



P U Y A L L U P  
S C H O O L D I S T R I C T  
*A Tradition of Excellence*

# **Fitness Activities for Elementary Students**

## **Family Resources**

# Family Activities for Fun and Good Health

## Physical Movement

**Brain Breaks** are simple, easy to do exercises that engage the body and brain in activity. They are used to get the body moving and the brain thinking. Breaks throughout the day help the brain stay focused and engaged.

Below are some examples of simple Brain Breaks that do not require much space or materials.

### Activity 1: Line Jumps

- pick a line on floor
- individual jumps over line left to right
- individual jumps over line front to back
- how many jumps can you do?

### Activity 2: Jump Counts

- individual jumps up into air one time then claps one time
- individual jumps up into air two times then claps two times
- how many jumps and claps can you get?

### Activity 3: Balancing

- individual stands still balancing an object (bean bag, rolled up sock, magazine) on head
- individual stands on one foot balancing the object
- switch feet
- which way was easier?

### Activity 4: Held Plank

- individual gets into push up position with arms straight and body horizontal
- hold push up position for 15 second count then rest
- hold push up position for 30 second count then rest
- how long can you hold?

#### Activity 5: Finger-Thumb

- individual stands up and holds out two fists
- point your index finger on one hand and stick your thumb out on other hand
- now switch, and switch again
- how fast can you go?

#### Activity 6: Rub-a-Dub

- stand up
- pat your head with your right hand
- rub your stomach with your left hand
- switch hands
- which way was easier?

**Movement Exercises** – can be done at any time individually or as part of a routine.

- March in place
- Up and down the stairs
- Jumping Jacks
- Arm Circles
- Bicep Curl with canned food or heavy object
- Squats
- Push-ups, on your feet or knees
- Sit-Ups
- Leg Raises
- Side Leg Lifts
- Lunges
- Mountain Climbers

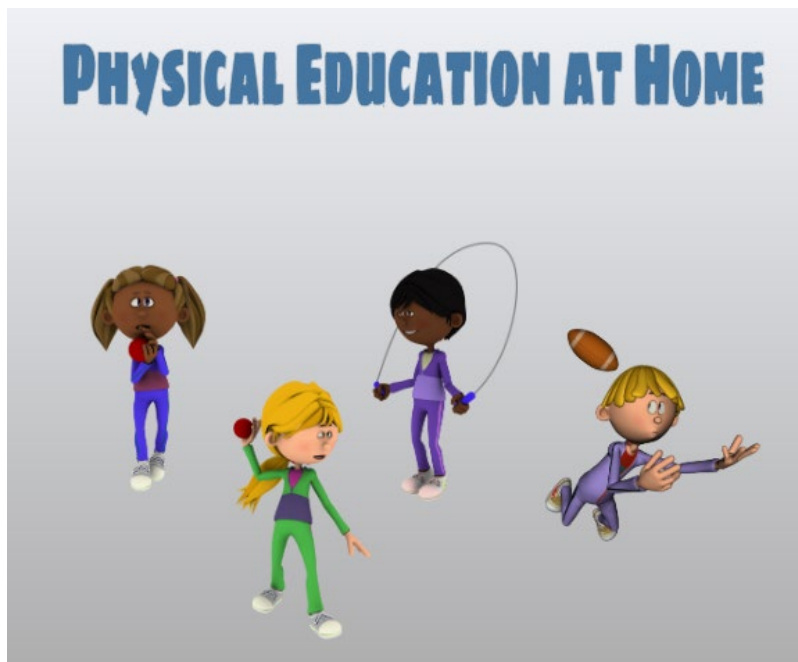
## Physical Education at Home

A Google Doc created by PE Teacher Jason Denk (Illinois)

A variety of activities that children can do at home.

From the File menu, download as a PDF to your computer.

LINK: [https://docs.google.com/presentation/d/1YUHcxG4pPHVY\\_-WwEveOXrpg76bNRjI6Qrw-oPIMro/edit#slide=id.p1](https://docs.google.com/presentation/d/1YUHcxG4pPHVY_-WwEveOXrpg76bNRjI6Qrw-oPIMro/edit#slide=id.p1)



## **Animal Movements**

Most likely best for younger children K-3

Equipment: A way to play music

Play music in segments of 30 seconds in length. Children do animal movements when the music plays. When the music stops, they freeze and listen for the next instruction (change to a different animal). Teacher can call out any type of movement on the list or one of their own.

- Puppy Dog Walk
- Snake Slither
- Frog Jump (place their hands down on the floor then moving them out followed by jumping out with their feet)
- Elephant Walk (Bending over at the waist, have your hands clasped together for the trunk and swing back and forth.)
- Bear Walk
- Crab Walk – forward or backward
- Penguin Waddle (keep your arms tight against the side of your body then gently waddle side to side as you walk)
- Bunny Jump (Keeping feet together, jump forward like a bunny)
- Kangaroo Jump (keep your legs together, bend the knees a bit, and jump around as high as you can)
- Invent their own animal walk!

Variation: place animal movement signs throughout the area and instruct students to move from sign to sign doing the appropriate animal movement each time they reach a new sign.

Variation: After doing an animal walk for 30 seconds, children can do fitness activities between each animal walk to stretch and have a break from walking.

- Stretching activities
- Sit-up
- Push-up
- Jumping jacks

## **Jump Rope Activities**

- Basic jump roping skills, forward and backward
- Walking or jogging while jump roping around the designated area
- Using just one foot at a time
- Alternating feet
- Toes pointed in (pigeon walk) or out (duck walk)
- Two rope passes for one jump or step (can they get more than two?)
- Changing back and forth between slow time and fast time jumping (to music?)

## **Balloon Activities**

Equipment: balloons, blow up as much as desired.

When done with balloon activities, children can decorate their balloon.

## **Don't Let It Drop**

How long can you keep your balloon in the air without it touching the floor? Try walking around the outside of the gym or room while doing this. Follow a course or line on the floor.

## **Protect Your Balloon**

Use a string to tie the balloon(s) around their ankles. Length of string can vary. Then run around the defined area trying to pop everyone else's balloons while protecting yours.

## **Balloon Waddle Race or Relay**

Place a balloon between their knees and race to the finish line without dropping or bursting their balloon. Decide the consequence of dropping the balloon before starting, such as start over or just pick it up and start where it dropped. Can also be a relay.

Variation: Keep the balloon on a spoon (or large wooden spoon if available) during the race.

## **Around the World** (basketball game)

Equipment: 1 basketball hoop per 2 or more players.

1 basketball per hoop

5 to 7 spot markers (or painted floor spots)

### Set-Up:

- Send a group of 2 or more players to each hoop.
- Set 5 or more spots in an arc around the basket. Be sure spots are at a distance that promotes success.
- Be sure that the activity area is free of clutter and safe for play.

### Activity Procedures:

The object of the game is to be the first player to make a shot from every spot marker around the world.

First, decide an order of play. If you can't decide, start the game youngest to oldest. Each player gets 2 shots at each spot. If you make a shot, move to the next spot and continue. If you miss your first shot, you can give up your second shot and stay where you are. If you take and miss the second shot, you have to move back to the first spot and start from scratch.



Players keep shooting until they miss twice or skip a turn. Everyone gets an equal number of turns to win. For example, if player 1 makes it all the way around the world, players 2 and 3 get to take their turns in order to match player 1. If there's a tie, play another round. The player who gets the furthest without missing wins.

Games can be played one time through the arc (half-way around the world), or through the arc and back (all the way around the world).

Source: USGames, OpenPhysEd.org

## Name Game Exercises

Children can use their own names, the name of a friend, pet, favorite singer or actor, any other words that will keep them active.

# what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |












What other names or words can you spell?

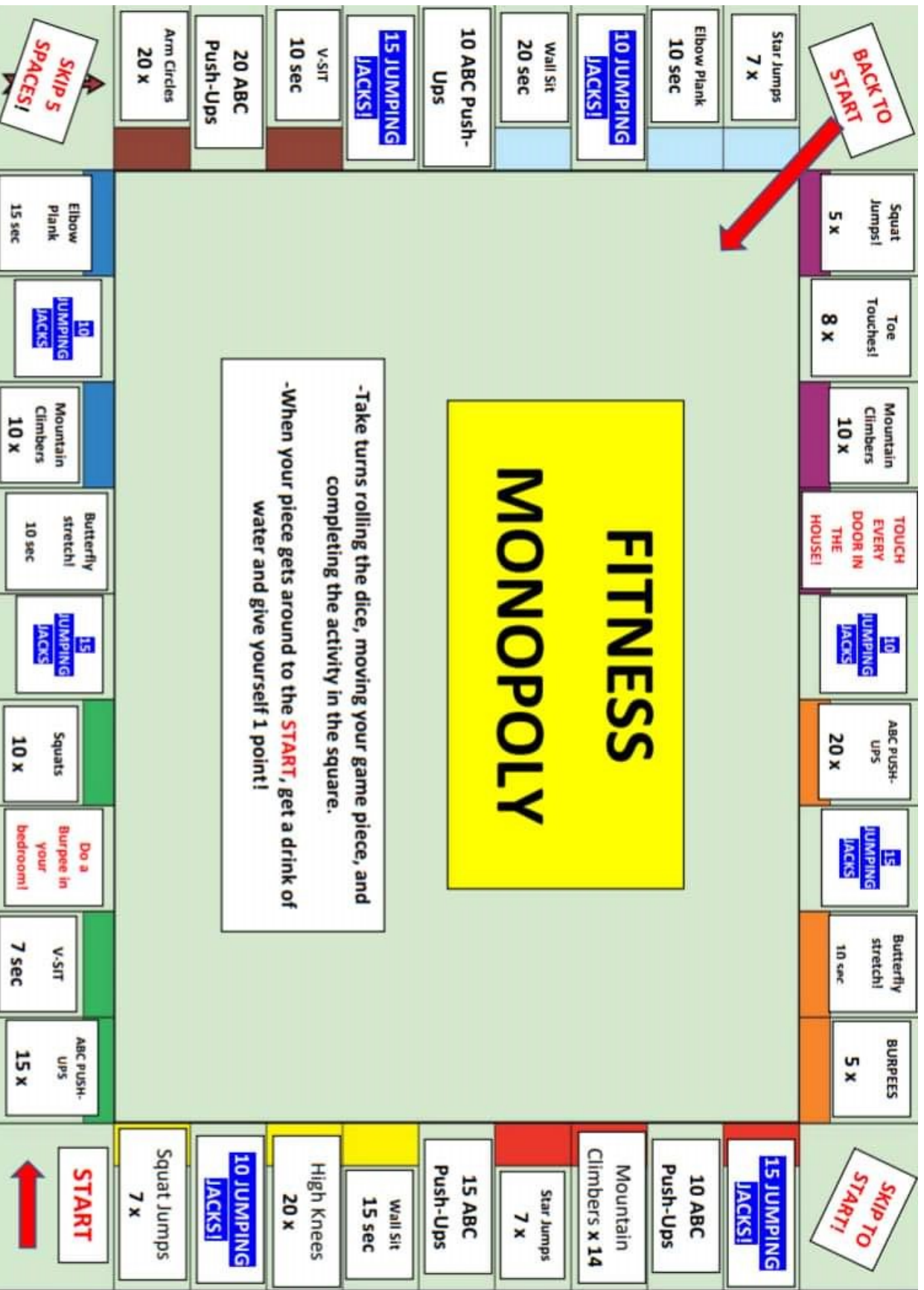


# FITNESS DICE ACTIVITY

ELEMENTARY PHYSICAL EDUCATION: GRADES PK-5TH

**Directions:** Start by rolling two dice. Count the numbered spots on the dice and complete the activity listed below. Roll the dice **AGAIN** to determine how many times you need to perform the activity. Strips of paper numbered 2-12 can also be used. Play fitness dice with family and friends for 15 minutes each day.

2	Sit-Ups	
3	Jumping Jacks	
4	Arm Circles	
5	Push-Ups	
6	Squats	
7	Balance On 1 Leg	
8	Plank Holds	
9	Jog In Place	
10	Frog Jumps	
11	Crab Walk	
12	Toe Touches	



## Websites for Physical Activities

► **Go Noodle:** [www.gonoodle.com](http://www.gonoodle.com)

Click on **Get Started Now** in the upper right corner for activities that get kids up and moving.

► **SHAPE America** (National Health & Fitness education association): [www.ShapeAmerica.org](http://www.ShapeAmerica.org)

Mind & Body Calendars:     [March Elementary \(English\)](#)                     [March Elementary \(Spanish\)](#)

[April Elementary \(English\)](#)                     [April Elementary \(Spanish\)](#)

Towel Fitness & Challenges [video instructions](#)

Balloon Challenges & Activities: [video instructions](#)

Paper Plate Tabata: [video instructions](#)

Super Deck Fitness Card Game: [Download and print](#)

► **Follow-Along Dances for PhysEd** by DANCEPL3Y:

<https://www.youtube.com/playlist?list=PLTfstHhuPAIPaWHPTvleGPq99zPqCKPjQ>

Follow-along with movements to a variety of songs

► **K-12 Physical Education Television:** [www.physed.tv](http://www.physed.tv)