

# CSH 2015

Healthy  
Living



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## **Outdoor DPA**

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**Take your kids outside this winter! This workshop promises to leave you with some great outdoor activities that you can do with your class during the winter months. We know that you'll leave with a new appreciation for the amazing benefits of outdoor activities across the seasons.**

## **Warm up: How Long is a Minute?**

This game helps to develop counting skills, time awareness, and gross motor skills.

It can be played as a warm up activity or a transitional activity (for example, when students are lined up and waiting for the recess bell).

**Materials:** Stopwatch, optional action cards

### **Instructions:**

1. Pick a movement: running laps around a particular areas (soccer field), jumping jacks, arm circles, free style dance, etc. (You can have premade action cards to draw from a hat)
2. When told to “GO”, students perform the activity for what they think is a minute. They can count in their head, but not aloud.
3. When each student thinks the minute is up, they stop the activity and put their hands on their head.
4. As the clock-watcher, do not say when the minute is up. Let most students stop the activity first and then say who was closest to the minute. Do not go longer than 1.5 minutes or the students waiting will lose interest.
5. Repeat with a new action.

### **Extensions/Modifications:**

- \* Change the game to “How long is 30 seconds?” for younger students, or for a quicker game.
- \* If students lose interest, partner them up and have them try to distract each other’s counting.
- \* Pick actions that everyone in your class is comfortable doing.
- \* If a student cannot participate, allow them to watch the clock and call out the winner.
- \* To cool down, the last “action” can be SILENCE or a silent activity (such as balancing on one foot)

## **Ultimate Chicken**

**Materials:** Rubber Chicken, Pylons

### **Instructions:**

1. Divide the group into 2 teams. Designate an end zone for each team and mark the lines with pylons.
2. By throwing the chicken, complete a pass to each member of your team without a drop or an interception.
3. Catch a pass in the opponent's end zone.

### **Rules:**

- While in possession of chicken you cannot take any steps.
- If the chicken is dropped it goes to the other team.
- If there are 2 players fighting over the chicken, there is a chicken toss.
- Once a point is scored, the losing team walks back to the other end and the scoring team chucks the chicken to them when ready.
- Any players taking this game too seriously will be sent directly to the penalty box!

## **Rock Paper Scissors - Capture!**

**Materials:** optional - pylons to mark the centre line

### **Instructions:**

1. Split the group in half.
2. Decide as a group, the actions for Rock, Paper, and Scissors.
3. Each team has a 30 second huddle to decide on two RPS
4. Come to centre and all shout together: Rock, Paper, Scissors! and then throw (best to use full body positions for the RPS).
5. The winning team chases the other team back to their end zone trying to tag as many as possible to capture them. If tagged, they become players on the other team.
6. Repeat until only one team survives.

NB: if there is a draw then you start the Rock Paper Scissors Throw again and do the second move.

This game works well for about 10 minutes.

## **“Up Down” Indoor and Outdoor Activity**

Duration: 3 minutes X 5 physical motions

**Materials:** Tall pylon cones (about 10 or 15), Whistle, Timer

### **Instructions:**

1. In a safe environment, randomly place the pylons in the designated activity area
2. Divide the students into two groups and identify the activity area
  - a. They cannot go farther than the designated space
3. Assign one group to be the Up team, the other to be the Down team
4. The Down team is responsible for putting down all the pylons standing up
5. The Up team is responsible for putting up all the pylons lying down
6. Demonstrate to the students what a Up/Down pylon looks like for clarity
7. Allow the students to play the activity without any physical motions for 3 minutes
8. If available blow the whistle to grab the student attention and indicate the end of the first round.
9. Count the number of Up/Down pylons to determine the champions.
10. Next round, suggest a physical motion for each team; for example, the Up team must skip and the Down team just lunge
11. Restart the game for another 3 minutes and repeat the game for about 5 times, with different physical motions each time

### **Rules:**

- No kicking the pylons
- If putting pylons up, the pylons must be picked up and put up right
- If putting pylons down, pylons must be picked up and put on its side
  - No pylon swatting
- No hovering
  - Once pylon is up/down, the player must move on
- No safeguarding a pylon
- No-contact activity; hands and feet to themselves
- No switching teams

### **Ideas for physical motions:**

- A simple warm-up walk around is suggested
- Jump, skip, lunge, zombie walk, space walk, heel-to-toe, crab walk, monkey walk,
- Zombie walk focuses on slow movement
- Space-walk focuses on taking large steps or leaps
- Another motion could be to hop
- A cool down walking round is suggested as well. It lets everyone know the activity is coming to an end and we are winding down

## **DPA Resources**

Daily Physical Activity: A Handbook for Grades 1–9 Schools

<https://education.alberta.ca/media/318500/handbook.pdf>

Daily Physical Activity: Catalogue of Activities Kindergarten to Grade 9

[http://www.bced.gov.bc.ca/dpa/pdfs/k-9\\_physical\\_activities.pdf](http://www.bced.gov.bc.ca/dpa/pdfs/k-9_physical_activities.pdf)

Healthy Schools: Daily Physical Activity <http://www.edu.gov.on.ca/eng/healthyschools/dpa.html>

On Your Way with DPA

<http://www.tcdsb.org/ProgramsServices/SchoolProgramsK12/Documents/FINAL%20DPA%20book%202005.pdf>

Take Me Outside <http://www.takemeoutside.ca/>

The Clipboard for Physical Education and Intramurals: DPA in your Class

[http://www.phecanada.ca/sites/default/files/daily\\_physical\\_activity\\_games\\_clipboard.pdf](http://www.phecanada.ca/sites/default/files/daily_physical_activity_games_clipboard.pdf)