

Gym Activities—Many of these are in your Spark Curriculum—Which is a wonderful resource!

Beanbag activities

Dribble balls

Hopscotch-jumping and balance

Jump rope a lot

Practice kicking and catching

Pull a hula hoop with a rope while another student follows and must stay in the hoop

Push-ups and Pull-up on a bar

Relays

Run, and include starting and stopping

Shoot basketballs

Skip

Spin—you may choose to let them move around or stay inside a space such as a hula hoop

Three-legged race

Throwing and catching

Use hula hoops for jumping

Use hula hoops as stepping spots

Use hula hoops for spinning on arms, legs, waist, etc.

Use mats for the pencil roll, alligator crawl, or somersaults, etc.

Use the gym lines as balance beams, or use balance beams.

Use scarves for juggling

Outdoor Play

Plan an obstacle course to fit many of these items. Watch for the ones who don't do something and help them learn how to do that skill.

Climb the rock wall and loose rope or chain ladders

Dribble balls

Hopscotch-jumping and balance

Jump rope a lot

Merry-go-round

Overhead ladders, both to cross and to just hang

Overhead ladders-chin-ups

Practice kicking and catching

Ride trikes, scooters, etc.

Run, and include starting and stopping

Shoot basketballs

Skip in a planned path, or prior to lining up from recess

Spin on the grass—you may choose to let them move around or stay inside a space such as a hula hoop

Spin on spinners or suspended swings

Swing

Throw and catch balls, etc.

Use the parking lot lines as balance beams.

Use the slides