



Warm up & DPA Activities



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4 Minute Hands Up Team Challenge

By: John Byl

It is best to start this activity with group members scattered about the area (i.e. not in a circle).

Start by stating, "Everyone knows that the ultimate test of teamwork is for a team to hold their arms in the air (demonstrate, with arms stretched) for four minutes. It is almost impossible for anyone to do this without teamwork. Let's see how good you can do. Ready, begin!"

It can be extremely uncomfortable to hold your arms stretched outwards for four minutes, but by placing your arms on the shoulders of other team members, the challenge becomes easier for everyone 😊

From: February INPUT



A Few Websites

The government is producing some resources to assist teachers in DPA. You can check them out at:

<http://www.edu.gov.on.ca/eng/teachers/dpa.html>

There are some extra game ideas that you will find helpful to supplement the Everybody Move resource.

I ran across a neat movement website with lots of neat information on exercise and nutrition for kids and parents. There are also neat movement areas where you can go to some fun activities including an active fitness challenge. The section on “move mixer” is neat as you can move to pre-set dances or arrange them on your own. A few new activities to add to your Everybody Move ideas. The website is www.kidnetic.com



A Great Warm Up

By: Mark MacDonald

Another teacher gave me this one. Put four mats on the floor and divide the class into two. Put the mats into 2 groups of 2 touching each other and each team on one pair of mats. I then said three rules: 1) Don't touch the floor 2) Don't ask me any questions and 3) the first team to have one person shake my hand at the other end of the gym wins. Well they looked at each other jumped up and started all doing different things (works best for older kids). Once we had a winner we reflected on strategies and tried again.

Variation:

Put four mats on the floor and divide the class into four and then try the same activity--they'd have to wiggle and squiggle the mat forwards.



ABC Fruit and Veggie Salad

By: John Byl

Have your players, one by one, identify a fruit with a letter and a 15 second activity. For example:

- A = Apples bobbing in the water
- B = Bananas eaten by climbing monkeys
- C = Coconut falling and bouncing on the ground
- D = Dates also shriveled up in a small tight ball
- E = Endive waving in the breeze
- F = Figs energizing us and making us jumpy
- G = Gourds that we pretend to juggle
- H = Honeydew Melon that we pretend to bowl with
- I = Iyokan that we toss back and forth with a partner
- J = Jalapeno Pepper that has us hopping hot
- K = Kiwi's that we pretend to toss from behind our back and catch in front of us (use both sides)
- L = Lime that we pretend to toss from in front of us and catch on our back (use both sides)
- M = Mango Pit that we can toss a long way
- N = Nectarine which we peel open in a one long, long peel
- O = Orange which we spin and spin on one finger of our hand
- P = Pear which we take big bites out of
- Q = Quandong as we slowly walk through a desert area
- R = Radishes that are so hot they make us run on one spot
- S = Strawberries that we squat to find in the plants
- T = Tomato that we roll down our right arm, over our shoulder, to the tip of our left hand, and then back again
- U = Ugli invites us to make ugly expressions with our face
- V = Vegetable spaghetti that makes us all wobbly
- W = Watermelon is on the ground and very heavy and we pick it off the ground very carefully with a straight back and using our feet
- X = Xylocarp that need needs to be bounced off the ground to break it open
- Y = Yumberries that are picked from a large bush
- Z = Zuchinni which is very long and wants us to stretch as long and tall as possible



Ape Walk

By: John Byl

Here's an interesting little way to warm up. Instead of walking around the gym have the students/athletes do an ape walk. To do an ape walk simply have the players hold their ankles with their hands and then to their lap(s).



Basketball: No Ball All Sound Warm Up

By: Stephen Bowler

This is a free flowing creative activity for any grades in elementary school

Focus: Working on basketball skills and sounds without using a ball.

Skills used: Shooting, dribbling, passing (chest, baseball, bounce pass), or anything BE CREATIVE

Instructions:

- Group of 4 - 6 students
- In their group, each member creates a motion associated with a basketball skill and a sound to go along with that motion to teach the other group members.
- When the groups have their basketball motions figured out, all the groups will come back together in one big circle
- Within the circle each group takes a turn to present their basketball skill and sounds.
- Each member does their motion/sound and wander inside the circle.
- After going through the group once, everyone joins in.
- This is repeated for all groups until every group has gone.



Basketball: Snake Catcher Game

Pat Aitken for PE Update.com

Snake Catcher is a game that will improve your players' running, dodging and dribbling skills.

Setup

On a basketball court, form five teams of five players and give each team a number. Provide each player on Team One with a rope, and the players on the other teams a basketball.

How to Play

When you signal, Team One players run around the court, holding a rope loosely between thumb and forefinger. The other players dribble their ball, trying to step on a rope and pull it free. If they succeed, they get a point for their team. After a rope has been pulled free, the Team One member picks it up and continues running.

Players who break the rules of dribbling (i.e. using two hands) must leave the game and complete ten chest passes before returning. If players are caught holding the rope too tightly, they lose five points from their team total.

After five minutes the points are totaled and other players become rope holders. The team with the highest score wins.

Variation

The game can also be played with smaller teams.

http://www.physicaleducationupdate.com/public/basketball_games_pe_games_basketball_leadup_game_snake_catcher.cfm



Car Driving

By: John Byl

One of the favourite warm ups for my primary kids is the "Driving Warm up". The students respond to various cues and "drive" around while warming up. Since there are 13 cues, they have a lot to remember.

Speed limit -walk around at normal speed.
Bumpy road -skip
Narrow road -gallop
Interstate -run
Flat tire -hop on one foot
Out of gas -sit
Emergency -freeze
It's raining -jumping jacks
Traffic jam -3 push ups and return to speed limit
Stuck in the mud -run in place
School zone -walk slowly
Construction zone -leap over potholes
Ambulance -go to the closest wall

I have created driver's licenses for the students. Students who do not respond properly to the cues would be in danger of getting a ticket-but I don't have any problems.

In order to save my voice (it's a big gym) I have written the cues on cards and as they are raised, the kids have to respond.

You can restrict the space so they have to drive even more carefully.



Cha-Cha Slide

By: Paul Cutherbertson

Cha Cha Slide - Perfect for primary dpa and most juniors love it too!

<http://www.youtube.com/watch?v=VPOzEvAroYs>



Dance Moves

By: John Byl

The Lawn Mower: Walk forward with both hands on an imaginary lawn mower and then turn on the beat and go backwards with only one hand on the mower. Your head can keep the beat with bobs or something else.

Cue-tip: Twist an imaginary Cue-tip in your ear to two or three beats, depending on if the music is $\frac{3}{4}$ or $\frac{4}{4}$, and on the final beat lunge in the direction of the hand holding the Cue-tip to throw it away. Repeat.

School Bus Driver: Drive a school bus with arms up for four beats. Then on each beat, open the bus door, close the bus door, press the gear shift forward and start driving again.

Prairie Pick-up Truck Driver: Hands up in a driving position, rocking right, left, right, right hand open to wave position without leaving steering wheel. Repeat.



Easter Egg DPA & Fortune Cookie Fitness

By: John Byl

Inside a plastic Easter egg insert slips of paper that include instructions like:

- Hop 10 times on each foot
- Do 7 push-ups
- Do 10 jumping jacks and say I am fit! for each jump
- Sit down and stand up 5 times

Fortune Cookie Fitness: Partners pass the egg to each other, take a step back, pass the egg, until it drops. The partners then open up the cracked egg and do the activity. They put the paper back in the egg, get a new egg and start activity over again seeing how far apart they can get without dropping their egg.

Easter Egg hunt: Hide the eggs and students try to find the eggs. When students find the eggs they do the activity, hide the egg and try find another egg.

Musical Easter Eggs: People move around the room to music. When the music stops the participants pick up an egg from the floor, open it up and read the instructions, do the activity, return the instructions to the egg, put the egg on the floor, and move around the room when the music starts. Careful not to squash any eggs.

Fortune Cookie and Easter Egg Hunt come from a resource called Everybody Move.



Everybody Move Hula Hoops

By: John Byl

Teach several funky moves from the Everybody Move resource (pp.155-)

Put out enough hoops for each person in the class. Turn on the music and have students move as they wish to the music. At one point call out a move like Funky Fish! Players each go to a hoop and demonstrate the Funky Fish. Remove one hoop and have students move to the music again. At one point call out a move like, Hit the table! Players go to a hoop and demonstrate Hit the table. Two players will need to share one hoop.

Keep going till there are only a few hoops left and lots of kids are in each hoop each doing a particular move.

Another fun way to learn the moves.



Follow the Leader: Move Your Body

By: John Byl

Focus: Physical Activity

Asset Category: Support

Age Group: Ages 6 to 12 years

Group Sizes: All sizes of groups

Materials Needed: None

Learning Outcomes: Children will take turns being a leader. Children will identify who encourages them to do physical activity.

Activity: Explain that you're going to do an activity where you move in different ways. Have students spread out around the room. Name different ways to move (one at a time):

- zig zag as you run
- hop
- skip
- run fast
- walk backward slowly
- move like you have one more leg
- run like you're being chased by a lion

Stop the activity. Explain that you're going to name one child at a time. When the child is named, they should call out a way to move and everyone else will do what that child says.

Start the activity. Name one child at a time. Make it a point to name each child in the room at least once.

End the activity by asking questions such as these:

- How did you like being a leader to name a way to move?
- What do you like best about being active?
- How can you try these activities at home with your family?

Could do all of these movements while dribbling a basketball, soccer ball....



Indoor Cricket

By John Byl

Objective:

- To hit the ball into the playing area and run around the wickets without being thrown out.

Equipment:

- Cricket bat
- Ball (tennis ball)
- Two wickets (three pop bottles per wicket)

Setup:

- Divide players into two equal teams.
- The defensive players take an infield or outfield position.
- The offensive players come to the wicket, one at each end.

Instructions:

- The batters line up in front of the wicket (three pop bottles).
- The bowler throws the ball in an attempt to bounce the ball off the ground into the wicket.

Hitting the

wicket results in an out (or a dismissal).

- The batter attempts to hit the ball so it does not knock down the wicket.
- After a hit (any contact of bat and ball in any direction), the batter attempts to run to the far wicket safely.

- Runners may score up to six runs per hit:

1. One run: ball touches wall behind or beside batter.
2. Two runs: ball touches side walls in front of batter.
3. Four runs: ball touches far wall.
4. Six runs: ball touches far wall above head height.
5. OUT: ball hits ceiling.

- If the wicket is knocked down while the runner is between wickets, the batter is out.

Variation:

- Use a soccer ball.



Indoor Curling

Bill Serbin

Use 16 juice container caps for this game to make your stones. Line the inside of eight of them with orange (or other colour) construction paper (the other ones can remain black).

Get a 1.5 metre (5 foot) long sheet of butcher paper and draw out one curling sheet (see the following website for what a sheet looks like and for more information on curling).

<http://en.wikipedia.org/wiki/Curling>

Then take turns sliding your "rock" closer to the centre of the circle.



Jumping Push Up

By: John Byl & Chris Wilson

Three people are in a push up position beside each other. The player on the far left shuffles (on their hands and toes) to the left while the player on the right stands up, hops over the middle person (to become the new middle person), and goes into a push up position. The player that is now on the far right shuffles further right and the player on the far left stands up, hops over the middle person, and goes into a push up position. Then the player on the far left shuffles left, the right person stands up, hops over the middle person, and goes into a push up position. They have now completed one cycle.

Players try to complete as many cycles as they can in one minute.

Another Push Up Exercise: Players face each other in a push up position. Players try to knock the other down by pulling the arm away from their partner or just by knocking it away.



Knights, Horses, Cavaliers

Catriona Watt

This game is great for a getting to know people or just for fun.

Everyone gets into pairs.

One of three options is called out as everyone mixes/mingles around the space...

1. Horse: one partner gets on their hands and knees, while the other sits on them (they can pretend to sit on them if this is beyond comfort level/age appropriate).
2. Knight: one partner kneels on one knee, while the other sits on this knee (again pretending is okay)
3. Cavalier: one partner "carries/holds" the other person- a common modification is for the person being held to have one leg on the ground for stability.

Each time the person leading the game yells out one of these options and partners rush to find each other and do the correct pose. The last pair to do this is out.



Mini Tournaments & DPA

By: John Byl

The other day I visited a smaller school with some extra gym time. One way they organize DPA is having school tournaments scheduled each day. They play mass 15-minute games and then have their walk to and from their classroom and they get the DPA in that way two classes at a time competing in the gym for 15 minutes.

To schedule these tournaments within a few minutes you can use one of over 1,000 Word Scheduling templates available at:

<http://www.humankinetics.com/products/showproduct.cfm?isbn=9780736059527>

I thought it was a cool idea from this school.



No it's Not a Pool Noodle

By: John Byl & Chris Wilson

It is best used as a warm up activity or a cool down activity at the beginning or end of a phys-ed period.

Each student gets a pool noodle and forms a large circle. One person starts the game by saying "No - It is not a pool noodle, it is a _____. The students have to come up with something else that the noodle could be used for in relation to athletics or creative movement. The students then use the pool noodle as that object mimicking that type of action until someone else comes into the circle.

Some common examples that the noodle can be used as:

1. skipping rope
2. baseball bat
3. hockey stick
4. Dumbbell

Variations:

A different version is also in CIRA Ontario's book, Follow the Leader, in which one person takes an object such as a pencil and says this is not a pencil it is towel. The group then lists leadership ideas that a towel suggests, for example, leadership sometimes takes some sweat, or leadership should sometimes be soft ("A gentle answer turns away wrath"), or.... Then the next person takes the pencil and says this is not a towel it is ball. The group then lists leadership ideas that a ball suggests, for example, leaders need to bounce along not take everything too hard, leaders should bounce ideas off the group, leaders should be able to pass the ball and delegate....

If the whole group had their own pool noodle, they could follow along with the actions that the leader creates, so that everyone is actively participating. I.e. Everyone pretends to throw the noodle like a javelin until the next scenario is suggested.



Not Our Bean Bags

By: John Byl

Number of Players: Two teams of at least five players

Supplies: Open playing area with a line marking the middle

Thirty or more bean bags

Aim of the Game: The object of the game is to keep the bean bags off of your side of the play area. Players will develop an awareness of and practice the mobility needed to run around with and from other children, and some throwing skills.

How to Play:

1. Have players split into two teams and line up at each end of the gym or field. In the middle of the play area, line up around thirty or more bean bags all across.
2. Yell go! Players proceed to throw bean bags on the other side of the play area. After a few minutes, yell stop or blow a whistle. Players drop the bean bags where they are.
3. Count the bean bags on each side. The side that has fewer bean bags wins.

Variations: Instead of using bean bags use sponges, pool noodles..



Odds and Evens

By: Chris Wilson

A partner game where one player is "evens" and one is "odds". Players throw like in RPS, but the call is "once, twice, thrice, shoot". On shoot you throe one or two fingers. If it is odd(different) the "odd" player wins. If it is even(same) the even player wins. Play best three out of five.



Power of Music

Focus: Physical Activity

Asset Category: Constructive Use of Time

Age Group: Ages 6 – 14 years

Group Size: All size of groups

Materials Needed: A tape player with music (or a CD player or an mp3 player that has speakers) a variety of music that your children would like.

Learning Outcomes: Children will learn that fast-moving music that they like can help motivate them to exercise.

Activity: Say something like, “Researchers have found that when we listen to music as we exercise, we’re more likely to move more and for a longer period of time. In fact, many athletes listen to music to keep them moving.”

Explain that you’re going to do an activity where students move to the music. Play one kind of music (one at a time) and lead students in movement. For example:

- Play fast music and run around or break dance.
- Play marching music and march.
- Play soft music and breathe and stretch.
- Play slow music and do bent knee curl-ups or push-ups.
- Play loud music and do jumping jacks.

End the activity by asking students such as these:

- Which kind of music got your heart beating the fastest? Why?
- Which kind of music made you stop moving? Why?
- Which kind of music was good for stretching?

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Principal is Coming to Ottawa

By: John Byl

I was at a conference and took the opportunity to lead 400 people at lunch through a very short activity break. I used the ideas of Principal's Coming found in the Everybody Move resource but changed it to Visiting Ottawa since the conference was in Ottawa.

I used:

- Marching on the spot to represent the Military.
- Hands going up to one's face to the right and then to the left to represent tourists (taking pictures).
- I put one hand up and galloped on the spot to represent the RCMP.
- I had a rowing stroke going for rowing/ canoeing down the canal.
- The final one was to sit down and be quiet because the Prime Minister is coming.

I used "Marching Circus" as background music because it has a nice strong beat.

In your situation you can also create your own variations on "Principal's Coming."



Ready, Set, Shoot

By: Andy Raithby

A great warm up activity as well as a great DPA activity (kids could probably do this for the whole ten minutes :-)).

Players pick a partner. Players face each other and put one (or two for older kids) hands behind their back. They circle each other like sumo wrestlers and one player calls out "Set", the other follows with "Shoot". On the "Shoot" command both players put out their hand(s) showing a few fingers. The first person to add up the total fingers for both players wins. The loser must do a fitness challenge-run to the end of the room and back, do some push-ups, chicken jacks. You could have partners wait for their partner to come back or they could speed up the activity level by finding a new partner and playing again.

Variation: by Linda MacDonald

I used your game as an OT today. Instead of sumo I had them jog 10 times then do set go rather than shoot, loser had to do 10 whatever's that winner told them to do. (I.e. Pushups) Then they started the next round by doing the pushups or whatever exercise the loser had to do. We used multiplication in 4 5 group. Then we created groups of 3 and 2 students fingers were multiplied and the 3rd added. They loved the game and I could see it as great DPA in class. We were outdoors due to construction and they invented many different challenges for their partners. About 20 minutes.



Rollin Wagon Wheel

By John Byl

Divide players into five or more groups of about five players per team. Place a ball on the ground and have the teams line up like spokes around a hub (the ball). Number players off from closest to the ball (1) to furthest away from the ball (5).

Call out a number. Each player with that number runs around the entire wagon wheel and, when returning to their team, crawls underneath the legs of their teammates (who have created a tunnel by standing with their legs apart in a line) and tries to be the first to retrieve the ball.

Go again with a new number.

Forum Ideas

Variation by John Byl:

Could also do this game with one scooter for each team and rather than have players run around have the called player lay down on a scooter and pull themselves around the circle and down the tunnel.

Variation by John Byl:

Could also make it more active by having the players in line do jumping jacks as they wait for their player to get around--they stop doing jumping jacks when their player returns to the line so a proper tunnel can be formed

Variation by Unknown:

You could also have more than one item in the middle and assign different point values for each. So first person there gets a higher point valued item, and so on.



The Ladder Game

Catriona Watt

In this game, everyone pairs up and sits with their legs straight and feet touching (partners are across from one another) with pairs lined up... looking like a ladder (<-- represents a person in the following diagram)

<---->

<---->

<---->

Number each pair of students

<----> 1

<----> 2

<----> 3

etc

Now the person leading the game begins by calling out one number. When a pairs' number is called, they get up and run to the right (stepping carefully over others feet in their pathway). At the end of the line, they go around the outside (peoples backs) and then to the beginning of the other end of the line. Then they step over feet again and return to their spot. *Remind students to keep their legs together to make this easier/safer.

The leader can continue to call out single numbers, then two numbers, then three, even or odd numbers, etc. to keep things interesting (get creative by saying "If a person in your pair.... then go")

At the end, get everyone to go. This game is positive and friendly but also slightly competitive if used well.



Toe Stomping Good Time

By: John Byl

A fun little combative warm up is to face a partner; each player places both hands on the other player's shoulders. At the signal to begin they try to step on their opponent's toes while avoiding having their toes "stomped" on. It is harder than it sounds.

The other day I tried it with three people, hands placed on the shoulders of the players beside, forming a triangle. It worked well.

I did not try four or more and am not sure if it would be harder or easier with more people—I'm guessing somewhat easier to get stomped on so maybe three or four players is the limit.



Video Game

By: Anita Moffatt

This activity can be used as a warm up to most PE lessons and my Y5 children still haven't tired of it!! Children respond to the following video controls, using the appropriate actions:

Play - walk around

Rewind - run / walk backwards

Fast Forward - run

Pause - jump on the spot

Stop – stop



Volleyball/Basketball

Divide students among available basketball nets in your gym. Two students stand on either side of each basket (throwers), each with a volleyball. Rest of group lines up an age appropriate distance from the basket (shooters).

One at a time, shooters take a toss from one of the throwers, and attempt to volley or bump the volleyball into the basket. Successful attempts are worth 3 points, hitting the rim is worth 2 points, and hitting the backboard is worth 1 point.

Set an appropriate number of points for the groups to try to reach. Once they reach the class goal, they can continue to try and set their own record. Alternate throwers in the group, so all students get an opportunity to work on volleyball skills.

To make it easier, each shooter can score multiple points per turn. For example, Student A volleys the ball and it hits the backboard, bounces off the rim twice, and then goes in the basket, they would score 8 points for their team.