA Activity Idea 8: Scavenger Hunt

Ages appropriate for: K-8 (Vary content and difficulty)

Equipment needed: Printable spring scavenger hunt found at

<http://www.cbc.ca/parents/play/view/printable-spring-scavenger-hunt> , marker, pencil, crayons or dry erase marker, basket, plastic page protector or laminator (optional), clipboard (optional)

The Nitty Gritty:

1. Print out the PDF. If you want to reuse the scavenger hunt again and again, you can slide the scavenger hunt into a plastic page protector or laminate it. Use a dry erase marker to mark items as you find them.
3. Put the list on a clipboard, tying the marker or pencil to the clipboard. This makes the activity easier for kids.
4. Find a basket to hold the scavenger hunt finds
5. Dress for the weather and head on out into the beauty!
6. Award a prize for the winning team such as an extra 10 minutes free time.

How to tie it into the curriculum:

Science – Nature, Environment, Literacy (create a poem or story about what you saw/adjectives)

Source: CBC

DPA Activity Idea 9: Busy Bee

Ages appropriate for: Grades K- 5

Equipment needed: None

The Nitty Gritty:

1. One person is "It".
2. This player calls front to front, back to back and then when they call "change", everyone must find a new partner.
3. The one who is "It" tries to find a partner.
4. The odd one is "It".

How to tie it into the curriculum:

Science – Bees, General – Friendship and inclusion

Source: Pedago.net



DPA Activity Idea 10: Barnyard

Ages appropriate for: Grades K-5

Equipment needed: 2 ropes as lines at opposite side of the room (or tape)

The Nitty Gritty:

1. One team is lined up behind each rope at opposite ends.
2. Players in teams have designated names: sheep, cows, horses, pigs...
3. Two or three persons are "It" in the middle of the room.
4. "It" calls out the names of the animals (Example - sheep)
5. All sheep must run to the pen at the opposite end of the room without being caught.
6. When barnyard is called, everyone must run to opposite ends.
7. Penalty for being caught is to run all around the barnyard once and then you can come back in the game!



Bring earplugs!

How to tie it into the curriculum:

Geography – Farming, Literacy – Write a story about a farm

Source: Pedago.net

DPA Activity Idea 11: Obstacle Course

Ages appropriate for: Grades K-8 (Vary difficulty)

Equipment needed: Natural obstacles such as bicycle racks, sticks

The Nitty Gritty:

1. As a class or in small groups, create a natural obstacle course in the school yard. Use the adventure playground, different types of terrain (grass, asphalt, gravel, etc.), benches and bicycle racks, or build obstacles from natural elements (sticks, logs, trees, etc.).
2. Take turns in doing the course. Time it for a challenge

How to tie it into the curriculum:

Geography- Orienteering (Add compass), Biology - Ecosystems

Literacy: Instruction sheets

Source: Active in Nature

DPA Activity Idea 12: Walk with a difference

Ages appropriate for: Grades – K- 4

Equipment needed: None

The Nitty Gritty:

Set up supervised / guided walks around the school with a designated course. Change things up by having separate groups of students: walk like a mouse, walk like an elephant, walk like a bear and walk like a monkey etc.

How to tie it into the curriculum:

Geography - Animals of different regions

Source: Eastern Ontario Health Unit

DPA Activity Idea 13: Chicken and Egg

Ages appropriate for: Grade K-8

Equipment needed: None

The Nitty Gritty:

1. Students start the activity as an egg (waddling low to the ground around the playing area).
2. When they waddle to another egg, they are to have a RPS challenge with them. If they win the challenge, they evolve into chickens (walk around the playing area while flapping their wings). If they lose, they remain eggs. Students continue playing and they can only challenge another similar student.
4. If they win as a chicken, they evolve into a dinosaur (arms straight and moving open and closed to simulate teeth chomping). If they win as a dinosaur, they evolve into human beings (walk around the playing area giving high fives to other students).
5. The last evolution if they win as a human being, is a Superhero. A Superhero moves around the playing area with one arm out in front. If a Superhero wins a RPS challenge, they stay a Superhero. If they lose, they return to an egg.

Variation: Try the cooperative version where students that become a Superhero do not regress to an egg, but help other students evolve to the next level. The objective would then be for as many students to evolve into Superheroes under a certain time limit.

How to tie it into the curriculum:

Science – Evolution, Reproduction

Source: DPA for the Substitute teacher

DPA Activity Idea 14: Alphabet Tag

Ages appropriate for: Grades 2-6

Equipment needed: Letter Cards

The Nitty Gritty:

1. Give each student in the class a letter (e.g., a card with a letter on it) or have students remember their letter.
2. Call out a word (e.g. “house”) or a series of letters (e.g. “all vowels”). Students with those letters are “it”. When a student tags another student, the student who is tagged also becomes “it” and tries to tag other students. Call out a wide variety of words and letters so that all students get a chance to play different roles. Call out “alphabet” and have all the students move around the activity area in a variety of ways, waiting for a new word to be called.

How to tie it into the curriculum:

Literacy - Spelling

Source: Active Healthy Kids Canada, *activ8, Grades 1–3, 2002*



DPA Activity Idea 15: Classy Cars

Ages appropriate for: Grades 1-6

Equipment needed: None

The Nitty Gritty:

1. Have students begin by “putting on their seatbelts” and “driving” around the activity in “3rd gear” (brisk walk; see below) with their hands on a “steering wheel”.
2. Call out various directional cues, such as “forward”, “reverse”, “left turn”, “U-turn”, “curved road”.
3. Call out random traffic cues, such as: Idle – march on spot, 1st gear – walk slowly, 2nd gear – walk, 3rd gear – walk briskly, 4th gear – jog on the spot, bumpy road – jump up and down, windshield wipers – move arms, school zone – drive very slowly, brake – stop quickly, flat tire – do wall or desk push-ups, out of gas – do 4 leg lifts on each side, rainy weather – leap over puddles.

How to tie it into the curriculum:

Geography – Pollution, weather, seasons. General – Traffic safety. Discuss with students information associated with pedestrians and ways of remaining safe. Art - Have students design their own car or decorate their own paper plate “steering wheel”, which can be used each time the activity is done.

Source: Ophea



DPA Activity Idea 16: Eggcel

Ages appropriate for: Grades 1-3

Equipment needed: None

The Nitty Gritty:

1. Arrange students in a scatter formation and have them respond as quickly as possible to each of these commands:

Scrambled eggs: run in random formation

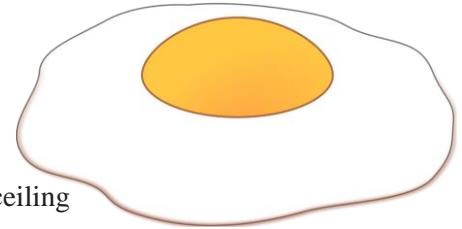
Hard-boiled eggs: do a tuck position on the floor

Fried eggs: assume a crab-walk position, and raise stomach to the ceiling

Sunny-side up: lie on back, move arms and legs apart and together

Omelette: run three steps forward and two steps sideways; repeat

2. Call out commands in random order with “omelette” and “scrambled eggs” interspersed with the other commands.



How to tie it into the curriculum:

Health – Cooking (discuss healthy ways to cook)

Source: Healthy schools & Ophea

DPA Activity Idea 17: Weather

Ages appropriate for: Grades K-8

Equipment needed: None

The Nitty Gritty:

1. Have students stand and move in response to the following cue words:

thunder: running on the spot so you can hear your feet

lightning: standing still

rain: stride jumps

snow: walking with high knees

wind: swaying from side to side

2. Lead, or have a student lead, the actions in a random order

How to tie it into the curriculum:

Geography – Weather, Science - Muscles

Source: Ophea

DPA Activity Idea 18: What is the time Mr. Wolf?

Ages appropriate for: Grades K-4

Equipment needed: None



The Nitty Gritty:

1. Start all students on a safety line or one end of the gym. Choose a student to be the wolf and have them stand facing the rest of the students in the centre of the gym.
2. The players run back to the safety line trying not to be tagged by the wolf. If they are tagged, they become the wolf's helper in tagging students when "Dinner Time" is said. The students chant, "What time is it Mr. Wolf?"
3. The wolf replies, for example, "Two o'clock" and the players move forward two steps.
4. This is repeated with the wolf answering different times until the wolf answers with the key phrase, "Dinner Time!"

How to tie it into the curriculum:

Geography – ecosystems and nature, Math – Counting (You could have the wolf say simple sums instead)

Source: Peel Region

In addition to all of these there are grade specific DPA ideas from OPHEA
<http://teachingtools.ophea.net/activities/daily-physical-activity-resources>

Adaptions for Children with Special Needs

Equipment used can often be adapted to make it easier for children with special needs. Examples of adaptations are:

- 1) Use of Velcro
- 2) Larger goals/targets
- 3) Lower goals/targets
- 4) Scoops for catching
- 5) Shorter distances
- 6) Well defined boundaries
- 7) Smaller playing areas
- 8) Use larger, lighter, softer, bright colored balls

Tasks and Actions can often be adapted to make it easier for children with special needs. Examples of adaptations are:

- 1) Vary the tempo
- 2) Slow the activity pace
- 3) Lengthen the time
- 4) Shorten the time
- 5) Provide frequent rest periods
- 6) Demonstrate/model activity
- 7) Partner assisted
- 8) Disregard time limits
- 9) Oral prompt
- 10) More space between students
- 11) Eliminate outs/strike-outs
- 12) Allow ball to remain stationary
- 13) Allow student to sit in chair
- 14) Place student with disability near teacher
- 15) Change locomotor patterns
- 16) Modify grasps
- 17) Modify body positions
- 18) Reduce number of actions
- 19) Use different body parts

Source: Stopka, C. (2006) *Teachers Survival Guide Book*. PE Central: Blacksburg, VA.