

Activity Name: ZOO TAG

Subject: Physical Education/ Daily Physical Activity

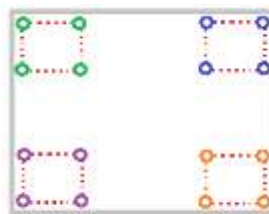
Grade: 1-3

How to Play:

- Students choose to be a zebra, kangaroo, antelope or cheetah. This will determine how they move during the game.
- Zebra = gallop, Kangaroo = jump, Antelope = skip, Cheetah = walk fast
- Students move around the play area, trying to avoid being tagged by the zookeepers
- Zookeepers tag the various animals, when tagged the animals are sent to the appropriate enclosure (each corner of the play area)
- Students remain in the enclosure until they are rescued by the monkeys
- Monkeys high five students in the enclosure to free them (rejoin the game)

Playing Area:

- Gymnasium, field, or open space



Zoo Tag Play Area

Participant Grouping:

- 1-3 students as zookeepers
- 1-2 students as monkeys
- remaining students various animals

Equipment:

- 16 cones

Variations:

- choose different animals for students to act like such as; bear, wolf, fox, lion, giraffe, etc.

Simplification:

- include more monkeys and a smaller play area

Extension:

- add more zoo keepers and a larger play area

Fundamental Skill:

Running, skipping, galloping, jumping.

Big Idea:

Grade 1: daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living

Grade 2: learning how to participate and move our bodies in different physical activities help us develop physical literacy

Grade 3: Movement skills and strategies help us to learn how to participate in different types of physical activity

Curriculum Competencies: students will be able to...

Grade 1: participate daily in physical activity at moderate to vigorous intensity levels

Grade 2: participate daily in physical activity at moderate to vigorous intensity levels

Grade 3: participate daily in physical activity at moderate to vigorous intensity levels

Content: students will know...

Grade 1: how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games

Grade 2: proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills

Grade 3: different types of physical activities, including individual and dual activities, rhythmic activities, and games

Activity Name: Dog Cat Chicken

Subject: Physical Education/ Daily Physical Activity

Grade: 1-3

How to Play:

- The wolf stands in the middle of the play area
- Remaining students stand in a line on one side of the play area
- Without telling anyone students pick to be either a dog, cat or chicken
- Students must be the same animal for the entire game
- Instruction calls out either dog, cat, or chicken
- All students that chose to be that animal run across the play area, the wolf tries to tag them
- If they get to the other side without being tagged, they are safe, if tagged they become a wolf
- Wolves can move anywhere in the gym
- Game continues until there is one student remaining

Playing Area:

- Gymnasium, field, or open space

**Participant Grouping:**

- 1-2 students start as wolf
- Remaining students dog, chickens or cats

Equipment:

None (pinnies for simplification)

Variations:

- use different animals to group students

Simplification:

- assign each student an animal (dog, cat, chicken); provide different colour pinnies for each animal

Extension:

- students must move and sound like the animal they have chosen

Fundamental Skill:

- running, skipping, galloping, jumping, dodging

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Activity Name: Animal Movements

Subject: Physical Education/ Daily Physical Activity

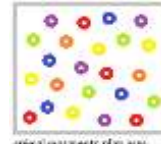
Grade: K-2

How to Play:

- Each student stands on a poly-spot
- Instructor holds up card with an animal movement on it
- When the music begins, students move around the play area like the animal on the card. This includes noises.
- When the music stops, students freeze on a poly-spot in a pose like that animal
- Students must remain frozen (including voices) until the music begins again
- Game continues using different animals each time

Playing Area:

- Gymnasium, field, or open space
- Spread poly-spots around play area

**Participant Grouping:**

- Individual

Equipment:

- 30 poly spots/cones
- animal cards
- Music/ music player
- (attached)

Variations:

- let students choose their own animals and have one student/teacher guess what animal they are

Simplification:

- remove poly-spots, students move around the space freely and freeze when the music stops

Extension:

- remove spots each round, there can be more than one student on a spot on freeze

Fundamental Skill:

- Running, jumping, galloping, leaping, balance

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Animal Movement Cards

KANGAROO



long, big jumps

BEAR



heavy/slow, on
hands and feet

FROG



crouch low to ground,
use hands to push off

ELEPHANT



stomp feet, and
use arm as trunk

SNAKE



slither on belly

GIRAFFE



walk on tip toes,
reaching for sky

Animal Movement Cards

SEAL



belly and legs on floor,
pull body with hands

INCHWORM



on hands and feet -
walk feet to hands, then
walk hands out

HORSE



gallop or skip

DINOSAUR



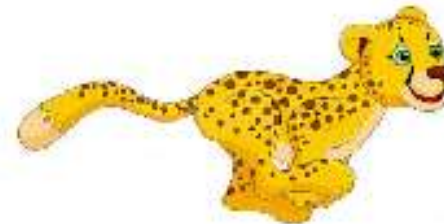
big wide steps

BIRD



walk while flapping arms

CHEETAH



run really fast

Activity Name: Animal Fun

Subject: Physical Education/ Daily Physical Activity

Grade: K-2

How to Play:

- divide students into 4 groups
- each group is at a station for 1-3 minutes, then rotate

Station 1: Frog Hop

- Students pretend to be frogs jumping across a pond
- crouch low to the ground, using hands to help push off
- must jump on the lily pads (poly spots), if they land in the pond, they get up, shake off the water and continue

Station 2: Kangaroo Jump

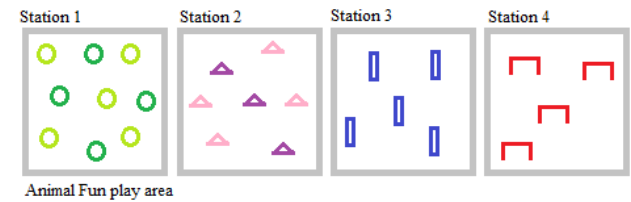
- Students pretend to be kangaroos jumping across a desert
- standing on two feet make low and long jumps
- must jump over the rocks (dome cones)

Station 3: Rabbit Race

- Students pretend to be rabbits hopping through the forest
- standing on two feet make small quick jumps
- must move around the trees (bowling pins)

Station 4: Gazelle Gallop

- Students pretend to be gazelles leaping over tall grass
- must leap over the grass (tall cones and skipping ropes to create hurdles)

Playing Area:**Participant Grouping:**

- Divide students into 4 groups
- Students work individually

Equipment:

- 10 poly-spots
- 15 bowling pins
- 6 skipping ropes
- 10 dome cones
- 12 tall cones
- station signs (attached)

Variations:

- include beanbags for students to transport through each station

Simplification:

- students choose which station they go to and when they switch

Extension:

- students go through each station twice

Fundamental Skill:

- Jumping and balance

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Station 1 FROG HOP



crouch low to the ground, hop on the lily pads

Station 2 KANGAROO JUMP



jump on two feet over the rocks

Station 3 RABBIT RACE



jump on two feet around the trees

Station 4 GAZELLE GALLOP



leap over the hurdles

Activity Name: Animal Junction

Subject: Physical Education/ Daily Physical Activity

Grade: K-2

How to Play:

- students move across the play area using an animal movement called out by an instructor
- when an animal is called, student cross the play area acting like that animal, including sounds

Animals to call:

- Bear: hands and feet on ground, bum up, slow heavy steps
- Bird: run while flapping arms
- Bunny: hop low to the ground
- Cheetah: run really fast
- Dinosaur: big wide steps, stomping,
- Elephant: stomp with heavy feet, wave arm like trunk
- Frog: crouch down and jump with two feet, use hands
- Giraffe: walk on tip toes with arms stretched up
- Horse: gallop or skip
- Kangaroo: long low two footed jumps
- Lion: run across while roaring
- Snake: slither on belly
- Turtle: walk in slow motion

Playing Area:

- Gymnasium, field, or open space

**Participant Grouping:**

- Individual

Equipment:

- None

Variations:

- let each student choose an animal for the group to act out

Simplification:

- students can choose to act out the animal OR make the sound
- only pick 2 or 3 animals and repeat the same animals for the whole game

Extension:

- as a group, students choose which animal they will act out, then the instructor will guess which animal they are

Fundamental Skill:

- Running, jumping, galloping, leaping, balance

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