

Small Space or Classroom Physical Literacy Activities

a. Beanbags

- i. Place bean bag on foot lift up and catch
- ii. Toss beanbag behind back and catch
- iii. Place beanbag between feet, jump, and catch it
- iv. Pass beanbag around body really fast
- v. Toss beanbag and catch on shirt
- vi. Place beanbag on elbow, drop arm and catch
- vii. Toss beanbag and catch on back
- viii. Balance beanbag on head and try various challenges
- ix. Beanbag balance game – balance on the head, walk if it falls off freeze wait for people to put back on

b. Tennis Balls

- i. Bounce and catch the ball with one hand
- ii. Bounce and catch the ball between back of hands
- iii. Toss ball up, turn around, let bounce, and catch
- iv. Toss ball up, touch floor, let bounce, and catch
- v. Toss ball up, touch floor, catch ball in air
- vi. Place ball between feet, jump up, catch ball
- vii. Toss the ball behind back, then catch

c. Tennis Ball and Frisbee

- i. Bounce and catch it on the underside of Frisbee
- ii. Balance ball on top of Frisbee while walking
- iii. Place ball on top of Frisbee and flip and catch
- iv. Dribble ball in air using both sides of Frisbee
- v. Spin Frisbee on one finger while bouncing and catching ball
- vi. Place ball on underside of Frisbee and toss, flip and catch ball on top of Frisbee
- vii. Dribble ball in air using one hand and top of Frisbee

d. Tennis Can and Ball

- i. Bounce ball and catch it in the can
- ii. Place ball on bottom of can, flip it over, bounce, catch
- iii. Toss ball in air, catch it in the can
- iv. Turn can upside down, bounce, catch on bottom of can
- v. Place ball on bottom of can, toss ball up, turn can over and catch
- vi. Toss ball up and catch on bottom of can
- vii. Toss ball up, flip can around all the way, catch in can

viii. Tennis Ball Can Challenge

e. Deck Ring (Large Foam Rings)

- i. Toss ring behind back and catch
- ii. Spin ring with both hands and then spear it with one arm
- iii. Place on toe and kick up and catch
- iv. Flip ring in air and spear with your arm
- v. Roll the ring – underhand toss on the floor
- vi. Toss ring in air, clap hands, then catch

- vii. Toss ring straight up let bounce then catch it
- viii. Fitness – partner squats, sit ups
- ix. Partner throw and catch: rolling, frisbee, spear ring, foot catch
- x. Spin ring and skier jump over it until spinning stops

f. Juggling Scarves

i. Individual Challenges – one scarf

1. Toss scarf up and catch two hands
2. Toss scarf up and catch one hand
3. Toss scarf up with one hand and catch with other hand
4. Toss and catch different body parts (head, shoulder, leg, etc...)
5. Toss scarf up and clap hands and catch
6. Toss scarf up, clapping challenge and catch
7. Toss scarf up, touch floor, and catch
8. Toss scarf up, turn around and catch
9. Toss scarf up and let almost touch floor and catch
10. Toss scarf up, blow it and catch
11. Toss scarf behind back, then catch
12. Place scarf on shoelace, flip it up and catch
13. Hold scarf up to chest, start running, let go of scarf and see how long it will stay stuck to you

ii. Partner Challenges – taking turns – two scarves

1. Toss both scarves across body and catch
2. Toss one scarf across body, then toss other, then catch and catch
3. Toss one behind, toss one in front, then catch and catch
4. Toss both at the same time, turn around, then catch
5. Toss one turn around and catch, toss the other turn other way and catch
6. Place both scarves together, blow in air and catch each scarf with different hand
7. Use one hand to juggle both scarves

iii. Two Person Scarf Toss – widen space

g. Foam Noodles

i. Individual

1. Flip noodle and catch it on the other end
2. Balance noodle on one finger
3. Balance noodle on one arm, toss up and catch on the other arm
4. Flip noodle in the air one full turn and then catch
5. Balance noodle on your head
6. Balance noodle on your head and sit down and stand up
7. Flip noodle around two full times then catch
8. Noodle Walk – balance noodle on one hand, if it falls balance walk on it

ii. Noodle Pass – feet: on back, swivel; pushup: over back, under tummy; one knee over head

- h. **Loggers** – groups of three, one noodle, one person jumps over noodle other two move it around person like a skipping rope.
- i. **Frogs Across the Pond** – groups of three, 3 polypots, two people move polypot as one person steps from spot to spot
- j. **Reaction ball** – partner activities
 - i. Bounce across line in a grid
 - ii. Two balls – T drop – one ball – partner must catch – various starting positions
 - iii. Pop Up – one partner holds ball, other partner in down push up position, drop ball and other person must catch
- k. **Partner Cooperation**
 - i. Knuckles and Five
 - ii. Low Five Right, Low Five Left, High Five Right...continuous pattern
- l. **Red Solo Cup**
 - i. Red Solo Cup Challenge – need red solo cup, rubber band with four strings tied to it
 - 1. Four students each hold a string and use the band to move a cup around
 - 2. Make towers, pyramids, etc
 - 3. Try above activities with straws
 - ii. Moving On Up
 - 1. One stack of cups with a single different color on bottom, you must hold cups and restack one at a time until different colored cup is on top
 - iii. Flip Your Lid
 - 1. Must flip cup from edge of table onto a bottle
 - iv. Cup Ballet
 - 1. One partner flips cup from a table other partner must catch cup upside down on a plastic pop bottle
 - v. Yank Me
 - 1. Stack four cups upside down with cardstock paper between each cup. You must pull out papers one at a time and have cups fall in a stack.
 - vi. Stack Attack
 - 1. You must stack 21 cups in a pyramid – 6,5,4,3,2,1 and then take down in and put in a single stack
 - vii. Cup Collection
 - 1. Thirty cups are placed in 10 rows, 3 cups to a row upside down. You must stack the cups into a single column upside down.
- m. **Math Games**
 - i. Full Deck
 - 1. Shuffle a deck of cards in your classroom. Designate an exercise for each suit. When you flip up a card, the students must perform that exercise that number of times. Spades – lunges, Hearts – walrus waves, Clubs – skier jumps, Diamonds – arm circles

- ii. Five Finger Fling
 1. Have students form groups of four or five students. They form a circle facing outwards. The entire class will do three jumping jacks in unison. After the third jumping jack the leader will call out a number between 4 – 20 (25). The students jump and turn to the middle of circle with one hand displaying a certain amount of fingers. All fingers are added to see if they got the assigned number. If they did they sit down, standing groups get a special exercise. You can use music and variations
- iii. Sumo Set
 1. In pairs, players assume a sumo-stare with their opponent with both hands behind their backs. One player says “set” and when the opponent says “go” both players throw their hands in front to reveal their numbers. Players quickly add up all the shown fingers. The first player to be correct finds another winner, while the loser runs to the other side and back to challenge someone else. Younger players can use just one hand. Multiplication, etc
- iv. Egg Bounce
 1. Divide students into equal numbered teams and arrange teams into relay lines at one end of the gym behind a cone. Randomly provide each team with a ping pong ball. At other end of gym is a hoop and an egg carton spread apart. On word go first student must run with ball to hoop and try to bounce ping pong ball into carton. If successful they get another ball from the instructor. If they miss they retrieve the ball and run it back to next partner. Continue game. Most students are not aware of number on ping pong ball. Have students add up numbers and ping pong balls for points at end of play time. Also use hidden number.
- v. Stand Up or Sit Down
 1. All students sit on floor or in chair. When the teacher says the number “10” all students must stand up. If any other number is called they must sit down. Variations: number sentences, stand when number is larger than 5, sit when smaller than 5 (use number sentences), even or odd numbers, if the digit 1 appears in number stand, if not sit down. Endless variations.
- vi. Zero In
 1. Teacher chooses one student to stand in front of class. On an index card the teacher shows the class a number that the chosen student can't see. Students march on spot as student guesses a number. If the number is too high all students do 5 jumping jacks, if the number is too low all students do 5 squats. Repeat until number is zeroed in on. When player correctly guesses the number they do ten of each exercise.

vii. Gather Up

1. Students move around the room area following of locomotion directions. Stop music and call out a number and students must quickly get into a group that matches that number. Later call a number fact ($2 + 5 =$). Each time the first group is formed players in that group get one point. Players keep track of their points.

viii. Odds, Evens, and Addition – Tennis Ball

1. Players move around the room with a numbered tennis ball. When the teacher calls out “odd” or “even” players must find another player so that their tennis balls add up to an “odd” or “even”. Variations can be adding tennis balls together to add up to a number teacher calls “14” Balls 5, 5 and 4 would work. Also when moving can have students exchange balls by tossing to different people

ix. Planks

1. Students get a partner and hold a plank pose facing one another. Each group has a beanbag between them on the floor. If a teacher calls out and “odd” number, each player tries to grab the beanbag first for a point. Can call out even numbers, number sentences adding to odd or even, could also use a multiple of a number.

n. Subway Tag - penguin

- i. Have students partner up and spread out on one half of the gym/room. Students play game with their partner. One student is it and closes eyes and counts to 10. Other student gets lost in the crowd. Student open eyes and tries to tag partner with a walk or tip toe. When partner is caught students switch roles.

o. The Hockey Try Out

i. **List of Commands:**

1. **Gretzky’s Coming:** Sit in your chair and bend arms and move elbows left to right.
2. **In a Tryout:** Jump up and run on the spot.
3. **Hockey Draft:** Switch chairs with someone; sit in the new chair and march feet.
4. **Forgot Equipment:** Stand up and run in a circle around desk or chair.
5. **Road Trip:** Sit in your chair and bounce up and down on your seat.
6. **Line Change:** Stand up, sit down continuously.
7. **Missed the Bus:** Complete a bicycle action at a quick pace to make it to practice on time.

p. **Bean Warm Up**

Baked Beans – squat down and make body as small as possible

Jumping Beans – jump

Runner Beans – run on the spot

Chili Beans – shiver and shake

Jelly Beans – wobble and shake like jello

French Beans – do the can, can

Lima Beans – make a big shape with your body and arms

Coffee Beans – be very energetic

Yellow Beans – touch something yellow

Green Beans – touch something green

String Beans – make a long narrow shape

Navy Beans – salute and march

Has Bean – walk old on a cane

Kidney Beans – bathroom request

Pork and Beans – fist on nose and oink