



*Primary Success Publications*

**Lessons and Games  
to Improve Fitness and Teach Skills  
Kindergarten to Grade 3**

# Successful P.E.



**By Jean Roberts**



## Successful P.E. by Jean Roberts

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# Index

<b><u>Introduction</u></b> .....	Page 1
<b><u>Skill Levels, Disabilities</u></b> .....	11
<b><u>Sportsmanship</u></b> .....	19
<b><u>Organization, Safety, Tips</u></b> .....	23
<b><u>Short Breaks - In-Class and Out</u></b> .....	31
<b><u>Lesson Plans</u></b> .....	39
<b><u>Personal Space and Warm Up Exercises</u></b> .....	43

1. Personal Space .....	Page 45
2. Bubbles .....	46
3. Ways to Move .....	47
4. More Ways to Move .....	48
5. Walls! .....	49
6. How do Animals Move? .....	50
7. Stir the Soup .....	51
8. Where Does the Body Bend? .....	52
9. Body Parts .....	53
10. Let's Go Driving! .....	54
11. Red Light, Green Light .....	55
12. Finding a Partner and Working Together .....	56
13. Follow the Leader .....	57
14. Mirrors .....	58
15. Copy Cats .....	59
16. More Movement .....	60
17. Making Shapes .....	61
18. Making Number Shapes .....	62
19. Making Letter Shapes .....	63
20. Animal Walks .....	64
21. An Exercise Warm-Up .....	65
22. Fitness to Music .....	66
23. Jumping Jacks .....	67
24. Searching for a Lion .....	68

## **Gross Motor and Skill Lessons** ..... 71

1. Evolution .....	73
2. A Balancing Act .....	74
3. On the High Tightrope .....	75
4. Freeze! .....	76
5. On the Tightrope - Part 2 .....	77
6. Under the Bridge .....	78
7. Beanbag Balancing .....	79
8. Count to Ten .....	80
9. A Real Tightrope .....	81
10. Rocking .....	82
11. More Rocking .....	83
12. Bending and Stretching .....	84
13. Rolling .....	85



## **Gross Motor and Skill Lessons** Continued

14. Jumping, Hopping and Leaping .....	86
15. Ways of Walking .....	87
16. Speed Walking .....	88
17. Ways of Running .....	89
18. Beanbag Movement .....	90
19. Exercise With a Hoop .....	91
20. Pre-Skipping With a Hoop .....	92
21. Exercise With a Skipping Rope .....	93
22. Learning to Skip .....	94
23. Skipping Variations .....	95
24. Long Rope Skipping .....	96
25. Big Ball Rolling .....	97
26. Catch It! .....	98
27. Throwing With Two Hands .....	99
28. Big Ball Throwing and Catching .....	100
29. Tricks - Throwing and Catching .....	101
30. Throwing Underhand .....	102
31. Bouncing a Ball .....	103
32. More Bouncing .....	104
33. Foot Dribbling .....	105
34. Foot Dribbling, Stopping the Ball .....	106
35. More Ball Skills .....	107
36. More Ball Fun .....	108



## **Games** ..... 109

1/2. Far Away & Flying Saucers .....	111
3/4. Everybody's It & Squirrel Tag .....	112
5. Dead Ants .....	113
6/7. Guard the Castle & Toilet Tag .....	114
8/9. Spiders and Flies & Beat the Teacher .....	115
10/11. Zombies & Bean Bag Boogie .....	116
12. Doctor, Doctor .....	117
13/14. Squirrel in a Tree & Benched .....	118
15/16. Rock, Paper, Scissors & Four Corners .....	119
17/18. Fish Gobbler & Sit Tag .....	120
19/20. What Time Is It, Mr. Wolf & Dodgeball .....	121
21/22. Big A, Little A & Beanbag Tag .....	122
23/24. Dog and Dogcatcher & Goblins + Ghouls .....	123
25/26 Freeze Tag & Snowballs .....	124
27. Alligator Alley .....	125
28/29. Skunk Tag & Rescued .....	126
30/31. Pencil Tag & Pirates .....	127
32/33. Man From Mars & Coconut Trees .....	128
34. Matball .....	129
35/36. Beanbag War & Fire and Ice .....	130
37. Still Waters .....	131
38. Parachute Play .....	132

<b>Rhythm and Dance .....</b>	<b>135</b>
1/2. Marching & Moving to the Beat .....	137
3/4. Counting the Beats & marching to Music....	138
5/6. Marching Dance & Jogging Dance .....	139
7/8. Head and Shoulders & Move Your Body .....	140
9/10. Conduct the Orchestra & Clapping Games .....	141
11/12. Shake It Up & Ribbon Wands .....	142
13. More Rhythm Fun .....	143
14. Dances and Games for Kindergarten .....	144
15. The Hokey Pokey .....	148
16. Looby Loo .....	149
17. The Chicken Dance .....	150
18. Pop Goes the Weasel .....	151
19. The Mexican Hat Dance .....	152
20. The Bunny Hop .....	153
21. The Macarena .....	154
22. YMCA .....	155
23. The Twist .....	156
<b>Running .....</b>	<b>157</b>
1/2. School Projects & Around the Track .....	159
3/4. Everybody's It! & Walls .....	160
5/6. DEAR & Let's Run to Hawaii! .....	161
7/8. Improve your Running & Cooling Down .....	162
<b>Cool Down .....</b>	<b>163</b>
1/2. Slow Motion & Stretching .....	165
3/4. Turn Off the Machine! & Poses .....	166
5/6. Follow the leader & Pass the Ball .....	167
7/8. Searching for the Lion & Mirrors .....	168
Cooling Down Tips .....	169
Stretches .....	170
<b>P.E. Outdoors .....</b>	<b>171</b>
1/2. Running & Playground Equipment .....	173
3/4. Follow the Leader & Obstacle Course .....	174
5/6. Soccer Skills & Frisbee Catch .....	175
7/8. Softball Throw & Softball Catch .....	176
9. The Standing and Running Long Jump .....	177
10. The Sprint .....	177
11. Outdoor Ideas .....	178
<b>Recess Games .....</b>	<b>179</b>
1. Skipping .....	181
2. Clapping Games .....	185
3. Hopscotch .....	186
4. Four Square .....	187
5. Ball Games .....	188
6. Marbles .....	189
<b>Assessment .....</b>	<b>191</b>





## 2 - Personal Space / Warm-ups

TIME: 5 - 8 minutes

NEEDED:

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### Bubbles

#### Review

Practice finding a personal space.

Discuss the meaning of personal space.

Practice 'stop, face the teacher and listen' when your signal is given.

#### Activities

In Kindergarten and Grade One, it is fun to go outdoors and blow bubbles first. What happens if you touch a bubble? If the bubble hits something?

Leave your personal space and go for a walk. Run home at a signal. Discuss the fact that our personal space must go with us, as if we are in a bubble. The size of that bubble is as far as you can stretch and reach with your body parts. Discuss how bubbles that stay 'bubbles' the longest are those that don't touch any other bubbles or anything else, but if a bubble does touch something else, it POPS and cannot move anymore. Inform students they will be moving in their bubbles today, trying not to touch anyone or anything else.

Pretend you are in your bubbles and do these exercises - use the signal to stop the students after perhaps 20 - 30 seconds:

- run
- walk
- hop on one foot
- jump on two feet
- crawl on hands and knees
- invent a new way to move!

Return to your personal space, or your 'home'.

Possible Game: Bubbles



# Gross Motor / Skill Building - 7

## Balance

TIME: 10 - 12 minutes

NEEDED: one beanbag per student

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### Beanbag Balancing

#### Review

Review some of the balancing exercises in GM/SB previous lessons.

#### Activities

Give one beanbag to each student. The students begin in their personal spaces.

- Stand tall and put the beanbag on the front part of the head. If you are going to balance it, where must the beanbag go? Talk about people who practice posture by putting a book on the head.

- Keep the feet in one place and move the upper part of the body while balancing the beanbag. What must happen? (the head can't tip in any direction)

- With the feet in the same place, wiggle your bottoms!

- Stand up tall, then crouch down small. Don't let the beanbag slip! What is important to do in this trick? (keep the back straight)

- Go for a walk. Discuss posture. You must keep your body in a straight line to balance the beanbag.

- Invent another movement without the beanbag dropping.

- Can you balance the beanbag on other parts of the body and move about? On the outstretched hand, the thumb, between the knees, on the foot, the shoulder, the back, etc. Let the students invent new ways of balancing it, and demonstrate.

- Put the beanbag on the floor in the middle of the personal space. Step back one step and then reach down and put one finger on the beanbag. Keeping the finger on the beanbag, walk in a circle around the beanbag. Can you think of a good name for this trick?



# **18 - Gross Motor / Skill Building**

## **Movement**

**TIME:** 10 - 12 minutes

**NEEDED:** one beanbag per child

---

### **Beanbag Movement**

#### **Review**

Review the ways we can walk and run.

#### **Activities**

Have the children sit in their personal spaces. Hand out the beanbags. Allow approximately one minute or less for each exercise. Make sure the children are using control. Poor performance does not improve the skills.

- Balance the beanbag on your head, your knee, stomach, hip, shoulder, hand, wrist, elbow, neck, back, and so on. If it is possible, walk away from your space and back to it without dropping the beanbag.

- Put the beanbag on your head and jump to shake it off. Catch it when it falls. -

- How far can you walk without dropping the beanbag?

- On your hands and knees, put the beanbag on your back and shake it off.

- Put the beanbag on the floor. Step carefully around it. Jump over it forwards and backwards with two feet together. Hop around it on one foot.

- Lie on your back. Grip the beanbag with your feet, raise your legs and drop it on the floor behind your head. Pick up the beanbag with your feet and return it to its original position.

- Throw the beanbag into the air with two hands and catch with two hands.

Talk about the 'underhand' throw - throwing by swinging your arm from the shoulder.

- Throw it from one hand to the other.

- Throw with one hand and catch with one hand.

- Throw and catch as you walk, hop, run.

- Put the beanbag on the floor. Find ways of making it move around the room without touching it with your hands.

- Crab walk with the beanbag on your stomach.

Hold the beanbag between your knees and hop like a rabbit.

Invent a new exercise with your beanbag.



### 3 - Game - EVERYBODY'S IT!

#### NEEDED:

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#### Tag - Everybody's It!

Let's play tag, and everybody's it. What a simple concept! Everyone is 'it', nobody wins or loses. The students can count how many people they tag, if they wish - but perhaps they should subtract one every time they get tagged! A very simple concept - try to tag others and try not to be tagged.

Stress that tagging is just a touch, and other than this there should be no bumping or pushing. Remember your personal space except for the tag, and try not to bump into anyone!

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### 4 - Game - SQUIRREL TAG

#### NEEDED: bucket of popsicle sticks, 4 colours of pinnies

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#### Squirrel Tag

- Divide students into 4 teams and put each team in a corner in the gym or play area. Each team is given a colour of pinnies and the players tuck the pinny in the back of their pants as a squirrel tail.

- Object of game: to have the most nuts at their home corner

- Students will run to the middle circle and grab only one nut at a time and take it back to their home corner.

Students may pull out the squirrel tails of opposing players. The tail gets put in the home corner. The player without the tail will have to go back to his home corner to get 3 nuts to pay the squirrel team who stole the tail as payment.

The middle circle of the gym is the safe area and no one may pull out a tail in this area.



## Rhythm - 5

**NEEDED:** marching music

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### **A Marching Dance**

Begin with a review of marching as you count to 8 and repeat. Now, ask the students to get into a large circle, holding hands. Gently move backwards until the circle is as big as possible, and then drop hands.

Clap and count 8 beats, standing in place. Now walk forward for the second eight beats, and backwards for the third 8 beats, clap in place for 8, forward for 8 and back for 8.....

Now clap 8 beats, turn to your right and march around the circle for 8 beats and turn 180 degrees and march the other way for 8 beats.

Can you put the two parts together? clap 8, into the centre 8, back 8, clap 8, walk to the right 8 and reverse 8. Practice it a few times and then add the marching music and see what happens!

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## Rhythm - 6

**NEEDED:** a drum

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### **A Jogging Dance**

Review the last lesson, marching to the 8 count and doing the Marching Dance to the drum beat.

Now, make the beat faster. Do the exercise above, but at a jogging speed. Step lightly to the sound of the drum.

You can try this to music - perhaps Do Your Ears Hang Low from <http://www.theteachersguide.com/ChildrensSongs.htm> or other song with a simple beat.

# 15 - Dance - The Hokey Pokey

## The Hokey Pokey

Have the students make a large circle holding hands, and then drop the hands.

In lines one and two, do the action specified.

In the third line, you can have the children wiggle their bottoms for the 'hokey pokey' words and then hold hands over head with elbows bent and turn in place with a single turn.

In the fourth line, face the center again and clap hands.

The students can sing the words, or sing to music.

You put your right foot in, you put your right foot out,  
you put your right foot in and you shake it all about,  
You do the hokey pokey and you turn yourself around,  
That's what it's all about!

You put your left foot in...

You put your right hand in..

You put your left hand in..

You put your head in..

You put your whole self in..

You can also repeat for right hip, left hip, right elbow, left elbow, and your backside.

<http://www.gardenofsong.com/midi/hokeypokey9.mid>

## Outdoors - Running 5

### Drop Everything and Run

"My school does a "drop everything and run" every Tuesday for the last 15 minutes so that can be added in to the D.P.A. We are fortunate in that we have a hiking trail close to the school that takes about 20-30 minutes to run up and back."

DEAR can be done with the whole school, several classes or just one. Have it planned well, so the students know exactly what to do.

You can keep track of the kilometres run by your class.



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## Outdoors - Running 6

### Let's Run to Hawaii!

Yes, of course you can't RUN to Hawaii, or Europe or China! But the distance can be run.... If it is just your class, pick some nearer goals first....

"We do "RUNNING FOR... " I had my students pick any place on earth they would like to vacation at or learn about. I told them we would run there for a "virtual field trip." They then had to use an atlas to figure out the distance from our local town to the town/city of that province or country. We marked our target on a map. Then we measured a kilometer around our school field. We began running that "track" to earn kilometers to our destination. (We drew from the calculated submissions and picked Hawaii).

When we had run enough laps (roughly 2 months) we celebrated and had a Hawaii themed day. We did a Hawaii web quest, dressed up, created food and shared it, sang and played songs, Hawaiian poems and Hawaiian art. As well, we had some volcano science crafts. Kids kept asking for running after that (even in - 20C!).

## 5 - Recess Games - Ball Games

### Big Black Bug

The children stand in a circle. The first player has a middle-sized ball that bounces well. The player bounces the ball while chanting "Big black bug, sitting on a rug, I one it, I two it, I three it, I four it, I five it, I six it, I seven it, \_\_\_\_\_ ate it". Then the ball is bounced to that person, who bounces the ball and says the poem. Keep going around the circle until everyone has had a turn.

### O'Leary

This is a game I played at school in the 1940's! We used lacrosse balls, if we could afford them, or other balls that bounce well the size of a tennis ball. We sang this:

One, two, three, O'Leary,  
Four, five, six, O'Leary,  
Seven, eight, nine, O'Leary,  
Ten, O'Leary, catch me.

The ball was bounced on each word, but on the O'Leary bounce the leg went between the ball and the hand. The ball is caught on the last word. If the player missed, she passed the ball to the next player, and on the next turn had to do the level over.

There were a list of levels (the above was #1), Level 2, on the O'Leary bounce the player had to clap once. Level 3 was, I think, turning around on O'Leary.

[http://www.toronto.ca/health/playground/pdf/playground\\_123\\_oleary.pdf](http://www.toronto.ca/health/playground/pdf/playground_123_oleary.pdf)

Note: I didn't quite say O'Leary - more like 'alairy' - and I found this obscure site which gives an interesting background:

[http://blog.oup.com/2007/04/one\\_two\\_three\\_alairy/](http://blog.oup.com/2007/04/one_two_three_alairy/)

### Jump the Ball

There is a line of kids one behind the other facing the wall and perhaps 3 m. away. The leader throws the ball against the wall and all must jump over it as it returns. Anyone that touches the ball goes to the back of the line, and must fetch the ball and return it to the leader. If the leader touches the ball, he goes to the back of the line and the next person becomes the leader.