

**Learn** to be more **active** through **PLAY!**

Build CLASS & ERS-R Opportunities  
Increase cognitive connections  
Improve health and well-being!



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## Active Learning Lesson Cards

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## >> Ball in the Bucket

- Create one line with chalk or tape about 20 - 25 feet long and place 3 buckets evenly spaced on the line.
- Divide children into 2 even teams on both sides of the line about 10 – 15 feet from the buckets on each side
- Give each child paper balls. Turn on music and instruct children to throw as many balls as possible into any of the buckets.
- Stop the music after 30 – 60 seconds and help children count to see which bucket has the most balls.



## >> Skill Building Activity

- Movement Skills: Object control, throwing
- Educational Concept: Counting, problem solving, cooperation, sorting



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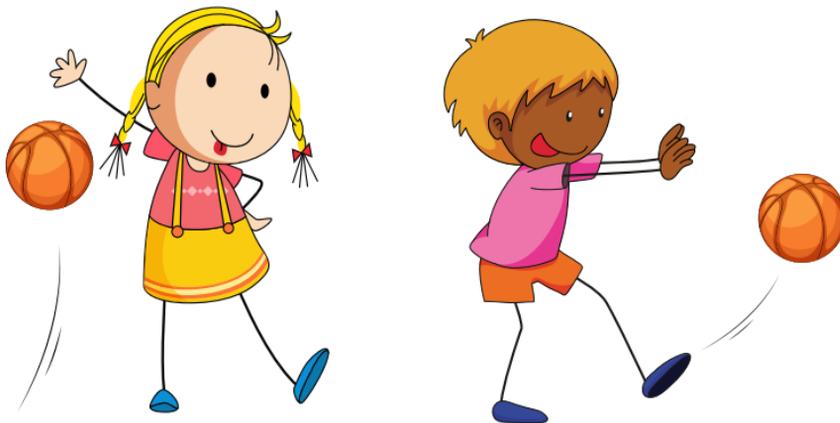
## >> Ball Toss, Catch and Kick

- Children practice various ways to toss different size balls: low, medium high tosses, count number of catches
- Before the ball hits the ground, clap, toss, spin and then catch ball.
- With partners, count while throwing/catching the ball.
- Direct children to take turns kicking a the ball while traveling across the room to the partner standing on the other side. Kick while running, jumping, skipping, etc.



## >> Skill Building Activity

- Movement Skills: Coordination, balance, throwing, catching, kicking
- Educational Concepts: Comparisons, counting, tracking



## >> Frog Friendship

- Children hold “frog hands” with palms flat and pressed together like a frog.
- They practice balancing and strengthening their legs by slowly lowering and raising their body, pressing palms together to help steady and stabilize the posture of their partner.



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## >> Quick Move

- Movement Skills: Balance, strength
- Educational Concepts: Problem solving, socialization



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## >> Ladder Moves

- Children stand in two parallel lines behind a ladder shape (made with chalk or tape) on the floor or ground with “rungs” about 1 foot apart.
- Children are directed to take turns stepping into the ladder in various ways (jumping, hopping, stepping, etc, one foot at a time, and get all the way through to the end.
- Waiting children cheer on their team.
- Once all the children have gone down the ladder give a new instruction.



## >> Skill Building Activity

- Movement skills: Locomotor moves, balance
- Educational Concepts: Counting, Spatial Awareness



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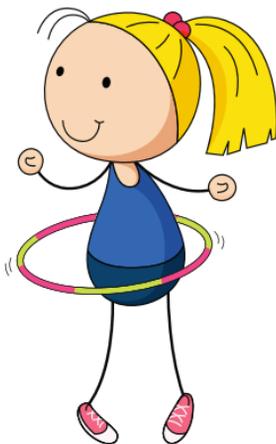
## >> Obstacle Course

- Children move through an obstacle course made up of items that provide opportunities to crawl, go around, through and under, etc. obstacles: cones, ropes, hula-hoops, tunnels.
- The items are placed to encourage various locomotor skills between each one. (Jumping, galloping, tip toeing, log rolling, crawling etc.)
- Teachers ask children spatial relationship questions about which obstacles to go under, through or over.



## >> Skill Building Activity

- Movement Skills: Balance, jumping, climbing, endurance
- Educational Concepts: spatial relationship, mental flexibility



## >> Scarf Toss and Catch

- Children use scarves to practice various movements and learn directional concepts: low, high, in front, behind, sideways.
- Demonstrate tossing with one hand, then 2, clapping in between tosses, under the leg, behind the back, tossing to partners, etc.
- Add music and call out the different ways to toss the scarves.



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## >> Quick Move

- Movement Skills: Gross motor moves, balance, hand-eye coordination
- Educational Concepts: Counting, crossing the midline,



## >> Locomotion Play with Ropes

- The teacher encourages children to move one at a time over and under a “Limbo” rope held by 2 adults.
- Directional movement language is used to indicate moving forwards, backwards, sideways, starting with different body parts over or under the rope.
- Play “Follow the Leader” and allow each child to choose the movements for going under or over the rope.



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## >> Skill Building Activity

- Movement Skills: Gross motor moves, flexibility, endurance, balance
- Educational Concepts: Anatomy, literacy, problem solving



## >> Tortilla Soup

- This is played as a relay race. In teams, children are each given an item (picture, model, real food) from the Tortilla soup recipe and instructed to wait until their item is called.
- Teacher calls the items in sequence. One at a time children run to place their item in the pot at the other end of the room and run back so the next “item” can go.
- Play the game using the English and Spanish word (or another language) for each item.



## >> Skill Building Activity

- Movement Skills: Endurance, locomotion, directional movement
- Educational Concepts: Sequencing, food identification, literacy



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## >> Silly Walking

- Children move from one designated area to another first supporting themselves on four, then three, then two then one different body part.
- Imitate different animals, sea creatures or insects. Ask which move quickly, which move slowly, which ones fly or crawl or slither etc.
- Ask children which muscles they can feel the most with each activity.



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## >> Quick Move

- Movement Skills: Locomotion, sideways movement, strength, balance, endurance
- Educational Concepts: Counting, spatial awareness, science



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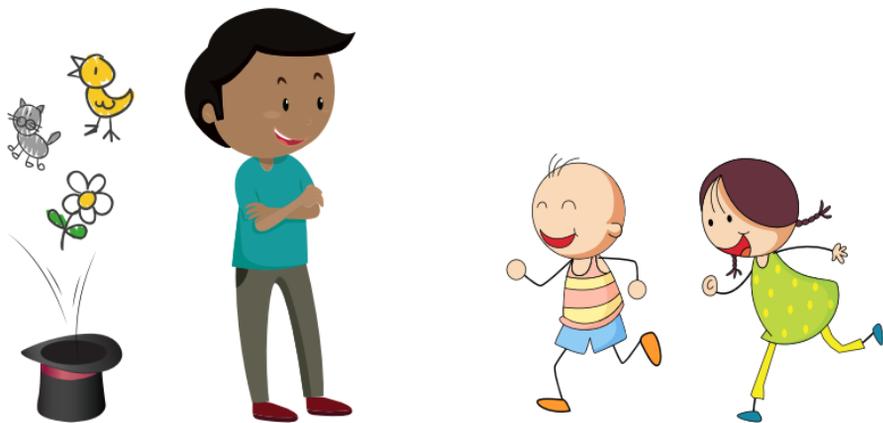
## >> Magic Word Game

- Children move from one end of an open space to another at the prompt of a “magic word”.
- Word can reference any recent learning concept: animals, numbers, shapes etc.
- Teacher calls out variety of words, but children move only when the “Magic Word” is called out.
- Change the movement with each new Magic Word... running, skipping, hopping, leaping, etc.



## >> Quick Move

- Movement Skills: Balance, endurance, locomotion moves
- Educational Concepts: Spatial Awareness, impulse control, mental flexibility



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## >> Plant a Seed, Grow a Flower

- Teacher tells the story of how a flower grows from planting a seed to the flower blooming.
- Teacher uses movement to demonstrate each step of planting as children follow, i.e. digging; making a hole, adding the seed, covering the hole, repeat for the next seed, watering, adding sunshine etc.
- Final stage is the plant blooming and children jumping high into the air with arms extended like a flower opening up.



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## >> Skill Building Activity

- Movement Skills: Balance
- Educational Concepts: Science, sequencing



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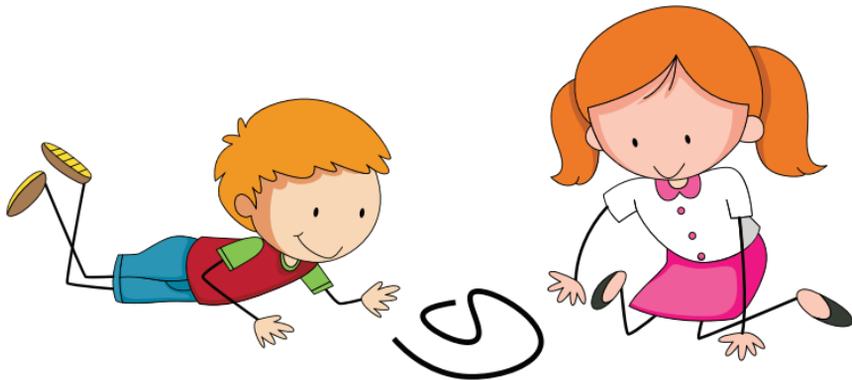
## >> Rope Shapes

- While sitting on the floor, children are given 4-6 to foot long sections of light weight nylon, or cotton rope.
- They are instructed to create various shapes, numbers, letters using their own section of rope.
- Instruct them to work in pairs or groups to make a star, teddy bear, house.
- Jump in, out and around each shape. Balance on the rope and trace the outline of each shape.



## >> Skill Building Activity

- Movement Skill: Balance, jumping, hopping
- Educational Concept: Literacy, math, problem solving



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## >> Swat the Ball

- Children use a fly swatter or spatula to hit different types of balls in the air or on the ground and predict which will go furthest.
- Balls can be made of yarn, crumbled paper, rolled up socks or can be foam or light weight balls.
- Children measure the distance that the ball traveled with lunges.
- They collect and bring the balls back to baseline to begin again.



## >> Skill Building Activity

- Movement Skills: Strength, balance, eye-hand coordination, object control
- Educational Concepts: Spatial sense, curiosity, prediction



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## >> Semut or Gajah (Ant or Elephant)

- Children choose either semut or gajah on the count of 4 displaying either their pinky finger (for the Semut) or their thumb (for the Gajah).
- After a count of pinkies and thumbs children pretend to be the one with the greatest count: semuts (ants crawling) or gajahs (elephant stomping).



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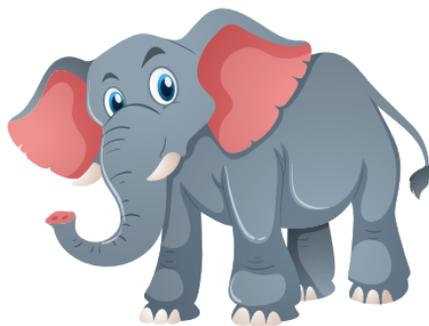


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## >> Quick Move

- Movement Skills: Locomotion, strength, balance
- Educational Concepts: Counting, language



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## >> Agalmatas (The Greek Word for Statue)

- Show children pictures of statues and demonstrate the pose. Tell the children in Greece statues are called Agalmatas
- Have children practice the poses.
- Play music and have children dance around a large space.
- When the music stops, the teacher yells “Agalmatas” and children make a pose and pretend to be one of the statues.



## >> Skill Building Activity

- Movement Skills: Endurance, Balance
- Educational Concepts: Counting, inhibition control, art appreciation



## >> Musical Hoops

- Place a number of hula hoops on the floor throughout the space leaving plenty of room for running around them. To start, children evenly distribute themselves among the hoops.
- Play some lively music and instruct children to jump out of the hoops and run or dance around the room.
- Teacher removes one hoop while music plays. When music stops, children must find a hoop and stand inside sharing hoops with each other.
- Continue the game until all children occupy the remaining hoop (or hoops depending on number of children) helping each other stay inside the hoops.



## >> Skill Building Activity

- Physical Skills: Locomotion, balance
- Educational Concepts: Counting, music, socialization



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## >> Let's Get EGG-cited

- Teacher fills 2" openable plastic eggs with various themed "cue cards": half of an index card with an action - number, letter, shape, picture of people in transport, etc.
- Place eggs in basket.
- Children take turns choosing eggs and demonstrate the action on the "cue card with a movement, while other children imitate.



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## >> Skill Building Activity

- Movement Skill: Balance, endurance, locomotion
- Educational Concept: Counting, imagination



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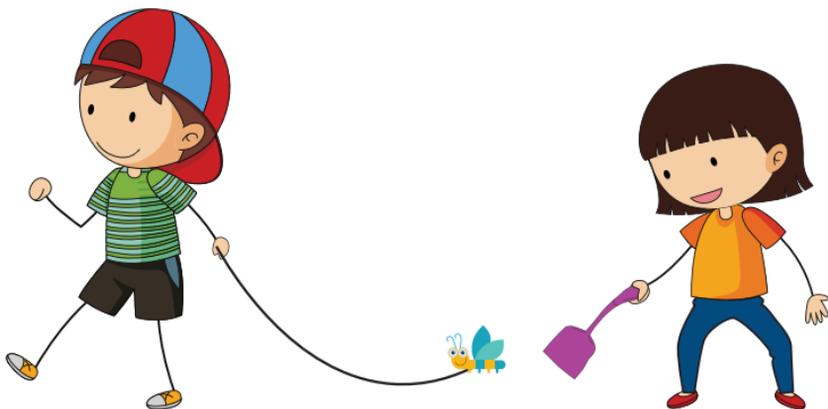
## >> Swat the Fly

- Create the fly : Make two copies of the “fly” to fit each plate. Cut a hole through the plate rim and insert a four foot length of string and tie a knot under the rim. Tape the image of the fly to each side of the plate with packaging tape.
- Create boundaries : Place small cones on each side of the space with at least 20 feet in between.
- Demonstrate dragging and swatting : Some children get the fly and drag them from one end of the space towards the cones on the other end. Other children chase the flies while swatting at them. All children move in the same direction, some dragging, others swatting. Children trade when they reach the end of the boundary.



## >> Skill Building Activity

- Physical Skills: Locomotion, endurance, hand-eye coordination
- Educational Concepts: Science



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## >> Barnyard

- Teacher hands out pictures of farm animals and creates a “barn” with cones at one end of a larger space.
- Farmer tells children “A storm is coming and all the animals must hurry to the barn”. They are told to wait until their animal is called and can run to the pen.
- Children move QUICKLY to the pen imitating the animal noise and movement.
- Children take turns being farmer.



## >> Skill Building Activity

- Movement Skill: Endurance, locomotion
- Educational Concept: Matching, science, impulse control



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