

# Physical Activity Workshop

## Let's Get Moving!

Physical activity is so important to all of us; it's so important for the brain and learning in our kids!

We want kids to develop good habits in everything they do, and physical activity is one that is very important. Let's make it important at a young age.

Physical Activities that can get your kids, and yourself active

## Playing Card Activities

These are great activities to start the school year, as a warm-up activities or classroom fitness break.

1. Every child gets a playing card
2. Children place the playing card on forehead with number side facing forehead.
3. Begin play by start signal or start music
4. Children walk around the playing area, shaking hands.
5. After a pair shakes hands, they exchange cards, putting it back on their forehead without looking at the number.
6. This movement continues until the music stops
7. When music stops, children complete an activity the number of repetitions on the playing card that the instructor explained to them prior to starting.
8. If a child has a face card in their hand, they do 10 repetitions.
9. Continue this pattern as long as you want, inserting different activities.

Options:

1. Add 5 to the total on the card
2. Times two add to the total on the card
3. Allow the children to do partner activities
4. Allow children to do activities that need 3, 4, or 5 children to complete.

## Playing Fitivities – ([www.fitivities.com](http://www.fitivities.com))

Great Family game that gets everyone moving at one time!

-Can be played many different ways with 2-40 people from any age.

-Inside or Outside

-Can have 2-4 groups play at one time and each group is working independently while playing the game.

-Winner is when a group passes their home and completes the exercise they land on

-It can also be played for time, award a card every time they pass their home base. The winner would be the group that has the most cards.

-Also, each exercise can be completed for 15-30 sec. for a good workout without playing the game.

-Instructions for the game are included.

-Find Fitivities on Facebook and Twitter for updates and ideas periodically.

## Scarf Activities

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[www.skillastics.com](http://www.skillastics.com)

- 1) **Toss and Introduce** – Each participant receives one scarf. Activity begins with children walking and tossing the scarf with their dominant hand in a designated area. When they meet another participant they toss their scarves in the air simultaneously 3 times. On the first toss, one person says their name (i.e. “My name is \_\_\_\_\_”), on the second toss the other person says their name, and on the third toss they grab the other person’s scarf and then look to find another participant to repeat the process. The goal is to talk to someone different every time – hoping to introduce yourself to everyone in the group at least once.
- 2) **Partner Toss Shoulder** – Find a partner – “toe to toe”. Position the partners by having left shoulders touching. One person put a scarf in their pocket, so the partners are using one scarf between the two of them. Begin activity by tossing the scarf over head to partner while continuing to keep the left shoulders touching.
- 3) **Partner Toss Opposite Shoulder** – Find a different partner – “toe to toe”. Position the partners by having right shoulders touching. One person put a scarf in their pocket, so the partners are using one scarf between them. Begin activity by tossing the scarf over head to partner while continuing to keep the right shoulders touching.
- 4) **Partner Toss Backwards** – Find a different partner – “toe to toe”. Position the partners by having their backs against each other. One person put a scarf in their pocket, so the other partners are using one scarf between them. Begin activity by tossing the scarf over head to partner while continuing to keep backs against each other.

- 5) **Ball Toss** – Put the scarves down for now. Everyone get in one big circle, with one ball (any ball will do). Instructor will start. Will toss ball to someone and that person says' their name, how old they are, and one thing they like to do. The instructor can start first, and then passes it to someone. The goal is for all participants in the circle to have a turn to say their name, etc...

**Pinch scarf** - Transfer the scarf quickly between hands, (“hot potato”). Start with scarf waist high, move down by ankles, and then up above the head. Right hand only and then left hand only.

**Around body** - Stand straight, feet together. Transfer scarf around waist. Reverse direction.

**Around knees** - Stand with legs and knees together and bend over and rotate scarf around knees. Reverse direction.

**Around head** - Stand straight feet together and transfer ball around head. Reverse direction.  
**Waist/Knees** – Put together – once around knees and once around waist, repeat. Reverse direction.

**All three together** - Once around knees, once around waist and once around head without hesitating. Repeat and reverse direction.

**Single leg circle** - Circle scarf around one leg at a time, right then left. Reverse the direction.

**Circle Aerobics** –

- a. Around the waist, step directly left side with left leg, around the left knee, repeat
- b. Around the waist, step directly right side with right leg, around the right knee, repeat
- c. Around the waist, step directly forward with left leg, around left knee, repeat (like a lunge)
- d. Around the waist, step directly forward with the right leg, around right leg, repeat (like a lunge).
- e. Alternate between left forward and right forward. Example; around waist, step forward with left leg, around left leg, around waist, step forward with right leg, around right leg, around waist, repeat
- f. Putting it All Together: around waist, step directly left side with left leg, around left knee, around waist, step directly forward with left leg, around left knee, around waist, step directly forward with right leg, around right knee, around waist, step directly right side with right leg, around right knee, around waist, repeat.

**Toss and Catch** –

- a. Toss and catch with dominant hand
- b. Toss and catch with non-dominant hand
- c. Toss, touch opposite shoulder and catch with dominant hand
- d. Toss, touch opposite shoulder and catch with non-dominant hand
- e. Toss with dominant hand, touch both shoulders with opposite hands and catch scarf
- f. Toss, touch opposite knee and catch with dominant hand
- g. Toss, touch opposite knee and catch with non-dominant hand
- h. Toss with dominant hand, touch both knees with opposite hands and catch scarf
- i. Toss, touch opposite ankle and catch with dominant hand
- j. Toss, touch opposite ankle and catch with non-dominant hand

k. Toss with dominant hand, touch both ankles with opposite hands and catch scarf

**Figure Eight** - Start with legs shoulder width apart and knees bent. Transfer the scarf from one hand to the other in a figure 8 pattern around the knees. Reverse direction.

**Three left, 3 figure eight, 3 left** - Circle three times around right leg. Circle three times in a figure 8 pattern around the knees and then finally circle three times around left leg. Repeat the whole series. Also reverse direction.

**Figure Eight over back** - Complete one figure 8 pattern. Lift ball over right side of the back with right hand, transferring ball to left hand over back. Bring ball down with left hand down left side of the body. Complete figure 8 pattern. Ball ends up in left hand after pattern. Repeat, lifting ball with left hand, transferring ball to right hand over back. Repeat.

**Figure Eight Shuffle** - Shuffle legs alternating from front to back. At the same time, transfer the ball between the legs in a Figure Eight pattern.

**Butterfly** - Lay on your back. Lift legs and rotate scarf in a figure 8 pattern around legs. Repeat and reverse direction. Options: Keep legs together, rotate scarf around the legs both directions. Finally, three circles around the left leg, one figure eight, three circles around the right leg, repeat. Options: Legs together, rotate 10 times around clockwise and 10 times around counter clockwise. OR, rotate 3 times around left leg, one figure 8 and then 3 times around the right leg. Repeat.

#### **Partner and Group Scarf Activities:**

Line all participants up with a partner (toe to toe), the length of the floor. Each person has a scarf.

- 1) **Double Toss** – Begin activity by tossing back and forth, right hand to right hand and left hand to left hand, alternating.
- 2) **Round About** – Partners begin with a scarf in their right hand. Together they pass the scarf on to their own left hand. Now a scarf is in each person's left hand. Then each person passes the scarf from their left hand to the other person's right hand. Repeat this circular rotation. Option would be to reverse the rotation
- 3) **Partner Figure 8** – Partners begin with a scarf in their right hand. Activity begins when they simultaneously pass the scarf under the left leg and then under the right leg (In a figure 8 pattern). When the scarf ends up back in the right hand, each person passes the scarf to their partner and both repeat the process.
- 4) **Behind the Back Pass** – Partners put left shoulders together. Each person has a scarf. Begin activity by passing the scarf behind the back to his/her partner with the right hand. Repeat. Option is to try with right shoulders together and passing with the left hand behind the back.
- 5) **Toss and Switch** – Partners face each other about 3 feet away from each other. Activity begins with each person tossing and catching their scarf with their dominant hand 3 times. On the third toss, partners run and catch their partners scarf before it hits the ground. Repeat, but this time move apart a little farther from each other. The goal is to see how far apart you can go from each other yet still catch both scarves.
- 6) **Scarf Partner Tag** – One scarf for each two people (one person tucks extra scarf in pocket or waistband. Activity begins with partners passing scarf back and forth to each other while music is playing. When music stops, the person who has the scarf, turns and

runs **straight** toward the wall. The other person chases them, trying to tag them before they touch the wall. Make a practice run first, emphasizing the importance of running straight toward the wall, so not to run into another participant.

## **Additional Activities**

1. **Train Like a Pro!**- emulate various sports, 10-15 sec. each one
  - a. Kick a field goal
  - b. Shoot a jump shot
  - c. Run through tires
  - d. Swing a bat
  - e. Serve a tennis ball
  - f. Spike a volleyball
  - g. Swing a golf club
  - h. Throw a football
  - i. Swim
  
2. **Take a Seat**- stand in front of a chair, do each one 8-10 times
  - a. Stand up and sit all the way down-repeat
  - b. Stand up and sit halfway down-repeat
  - c. Stand up and barely touch the chair with your legs-repeat
  
3. **Rock-Paper-Scissors**
  - a. Hands
  - b. Feet- feet together is rock, feet apart is paper, feet split is scissor
  
4. **Rock Paper Scissor Olympics**- Have all the participants on one side (bronze medal), they will do “rock, paper, scissors, show” and on show they will put out rock paper or scissors. The difference is they will use their feet. Rock=feet together, paper=feet apart, scissors= split one foot in front of the other. They can stand or they can jump with their feet together while saying rock paper scissors showt. If they win at bronze, they move to silver (in the middle) find someone and play again, if they lose, they stay at bronze. Once at silver, find someone, play, if they win, go to the gold medal game (other side of silver), if they lose, go back to bronze. Once at gold, play with someone, and if they win, they get a playing card and go back to bronze and work their way back up. If they lose at gold, they go back to silver and play again. At the end of time, stop the game and ask who got at least 1 gold medal, and so on.
  
5. **Playing with a Full Deck**-  
Everyone takes a card. It doesn't matter if they look at it or not. Walk around Tap a person on their shoulder and then exchange cards. Once you stop the music when time

is up, they circle up and put their card face up in front of them and do the action you show them (pick one from the Fitivities mat). They will do the action the number of times that is on their card. Number cards are face value, face cards are 10, Aces can be 1 or 11 (whichever you choose), and jokers can be zero.

6. **Deal a Healthy Heart**- see last sheet for example and explanation
  - a. Have children pick an exercise for each suit, face card, ace, and joker
  - b. Make sure to have a sheet that tells them what to do for each one to make it easier for them to remember.

## **DEAL A HEALTHY HEART!**

**Each group will have their own deck of cards in the middle of you circle face down. Once person turns the top card over and sets it on the ground. Your group will then perform the listed exercises according to the card dealt. When completed, turn the next card in the pile over. When you have completely gone through your deck of cards, you are done.**

**KINGS**- 10 PUSH UPS OR MODIFIED PUSH UPS!

**QUEENS**- HOLD THE PLANK POSITION FOR 10 SECONDS. Can you hold a leg up and do it?

**JACKS**- 10 SQUATS-OR SQUAT JUMPS. Can you get to parallel each time?

**SPADES**- THAT # OF CRUNCHES

**HEARTS**- THAT # OF JUMPING JACKS

**DIAMONDS**- THAT # OF MOUNTAIN CLIMBERS-TO MAKE IT HARDER, WIDER LUNGING KNEES!

**CLUBS**-THAT # OF ALTERNATING LUNGES

**ACES**- ONE STAR JUMP!!

**JOKER**- WHOEVER DRAWS THIS CARD-YELLS- "JOKER!" EVERYONE IN THE GROUP STOPS AND IMMEDIATELY AS A GROUP, RUNS ONE LAP AROUND THE GYM!