

WELLNESS WORKS



In the Huntington Union Free School District grades K – 3 receive the required amount of instructional physical education (120 minutes in each calendar week) by the certified physical education teacher. Under the Regulations of the Commissioner of Education, Section 135.4 (c) (2) required instruction, (a) all pupils in grades K – 3 shall participate in the physical education program on a daily basis.

On the two non-PE days in each calendar week, the classroom teacher will choose an activity from a menu that was created by the primary Physical Education teachers and the Coordinator of Physical Education. There is no minimum or maximum of minutes required for any one activity.

Please contact the physical education teacher in your building with any questions, concerns or guidance.

ON NON-PE DAYS, SELECT **ONE ACTIVITY FROM ANY OF THE THREE CATEGORIES LISTED ON THE MENU.**

Attachments:

Menu

Instant Activities Lessons

GONOODLE log in directions

K-3 WELLNESS WORKS

FIRST SEMESTER MENU

<u>INSTANT ACTIVITES</u>	<u>SANFORD HARMONY</u>	<u>GONOODLE VIDEOS</u>
<p>1) I See...</p> <p>2) Air Jump Rope</p> <p>3) As If...</p> <p>4) Exploring Space</p> <p>5) Follow the Leader</p> <p>6) Compliment Tag</p> <p>7) Number Hunt</p> <p>8) Take a Break for Fitness</p> <p>9) Yard Work</p> <p>10) Paper Aerobics</p> <p>11) Physical Activity Buddies</p> <p>12) At the Hop</p> <p>13) Movement Vocabulary Action Words</p> <p>14) 12 Days of Fitness</p>	<p style="text-align: center;">PLEASE FOLLOW YOUR GRADE LEVEL PROGRESSION</p>	<p><u>PRACTICE SELF CONTROL</u> SHAKE IT OFF, MOOD WALK, FROM MINDLESS TO MINDFUL, BELIEVE ANXIETY, MANAGE FRUSTRATION</p> <p><u>MANAGE STRESS</u> HOW TO SALUTE THE SUN, BUNNY BREATH, BEE BREATH, LETS UNWIND, VICTORIOUS, CHILLAX TO THE MAX, WEATHER THE STORM, CHIN UP</p> <p><u>BUILD COMPASSION</u> ARE YOU MORE LIKE SAND OR DIRT, AWESOME UPSTANDER, LIGHT IT UP BLUE, HELP OTHERS</p> <p><u>BODY AWARENESS</u> SHOW STOPPER, TRIANGLE DANCE, ACHY BREAKY HEART</p> <p><u>BALANCE</u> HUNGRY FLAMINGO, TIGHT ROPE, EMPIRE STATE, CIRQUE DE SO LEG</p> <p><u>LOCOMOTOR</u> HOW TO HIT THE WOAH, BOOM CHICKA BOOM, BABY SHARK, MOOD WALK, KNICKY KNACKY KNOCKY KNEW, FABIOS MEATBALL RUN</p>

INSTANT ACTIVITIES:

1. I SEE

Materials/Music Needed: *None*

Description of Activity:

1. The leader says, “I see” and the group responds, “What do you see?” Then the leader tells what he/she sees, which can include a movement, an exercise or a skill challenge such as: “I see everyone jogging clockwise.”
2. The group begins jogging and continues until the leader says, “I see...” which re-starts the process. This is an excellent attention getter. You may add various types of equipment such as paper plates, balls, “invisible” jump ropes or juggling scarves with no end to the activities the group may be guided through.

Suggested Activities:

<i>Jog</i>	<i>High Knees</i>
<i>Juggling</i>	<i>Dance Move</i>
<i>Jumping Jacks</i>	<i>Stretching</i>
<i>Bending</i>	<i>Twisting</i>
<i>Marching</i>	<i>Wacky Move</i>

Adaptations for Students with Movement or Health Concerns:

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

2. AIR JUMP ROPE

Materials/Music Needed: *None*

Description of Activity:

1. Students jump an imaginary jump rope. They may jump any speed, forwards or backwards, any style (one foot, crisscross, etc.)
2. Students can learn and recite jump rope rhymes as they are jumping. They can also make up their own.
3. Sources of Jump Rope Rhymes

<http://www.kyanags.org/pdfs/004.pdf>

http://www.gameskidsplay.net/jump_rope_rhymes/

Adaptations for Student with Movement or Health Concerns:

Safety precautions in limited space:

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Reflection for modifications in the future:

INSTANT ACTIVITIES:

3. AS IF

Materials/Music Needed: *None*

Description of Activity: Have students act out each statement for 20-30 seconds.

1. Run in place as if a big scary bear is chasing you.
2. Jump in place as if you are popcorn popping.
3. Reach up as if you are grabbing apples from a tree.
4. March in place playing an instrument as if you are in a marching band.
5. Paint as if the paintbrush is attached to your head.
6. Walk forwards as if you are walking through chocolate pudding.
7. Swim as if a shark is chasing you. Pull as if you are pulling wagon.
8. Sway as if you are a tree in a windstorm. Push as if you are trying to move a big rock.
9. Scoot feet as if you were skating. Shake as if you are a wet dog trying to dry off.

Students may create additional “as if” statements for the class to act out.

Adaptations for Student with Movement or Health Concerns:

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

4. EXPLORING SPACE

Materials/Music Needed: *None*

Description of Activity: Students will move throughout the room without touching anyone or anything unless asked. The teacher will continuously ask students to move to different places in the room. Teachers can add more challenges appropriate to their room.

Go to a wall

Walk around a desk

Touch something green

Go to a door

Touch a table leg

Touch something high

Crawl under a desk

Go to a trashcan

Stand under a light on one foot

Go to a window

Go to a bookcase

Touch a chair with elbow

Lie down under a desk

Go to a whiteboard

Stand on toes at back of room

Kneel at the front of the room

Adaptations for Student with Movement or Health Concerns:

Work with a buddy

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

5. FOLLOW THE LEADER

Materials/Music Needed: *Open space of the room, Music of your choice*

Description of Activity:

1. Place 4-children in lines or small groups.
2. Demonstrate rotation pattern of the leader going to the end of the line each time the music pauses.



3. The leader will do a movement pattern with his/her arms, which is then mimicked by the group as they stand still. After 15 seconds pause the music and have the leader move to the end of the line. Repeat the procedure until all the children in the group have been a leader and they understand to mirror the leader.
4. Then have the children begin marching when the music starts and they continue to mirror the leader. When the music is paused, the teacher can assist children with the sequential patterning of switching leaders.

Adaptations for Student with Movement or Health Concerns:

Children can be placed with a child and the line rotates places or has an adult push a child in a wheelchair.

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

6. COMPLIMENT TAG

Materials/Music Needed: *CD player/Upbeat music*

Description of Activity:

1. As the music begins, students walk (jump, march, dance) while they move around the room.
2. When the music stops, turn and face a partner putting two hands up.
3. Each person must “high 5” or fist bump with their left hand to give them a compliment.

**Mercer County Schools PE and Classroom Teacher Curriculum Guide*

Adaptations for Student with Movement or Health Concerns:

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

7. NUMBER HUNT

Materials/Music Needed: *Index Cards with the Numbers 1-30, posted randomly around the room.*

Description of Activity:

1. Students will each be given a different number from 1-30. On a signal to start, students will begin with their number and touch each number in order until they return to their starting number.

Variations: Use the letters of the alphabet

Use skip counting (by 2's, by 3's, by 5's)

Count backwards

Adaptations for Student with Movement or Health Concerns:

Locate numbers where all students can reach them.

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

8. TAKE A BREAK FOR FITNESS

Materials/Music Needed: *None*

Description of Activity:

1. Students stand by their desk or in an open area.
2. The teacher and/or students will pick five or more exercises.
3. The class will perform each exercise for 30 sec.

Suggested Exercise List:

Chair Toe Raises

Jumping Jacks

Lunges

Squats

Free Dance Moves

Running in Place

High Knees

Hop on 1 Foot

Scissors Jump

Wall Push-Ups

Adaptations for Student with Movement or Health Concerns:

Do arm or leg movements that a child can perform appropriate to the activity described.

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

9. YARD WORK

Materials/Music Needed: *CD player/Upbeat music or “Get Ready for This” (4/4 beat)*

Description of Activity: Teacher leads the students through the following movements that simulate mowing the grass. Do each one twice.

Suggested moves:

- *Put on your work gloves*
- *Pull lawn mower starter*
- *Pull forward/backward*
- *Rake the grass*
- *Weed eater*
- *Clip the hedges*
- *Pull weeds*
- *Bag up the clippings*
- *Sweep the sidewalk*
- *Drink some water and cool off!*

Adaptations for Student with Movement or Health Concerns:

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

10. PAPER AEROBICS

Materials/Music Needed: *CD Player/any Upbeat Music (e.g. Hawaii Five-0)/sheet of paper*

Description of Activity:

Students will move a sheet of paper in a series of movements following a designated lead.

Sample Movements:

1. *Holding paper with both hands.*
2. *Move overhead from side to side. Repeat several times.*
3. *Move up and back to top head twice, then to chest and forward twice and chest and down twice. Repeat sequence.*
4. *Circle paper around to right twice.*
5. *Circle paper around to left twice.*
6. *Place paper in face up position of palm and slap in to palm of other hand. Repeat sequence several times.*
7. *Place paper between both palms and move it between both hands in a circle either forward or backward.*
8. *Place paper in one hand and crumple, then un-crumple with one hand. Repeat with other hand.*

Adaptations for Student with Movement or Health Concerns:

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

11. PHYSICAL ACTIVITY BUDDIES

Materials/Music Needed: *CD Player/Upbeat Music*

Description of Activity:

1. As the music begins, students quickly walk around the room.
2. When the music stops, find a partner.
3. You must have a different partner for each activity.
4. The teacher calls out buddy activities:

<i>High 5</i>	<i>Low 5</i>
<i>Jumping Jacks</i>	<i>Tootsie (Toe) Touch</i>
<i>Handshake</i>	<i>Bumpsy (Hip Bump) Daisy</i>
<i>Do-Si-Do</i>	<i>Elbow Touch</i>
<i>Pinky Swing</i>	<i>Bop-Bop (Fist over Fist)</i>
<i>Hand Jive</i>	<i>Cross Touch (side to side-touch knee)</i>
5. Now can you recall and return to your designated... (Do-Si-Do) partner.

Adaptations for Student with Movement or Health Concerns:

You may have to move to a student with restricted mobility.

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

12. AT THE HOP

Materials/Music Needed: *CD Player/ "At the Hop"*

Description of Activity:

1. Group begins by jogging in place when the music starts.
2. When song says "hop", the students hop on either foot 5 times, then return to a jog.
3. During the song when they hear the vocal or the piano plays, the group performs the twist.

**Mercer County Schools PE and Classroom Teacher Curriculum Guide*

Adaptations for Student with Movement or Health Concerns:

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

13. MOVEMENT VOCABULARY ACTION WORDS

Materials/Music Needed: *Word cards to be randomly selected that children can see, read and act out the word. Depending on the age of children, this can include pictures for younger children or the teacher can “whisper” the action word.*

Description of Activity:

1. Two children stand behind the teacher on the left and right side.
2. The children stand in a group facing the teacher, who will use a “Flash Card” of a movement vocabulary to cue the large group to move. (e.g. **HOP**-the children would hop on one leg.)
3. The two children behind the teacher say which movement word was shown on the flash card.
4. When the word is figured out by the students behind the teacher, they choose someone to take their place for the next word.

**ACTION BASED LEARNING-Jeans Blaydes*

Adaptations for Student with Movement or Health Concerns:

Children with movement restrictions can use ASL to act out the word

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

INSTANT ACTIVITIES:

14. 12 DAYS OF FITNESS

Materials/Music Needed: *CD Player/Upbeat Music or Instrumental Version of “12 Days of Christmas”*

Description of Activity: Students will act out the following routine:

“On the first day of fitness, my trainer showed to me...”

- 1 stork stand (stand on 1 foot)
- 2 scissors (feet apart and crisscross in front and back)
- 3 muscle pumps
- 4 jumping ropes
- 5 side twists
- 6 kicks in front
- 7 knee bends
- 8 jogs in place
- 9 side stretches
- 10 knee lifts
- 11 raise the roofs
- 12 jumping jacks

**Mercer County Schools PE and Classroom Teacher Curriculum Guide*

Adaptations for Student with Movement or Health Concerns:

Have students come up with different activities they can perform.

Safety precautions in limited space:

- Be sure chairs are placed under desks and table to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future: