

Learning Tag:

Use 4 colored deck rings or anything with color. 4 students attempt to tag the other students. If tagged students go to the perimeter, complete the task card of the color of the ring they were tagged with and then re-enter the activity.

Red=spell 3-5 weekly spelling words

Blue=count by 6's up to 72

Orange=read grade level word list

Yellow=exercise tasks e.g. 8-10 jumping jacks

Movement Ball:

Toss the ball and whatever action is listed under the student's right/left thumb is the action they'll complete. Variations include the following ideas:

1. Divide the group into teams. Have students guess what others are acting out.
2. Student who catches the ball may select someone to perform the activity with them.
3. Keep the ball moving until the music stops. Whomever holds the ball performs the activity.
4. Add sound effects to movements. Roll the ball if ability level needs adaptation.

Mother Goose:

Place 3-5 paper plates (nest) scattered around the activity area with a beanbag (egg) atop each plate. Appoint a "mother goose" at each nest. Their task is to tag anyone who attempts to steal the egg. If tagged, students must go to another nest before returning for another attempt. If a student successfully takes the egg, they are now the new mother goose. No sliding, no crawling and no pushing is allowed.

Manipulative Mayhem:

Use 3x5 cards and write numbers upon them that you'd like to use for your lesson. Place the base ten blocks at the opposite end of the activity area. Each team will send one student at a time to bring back one manipulative. The teams continue sending one student at a time until they've reached their total. You may use ones, tens, hundreds and thousands.

Triangle Tag:

Group students into four and have three join hands. The fourth student identifies one student they wish to tag and then attempts to do so. If the tag is successful they switch places and the new tagger identifies one person they wish to tag. The three students holding hands rotate and attempt to make it difficult to tag the chosen student. Each round continues for 20-30 seconds and then another tagger begins the next round. If someone falls, everyone stops, ensures that everyone is ok then resumes the activity.

Muscle/Bone Tag:

Have each student obtain a partner. They will play muscle/bone tag. Identify a muscle or a bone and that's where each student attempts to tag their partner. Play continues for a few minutes then have partners obtain a new partner. Here are a few tagging areas to start with: patella (knee), gastrocnemius (calf), femur, bicep, iliopsoas (hip), scapula (shoulder)

Classroom breaks:

Ruler reaction drill. Student drops a ruler between their partner's thumb and forefinger.

Line push-ups. How many line push-ups can you perform in 20, 30 or 60 seconds?

Quick bounces. How many bounces can you do in 20, 30 or 60 seconds?

Slow bounces. How many slow bounces can you do in 10, 15 or 30 seconds? Jump high!

Small rackets. Use your hand and keep a wad of paper aloft for as long as possible.

Crunch time. How many crunches can you perform in 30-60 seconds? No sit-ups allowed.

Right on. How many seconds can you hold a right angle push-up position?

Get jacked. How many jumping jacks can you do in 20, 30 or 60 seconds? Bad form is ok here.

Pull up a chair. How many desk/chair push-ups can you complete in 20, 30 or 60 seconds?

Let's lift. How many dual leg lifts can you attain? Pull knees to chest and repeat.

Stretch it out. How far can you stretch with legs extended?

Relax. Lie on your back and count silently to 50, 100 or 200.

Directional Movement:

Students will travel around the perimeter of your classroom. Each direction will have a paper plate/sign with instructions on it. Students will perform the instruction until they have to change directions. E.g. high knees, then squats, then Tigger jumps and finally hops.

Lilly Pad Madness:

Use paper plates and spread them out all over the floor. Upon each plate write something that the students are learning about. For example nouns and verbs. Assign them the task of travelling to the other side of the room by hopping on nouns only. On the way back have them use verbs only. You may use odd/even numbers, multiples of numbers, true/false statements, solids/liquids, states/capitols, etc.

Exercise task cards:

Use 3x5 index cards and write numerous exercises upon them. Have the students move around the activity area while music plays. When the music stops, each student picks up a card and performs the task written upon it. Here are a few ideas to get you started: 12 ski jumps, jump up and down 20x, 10 ski jumps then snap fingers 5x, disco dance for 16 seconds, walk backwards 17 steps, "fly" for 20 seconds, 10 good push-ups, hop and say "I love PE!" 10x