

Lesson 6 of 6

ABCD's of Physical Education



Activities in Small Spaces

EQUIPMENT

copies of Physical Activity Guides for Children » 4-5 large dice » music » music player » list of fitness dice activities

RELATED RESOURCES

Physical Activity Guide for Children,
www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Handbook.pdf

Warm It Up

HEAD TO TOE WIGGLES

Students stand in a personal space and complete the actions called out by the teacher: wiggle fingers; then fingers and wrists; add in forearms; then elbows; shoulders; chest/mid-section; then hips; knees; and finally feet. Challenge students to wiggle while jogging or hopping on the spot. Call out the actions in reverse order and instruct students to stop wiggling body parts one at a time.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Benefits of Health

Functional Fitness	B(2-3)-3
Body Image	
Well-Being	

Clues that students are achieving the outcome...

"Students will experience movement involving the components of health-related fitness; e.g., flexibility, endurance, strength, cardio-respiratory activities." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can participate in fitness activities
- Students can identify flexibility, strength, and cardiovascular activities



Whoop It Up

FITNESS DICE

Be sure to take into account the abilities of all students when planning learning opportunities and incorporating variations as needed to ensure learning and success for all. Groups of 6-8 students stand in a circle an arm's length away from each other. Provide each group with a die and instruct one student to roll the die. All group members will perform a predetermined activity the number of times represented by the die; e.g., if the die lands on a 1, the group performs 1 jumping jack, if it lands on a 6, 6 jumping jacks. A new student from each group rolls the die after each activity. Provide a list of activities for groups to complete; e.g., leg raises, wall push-ups. Be sure to select activities from each component of fitness. Turn on the music and allow time for each group to work through the list of fitness activities. When all groups have completed the first round, discuss how we need energy to do these fitness activities, some are huff and puff (endurance), some are stretching (flexibility) and others use muscles (strength). Have students suggest new fitness dice activities for each component of fitness, make a new list and begin again.



Safety First!

For safety, equipment, and supervision considerations when planning games, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Wrap It Up

Name that Fitness Activity:

Students walk around the activity area to cool down. At a designated checkpoint, ask students to identify a flexibility; e.g., yoga pose, strength; e.g., seal walk, and/or cardiovascular; e.g., skipping, activity they performed during the fitness dice activity. Provide students with copies of Canada's Physical Activity Guides for Children (see Related Resources).