K-8 Physical Literacy Handout

Physical literacy is defined as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. - *International Physical Literacy Association*

Warm-Up/Fitness: Five Finger Fling (DPA Greatest Hits Page 12) **Skills Focus:** Non-locomotor, locomotor skills **Learning Activities/Games:** Treasure Island (See below) **Closure/Cool Down:** Zen Me Activity (Zen Me Cards: Be Fit For Life/Ever Active Schools website)	**Warm-Up/Fitness:** Lucky 7's Tag (Ever Active Schools website). **Skills Focus:** Non-locomotor and locomotor skills, throwing & catching **Learning Activities/Games:** Builders & Bulldozers (DPA Handbook) **Closure/Cool Down:** Healthy Simon Says (DPA Greatest Hits Page 14)
Warm-Up/Fitness: Jumping Beans (DPA Greatest Hits Page 17) **Skills Focus:** Non-locomotor & locomotor skills & throwing **Learning Activities/Games:** Dice Tag (DPA Greatest Hits Page 34) **Closure/Cool Down:** Yoga Activities (DPA Greatest Hits Page 57)	**Warm-Up/Fitness:** Ice Feet (See below) **Skills Focus:** locomotor and non-locomotor skills **Learning Activities/Games:** Clothespin Tag (DPA Greatest Hits Page 39) **Closure/Cool Down:** RPS Body Challenge (DPA Greatest Hits Page 52)
Warm-Up/Fitness: Fitness Dice Activity (Fitness Dive Activity Cards: Ever Active Schools website) **Skills Focus:** Non-locomotor & locomotor skills **Learning Activities/Games:** Create Your Own Game using poster and dice **Closure/Cool Down:** Alphabet Fun (DPA Greatest Hits Page 32)	**Warm-Up/Fitness:** Rock, Paper, Scissors Blitz (DPA Greatest Hits Page 52) **Skills Focus:** All FMS Domains **Learning Activities/Games:** Kaboom (DPA Greatest Hits Page 40) **Closure/Cool Down:** Splump (Split/Jump) Tag (Move & Play Through Traditional Games: Be Fit For Life website)

K-8 Physical Literacy Handout

Warm-Up/Fitness: **Skills Focus:** **Learning Activities/Games:** **Closure/Cool Down:**	**Warm-Up/Fitness:** **Skills Focus:** **Learning Activities/Games:** **Closure/Cool Down:**

Ice Feet
Equipment: None required

Organization: Traditional Inuk game that was originally played as a way to keep their feet warm while spending long hours on the ice.. Find a partner and link arms with your partner. Once you have a partner, when the the teacher say, "go" your goal is to tag your partner's feet without your feet being stepped on using your feet only. Once one of your feet are tagged the tagger receives one point. Once one partner gets three tags switch partners and find someone new to continue the activity.

Variation: Play activity in an alternative environment (outdoors, snow/ice, etc.)

Fitness Dice Activity
Equipment: Obstacle-free space, foam dice (one for each pair or group of three), chart paper w/ 6 activities on it representing the 6 sides of the die.

Organization: Organize participants into groups of 2-3. On the signal (ie. music playing), participants toss a die back and forth. When the music stops, whoever is holding the die calls out the number that his/her thumb is on. The pair or group of three then looks at the board or chart paper and performs the activity that represents that number and answer the questions relating to that number.

Dice activities include:
1. 8 squat jumps
2. 8 wall push-ups
3. 10 side to side hops
4. Crab walk to the other side of the room and back
5. Side to side skier jumps
6. V-sit for 20 seconds

Variation: This activity can be turned into a '*Fitness Dice Routine'* performed by the entire group! Have the participants stand in a large circle or two smaller circles and have them pass the dice across the circle to one another. Play music while participants are passing and be sure that they communicate to whom they are passing to beforehand. When the music stops, ask one participant who is holding onto a die to indicate where his/her thumb is. The entire group then performs the activity that corresponds to the chart. Work your way around the circle to the others holding onto the dice to complete the Fitness Routine.

K-8 Physical Literacy Handout

Five Finger Fling:
Equipment: None required (*Playing cards/chart paper optional*)

Organization: Divide students into groups of 4-6 participants with each of the groups standing in a circle with their backs towards the middle. The goal of this activity is to have the group's fingers add up to a previously specified number. Set a number for each group to attempt to have their fingers add up to and make sure the participants don't talk to each other to plan who is going to show what number of fingers. Each participant uses one hand to hold out as many fingers as the want (0 to 5). With everyone facing outwards of the circle, participants jump to face the inside and "fling" out however many fingers they choose. To make this more physically active, instead of jumping to face the middle, have the students count to 3 while doing a jumping jack (ex: one- jump so feet are wide apart; "two"- jump to get feet back together; "three"- jump feet wide apart again), then jump and turn to face the inside of the circle with your fingers displayed.

If they don't get the right number, have them repeat the activity until they do. Once each group achieves the correct sum of fingers, assign them another number to keep them playing. Participants could think of their own creative activities to do while counting "1..2..3"; i.e. reach up…touch toes...reach up...turn towards centre. Also, consider having a list of activities that the groups could work through instead of just performing jumping jacks. The list could include the following:

- Squats
- Star Jumps
- Lunges
- March on the spot

Variation/Inclusion: Provide a deck of cards and post a chart indicating the symbol of the card and activity that represents that symbol, ie., Spade = squats, Diamond = duck walk, Hearts = High Knees, Club = curl-ups. The number on the card represents the number that the group must try to add up to on the finger fling.

Treasure Island
Equipment: Obstacle-free space, 1 poly-spot per group of 4-6, 40-60 bean bags (more than 1 bean bag per person, the more the better!)

Organization: Divide the students into groups of 4-6. Give each group a poly-spot, this will be their "island." Invite them to set up their island anywhere in the "ocean" (play space). Spread the bean bags throughout the ocean. Explain that the beanbags are sunken treasure and they are trying to retrieve as much treasure and return it to their island in the time given. To move the treasure from the ocean to their island, they must place it on their stomach and crabwalk back their island. If the treasure falls off while they are transporting it back, they must leave it and retrieve a different piece of treasure before they can go back to the treasure that fell off.

Variation: Allow students to steal treasure from other islands.

K-8 Physical Literacy Handout

Resources

1. **Ever Active Schools** For resources such as DPA Bins, workshop handouts, video clips, physical activity ideas, Recipe Card Lesson Plans and more visit: http://www.everactive.org/resources-1

2. **Active for Life**, is a website for parents and others dedicated to help improve the health and success of children and youth. Visit http://activeforlife.ca/

3. **Be Fit For Life Network (BFFL),** works in collaboration to provide services, education and resources to encourage self-responsibility in Albertans to be physically active. The BFFL works with home, school and work communities to develop a program or activity that fits the needs of the participant. For more information on the BFFL resources including *Yoga Techniques for the Classroom, Move & Play Through Physical Literacy Cards* and more visit: www.befitforlife.ca

4. **Canadian Sport for Life (CS4L)**, is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming. For more information visit: www.canadiansportforlife.ca

5. **Edmonton Sport Council (ESC)**, is a non-profit, volunteer directed organization serving and representing the Edmonton sport community. Visit www.edmontonsport.com for links to initiatives, resources and information for parents, participants, coaches, administrators and board members.

6. **Health and Physical Education Council (HPEC),** HPEC is a Specialist Council of the ATA, which provides support to health and physical education teachers. http://www.hpec.ab.ca

7. **Physical Health Education (PHE) Canada**, Physical and Health Education Canada (PHE Canada), This website provides definitions, support links, strategies, physical literacy checklist videos, Fundamental Movement Skills resources and more, www.phecanada.ca/programs/physical-literacy/what-physical-literacy

8. **PlaySport -** Visit this site for great game ideas that utilize fundamental movement and sport skills in a Teaching Games for Understanding (TGfU) framework, www.playsport.net

9. Mandigo, J., Francis, N., Lodewyk, K., Lopez, R. (2009). **Position Paper: physical literacy for educators, *Physical Education and Health Education* Canada.**

10. **Spark** by Dr. John Ratey http://www.johnratey.com/