

# DAILY PHYSICAL EDUCATION

No Sweat For Classroom Teachers



Fun Activities  
For Daily  
Physical  
Activity

**Grades K to 9**

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# Table of Contents

<b>Games &amp; Activities Listed By Suggested Grade Levels</b>	<b>iii</b>
<b>Why This Book</b>	<b>1</b>
<b>Mindsets, Myths &amp; “Yes Buts”</b>	<b>1</b>
<b>About The Activities</b>	<b>2</b>
<b>Safety First</b>	<b>3</b>
<b>Getting Started</b>	<b>4</b>
<b>Safety Games</b>	<b>9</b>
<b>Group Games</b>	<b>14</b>
<b>LEXERCISES - Language Arts &amp; Physical Education</b>	<b>36</b>
<b>MATHLETICS – Mathematics &amp; Physical Education</b>	<b>47</b>
<b>Relay Races &amp; Other Race Activities</b>	<b>58</b>
<b>Tag Games</b>	<b>72</b>
<b>Miscellaneous Activities</b>	<b>82</b>
<b>Circuits &amp; Workouts</b>	<b>89</b>
<b>Folk &amp; Social Dance</b>	<b>108</b>
<b>Appendices &amp; Reproducibles</b>	<b>113</b>
Exercise Bank	<b>114</b>
Letter Cards	<b>121</b>
Scoresheets	<b>125</b>
 <b>Relaxation Exercises</b>	 <b>128</b>
 <b>Professional Development Workshops For Daily Physical Education</b>	 <b>129</b>

# Games and Activities

## Listed By Suggested Grade Levels

(LG) following the title of a game or activity indicates that game or activity is suitable for large groups of students providing there is enough space and equipment and providing the teacher can conduct the activity safely.

Game & Activity Titles	Suggested Grades	Page
Alphabet Soup	K-1	38
Letter Pairs (LG)	K-1	37
Number Pairs (LG)	K-1	52
Alphacise Circuit (LG)	K-9	39
Birdie or Chicken Dance (LG)	K-9	109
Clean Up (LG)	K-9	15
Continuous Relay	K-9	62
Crab Tag (LG)	K-9	78
Dog and Crab Tag (LG)	K-9	77
Everybody's Doing The Locomotion (LG)	K-9	13
Exercise Tag (LG)	K-9	79
Fill In The Blank (LG)	K-9	12
Hoop Relay	K-9	65
Hopper Tag (LG)	K-9	76
Invent A Workout	K-9	107
La Raspa (Mexican Dance) (LG)	K-9	111
Line Tag (LG)	K-9	74
Looks Like Stop Time (LG)	K-9	11
Shuttle Relay Race	K-9	61
Sledding On Snow (LG)	K-9	85
Snow Sculptures (LG)	K-9	87
Sounds Like Stop Time (LG)	K-9	10
Take A Hike	K-9	88
Traditional Tag	K-9	73
Virus Tag (LG)	K-9	75

<b>Game &amp; Activity Titles</b>	<b>Suggested Grades</b>	<b>Page</b>
Odd Even	1-6	55
Chariot Relay	1-6	60
Follow The Leader	1-6	71
Playground Circuit	1-6	93
Add "em" Up (LG)	1-9	49
Ball Relays	1-9	66
Build That Number (LG)	1-9	51
Build-A-Word (LG)	1-9	40
Bunny Hop Dance (LG)	1-9	110
Fitness Circuit (LG)	1-9	90
Jump Relay	1-9	67
Leapfrog Nouns	1-9	42
Leapfrog Sentences	1-9	43
Loose Caboose (LG)	1-9	81
Obstacle Relay	1-9	68
Outside Fitness Circuit	1-9	92
Playground Explorers	1-9	70
Skills Circuit (LG)	1-9	98
Suits Me (LG)	1-9	48
Stand & Be Counted	2-8	57
4 On 4 Soccer	2-9	33
Basketball Circuit	2-9	101
Bean Bag Bowling	2-9	29
Equationator	2-9	50
Exercise Dodgeball	2-9	26
Juggling	2-9	84
Last Person On Earth (LG)	2-9	18
Sentence Fetch (LG)	2-9	45
Sentence Relay	2-9	44

<b>Game &amp; Activity Titles</b>	<b>Suggested Grades</b>	<b>Page</b>
Skip Rope Tricks	2-9	83
Traditional Relay	2-9	63
Turbo (LG)	2-9	16
Bean Bag Shuffleboard	3-9	30
Bowling Relay	3-9	59
Exercise Relay	3-9	64
Exercise Scrabble (LG)	3-9	41
Invent A Folkdance	3-9	112
Knock Down	3-9	31
Less Is Best (LG)	3-9	54
Line Dances (LG)	3-9	112
Reverse Race	3-9	69
Rounders	3-9	21
Soccer Circuit	3-9	103
Soccer Wall (LG)	3-9	19
Speed Racers	3-9	86
That's Puzzling (LG)	3-9	23
Wall Ball Rally	3-9	27
Round Up	4-8	56
Badminton Circuit	4-9	99
Flag Tag	4-9	80
Jumptathelon	4-9	95
Leapfrog The Ball	4-9	35
Soccer Free For All	4-9	34
Strengtathelon (LG)	4-9	94
Workout DVD	4-9	107
Courting Disaster (LG)	5-9	25
In Your Prime	5-9	53
Volleyball Circuit	5-9	105
Wall Ball Rotation	5-9	28

# Fill In The Blank

**Grades & Locations** – Grades K to 9 / Hallways, Gym, Outside

**Objective** – Safety-Collision Avoidance, Cardio Workout

**Set Up & Play** – Have the students spread out and “find their own space in the gym, away from other students, equipment and walls”. Briefly talk with them about the idea of filling in blank spaces in the gym as the spaces become available. Also, speak with the students about what they can do to (1) see possible collisions before they happen and (2) strategies they would suggest to “avoid collisions” if they see one is about to happen (for example, if two students are headed for a collision, they could both move to their own right – just like airplanes do). On “Go” the students look for spaces in the gym that are open and empty. They are to jog to the open space, pause, look for the next open space and then move to it. They are to only pause for a fraction of a second each time they pause to look for a new open space. Periodically, “Stop” the class and review (briefly) how well they are accomplishing filling in the spaces. If the teacher wants to keep the students moving then, point out open spaces as they become available.

## **Variations:**

1. Once the students can safely jog to new spaces, the teacher can have them speed it up and run.
2. Have the students do 3 repetitions of an exercise like push ups or jump ups each time they pause, before moving to their next location.
3. The students can hop, skip, gallop, or jump instead of jogging or running.

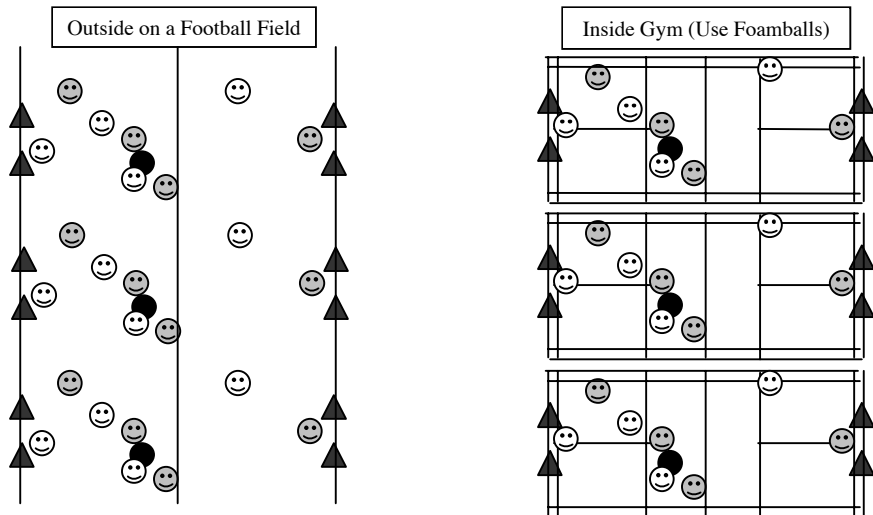
# 4 on 4 Soccer

**Grades / Locations** – Grades 2 to 9 / Gym and Outside

**Equipment** – 1 Soccer ball & 4 pylons per game (8 students). For younger students, use a Foam Soccer ball.

**Objective** – To have all students fully active during mini-versions of soccer.

**Set Up & Play** – Students divide themselves into teams of 4. The teacher assigns any left-over students to teams, then assigns which teams will play each other. Teams set up their goal posts (pylons) about 2 meters (6 feet) apart about 10 meters (30 feet) away from the other team's goal posts. Teams determine who their goalie will be (the only player on their team allowed to use their hands). Older Teams can do "Rock Paper Scissors" (see section on Getting Started) to see who kicks off. For younger students, the teacher can quickly go from game to game and get the students started. Teams referee themselves and play soccer as usual (i.e. not use their hands or arms). Teams should try to generally stay in their game's area and ignore balls from other games that may come into their area. A goal is scored when the ball passes through the other team's goal posts. Play stops and the ball is placed back in the middle of the game area. The game restarts when the team that was just scored against kicks off.



## Teacher Hints:

1. Remind students, "People don't like to play with others who always argue about games, calls etc". If a play or score is in doubt, play it over.
2. If a ball goes well out of the playing area, a member of either team should call "OUT", a member of the team that didn't kick the ball out of bounds should retrieve the ball, and throw it back into the game.
3. Inside the gym, balls that hit walls are still in play (not out of bounds).

# Exercise Relay

**Grades / Locations** – Grades 3 to 9 / Gym and Outside

**Equipment** – Varies but usually will be none.

**Preparation** – Varies but usually will be none.

**Objective** – Teams try to complete as many rounds as possible before the end of the race.

**Set Up & Play** – The class is divided into teams of 2 to 3 students. Teams are located along one of the gym walls (along a sideline of a basketball court usually works well). The teacher indicates what exercise(s) the students will do for each round. On “Go” the 1<sup>st</sup> runner from each team runs to the far side of the gym, does the exercise described by the teacher. The runner then runs back to the team and tags the 2<sup>nd</sup> runner as the team says “One”. The 2<sup>nd</sup> runner runs to the far side of the gym and does the exercise then runs back to tag the 3<sup>rd</sup> runner as the team says “Two”. When the 3<sup>rd</sup> runner completes their round they tag the 1<sup>st</sup> runner as the team says “Three”. The 1<sup>st</sup> runner runs to the far side of the gym and does the exercise then runs back to tag the 2<sup>nd</sup> runner as the team says “Four”. The runners continue in this fashion and the team’s score continues to climb each time a runner completes a round. Team with the highest score at the end of race when the teacher indicates “Stop” wins.

## Variations:

1. The teacher can list series of exercises that teams have to do. For example: The first time each runner goes, they have to do 5 pushups at the far end of the gym before returning. The second time each runner goes, they have to do 5 jump ups. The third time each runner goes, they have to do 5 sit ups. The fourth time....5 Squat Thrusts. The fifth time .... 5 Donkey Kicks etc.
2. Exercises may be assigned for ½ way to the far end as well as at the far end. For example, a runner would do 5 pushups ½ across the gym, 5 sit ups at the far end of the gym and do 5 jump ups ½ way back across the gym.

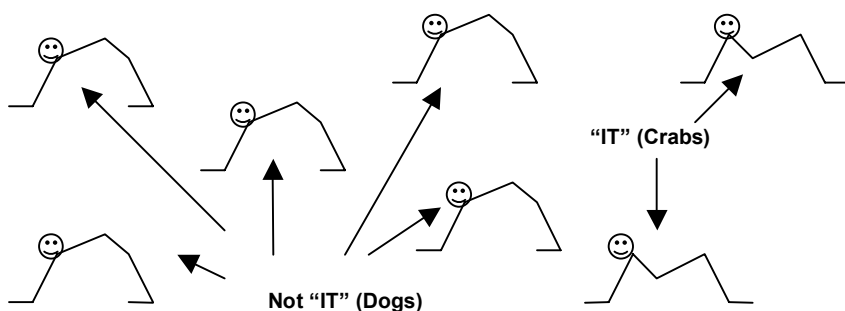


# Dog and Crab Tag

**Grades / Locations** – Grades K to 9 / Gym and Outside (on grass)

**Objective** – “IT” students (Crabs) work together to tag the other students (Dogs).

**Set Up & Play** – Students spread out throughout the gym to find their own space, away from anyone else. The teacher names 1 to 4 students to begin the game as “It”. “It” players (Crabs) have to travel around using a crab walk style (on hands and feet, belly-button up). The other students (Dogs) have to travel around the gym dog walk style (on hands and feet, belly-button down).



When a Dog is tagged by a Crab, the Dog becomes a Crab and starts moving using the crab-walk. The Crab who tagged them becomes a Dog and switches to the dog style of moving. Play continues until the teacher indicates “Stop”. Those students who are Crabs do an exercise penalty of 5 Push Ups (or what ever exercise the teacher has designated as the penalty). Several rounds can be played in a row.

## Variations:

1. Dogs can only travel on lines on the gym floor whereas Crabs can travel throughout the gym and don't have to worry about being on the lines.
2. Play the game “Virus” version (see “Virus Tag” page 75) with only a few students starting the game as Crabs (“It”).
3. Start off with  $\frac{1}{2}$  of the students as Crabs and the other  $\frac{1}{2}$  as Dogs. If a Crab tags a Dog's leg, the Dog becomes a Crab. If a Dog tags a Crab's leg, the Crab becomes a Dog. When the teacher indicates “Stop” the team with the fewest members, has an exercise penalty (For example - 10 Push Ups, 10 Jump Ups and 10 Mountain Climbers).