



# PLAYBuilder: Fun Physical Activity and Physical Literacy Games for the Gym, Classroom, and Outdoors

COVID  
-  
safe



SCHOOL PHYSICAL ACTIVITY AND PHYSICAL LITERACY PROJECT

[www.schoolpapl.ca](http://www.schoolpapl.ca)



## Introducing PLAYBUILDER

PLAYBuilder is a platform and tool that provides educators with 700+ games and 100+ lesson plans for Grades K–7 that are aligned with the B.C. Physical and Health Education Curriculum. It is **free to use** for all educators!

The following is a sample of:

- COVID-safe, quick, fun, and engaging activities for K–2, 3–4, and 5–7 classes, and
- COVID-safe lesson plans

that are available through PLAYBuilder.

## Want more activities?

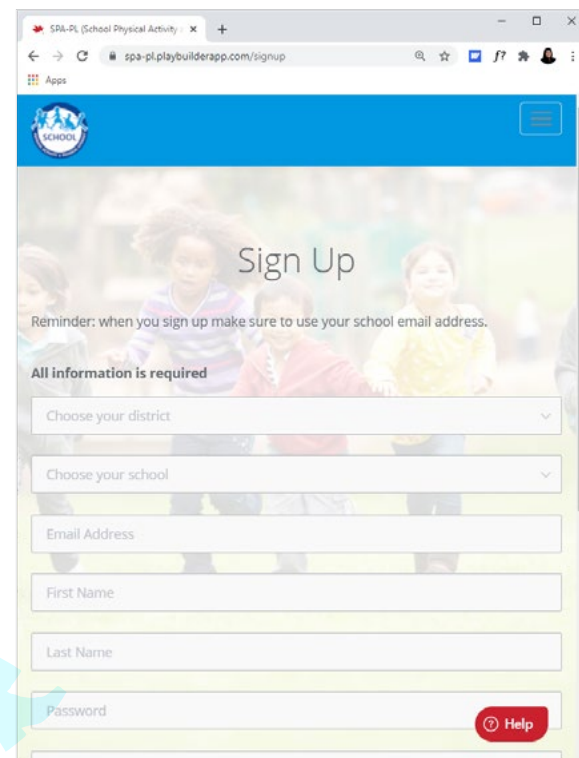
By registering for PLAYBuilder for free, you can access, share, and organize games, activities and lesson plans.

Create an account today to save time and revolutionize how you develop physical and health education!

### Access PLAYBuilder Now:

1. Watch this quick two minute video – [www.vimeo.com/458785363](https://www.vimeo.com/458785363)
2. Visit [schoolpapl.ca/resources-home/playbuilder](https://schoolpapl.ca/resources-home/playbuilder)
3. Select “Access PLAYBuilder Now”
4. Select “Create an Account”
5. To be approved automatically use your school email address
6. Confirm your account by clicking the link in an email from [support@playbuilderapp.com](mailto:support@playbuilderapp.com)
7. Repeat steps 2 and 3 to login and access 700+ games and 100+ lesson plans

Questions? Email us at [spapl@sportforlife.ca](mailto:spapl@sportforlife.ca)







# Grades K–2 Activities



## Skip Counting

Participants pair skip counting with body movements for better learning.

### Instructions

- Skip counting is counting forwards by numbers other than one, for example counting by twos, threes, fives, etc. Studies have shown that students who learned while doing whole body movement increase their math skills. Be creative with this activity. Here are some examples:
- Hop on left foot – whisper “one”, hop on right foot – whisper “two”, jump on two feet and clap while shouting “three”.
- Raise left foot, tap left knee with right hand – whisper “one,” raise right foot, tap right knee with left hand – whisper “two,” reach up to the sky and shout “three” (crossing the midline of the body stimulates both hemispheres of the brain).
- Be creative and make up your own.



## Alphabet Balance

Participants try to make their bodies into the shape of letters of the alphabet.

### Setup

- Participants spread out around the playing space.

### Instructions

- Teacher yells out different letters of the alphabet.
- Participants try to make their body into the shape of that letter.
- Encourage the use of different levels. For example, participants may lay on the floor to create the shape or stand up.
- Teacher may ask them to spell a short word or try guessing their letter for added fun.

Find more activities at  
[www.schoolpapl.ca/  
resources-home/playbuilder](http://www.schoolpapl.ca/resources-home/playbuilder)



## Freeze It

Participants practice locomotor movements and balancing on a number of body parts.

### Setup

- Before starting the activity, discuss the importance of balance and how it is used in other sports and daily activities. Give examples: Yoga, hockey, badminton, etc., and kicking, dodging, throwing, running, etc.

### Instructions

- Participants travel freely in general space, trying different locomotor movements chosen by the teacher and being careful not to collide with others.
- Teacher will call out a number that indicates how many body parts the participants are to balance on for five seconds. For example: If three is called out, they may balance on two hands and one foot. For five body parts, they may balance on two hands, two feet, and their head.
- Encourage creativity and remind them of the balancing cues. If someone is very creative, highlight them to the rest of the class.



# Grades 3–4 Activities



## Cross Laterals

Participants cross the midline of their bodies.

### Setup

- Stand up in open space.

### Instructions

- Participants copy teacher's movements:
- Lift one leg, touch with opposite hand – repeat a few times.
- Touch elbow to opposite knee – repeat a few times.
- Touch hand to opposite foot behind your back – repeat a few times.
- Modified jumping jacks – feet wide, arms out to side – jump and cross legs and arms – repeat a few times.
- Create their own.



## If You Like

Participants do said exercise if phrase applies to them.

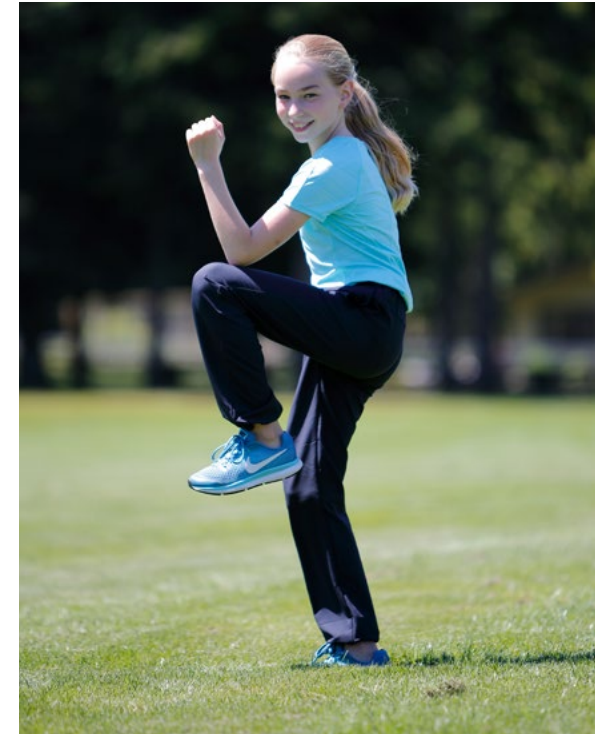
### Setup

- Participants spread out in the playing space.

### Instructions

- Ask participants questions and give them an exercise they must do if it applies to them. Examples below:
  - If you like strawberries, do 5 squats
  - If you like swimming, do one lap
  - If you have a pet, do 5 hops on one foot
  - If you have green eyes, balance on one foot for five second
- Ask volunteers to give examples.
- Try to pick things that apply to the majority so they get a good warm-up.

Find more activities at  
[www.schoolpapl.ca/  
resources-home/playbuilder](http://www.schoolpapl.ca/resources-home/playbuilder)



## Stick Together

Participants connect various body parts together.

### Setup

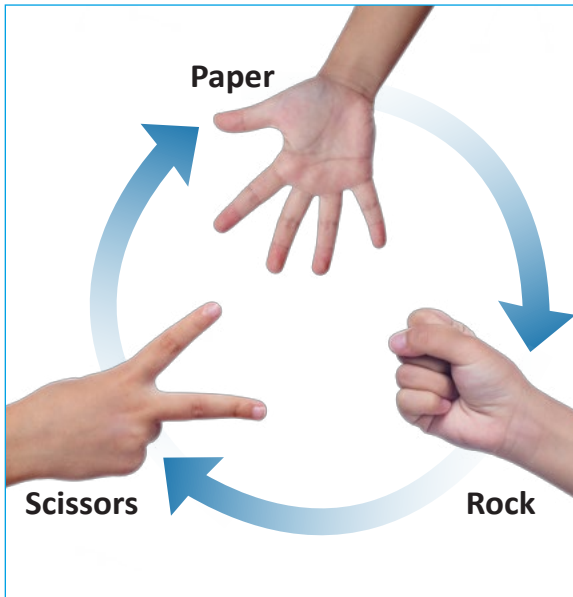
- Participants spread out in the playing area.

### Instructions

- Choose a locomotor movement for participants to use each round (e.g. walking, running, leaping, jumping, hopping, galloping, crawling, sliding, skipping).
- When you yell out various body parts, participants must connect the said body parts together. For example, if you say knee and elbow they must connect these two body parts together for five seconds.



# Grades 5–7 Activities



## Rock, Paper, Scissors Squat

Participants do a squat if they win rock, paper, scissors.

### Setup

- Place participants into pairs who stand two meters apart facing each other.

### Instructions

- They play rock, paper, scissors against each other.
- Whoever wins does a squat (they get the benefit of exercising) and stays in squat position until they lose.
- Play three times.
- Walk backward to find a new partner, play again but use non-dominant hand to play the game.
- Gallop to new partner, stand on one foot and use non-dominant hand.

Find more activities at  
[www.schoolpapl.ca/  
resources-home/playbuilder](http://www.schoolpapl.ca/resources-home/playbuilder)



## Fitness Dice

Participants perform specific exercises that correspond to the number they roll on their dice.

### Setup

- Give each participant a pair of dice.
- Give each participant a sheet with the corresponding numbers and exercises:
  - 2 = 2 laps
  - 3 = 3 burpies
  - 4 = 4 twisties
  - 5 = 5 butt kicks
  - 6 = 6 push-ups (modified on knees if needed)
  - 7 = 7 sit-ups
  - 8 = 8 second plank
  - 9 = 9 jumping jacks
  - 10 = 10 high knees
  - 11 = 11 squats
  - 12 = 12 second stretch of your choice
- Go through each exercise showing proper form.
- Give a time limit. Within that time limit, participants roll their dice and perform the corresponding exercises.

### Instructions

- The goal is to get as many exercises done as possible in the time limit.
- Emphasize proper form throughout.

### Safety

- Disinfect dice following the activity.



## Yoga Stretches


Participants cool down their bodies with various yoga poses.


### Setup


- Participants form a semi-circle with teacher in the middle.


### Instructions


- Participants perform the following yoga poses:

 **Cat** – Hands and knees with flat back, exhale and round your back toward ceiling, inhale and return to neutral position. Do this a few times.

 **Cow** – Hands and knees with flat back, inhale and drop belly toward floor, keeping everything else stable. Do this a few times.

 **Cobra** – Lay on your belly, put palms flat on floor, inhale, push up, stretch arms out straight and lift chest off the floor.

 **Down dog** – Begin on hands and knees, stretch your elbows and relax upper back, press firmly through palms, exhale as you tuck your toes and lift your knees off the floor, lift pelvis toward ceiling and gently try to straighten your legs. Your body should resemble a letter A. Hold this position and breathe.

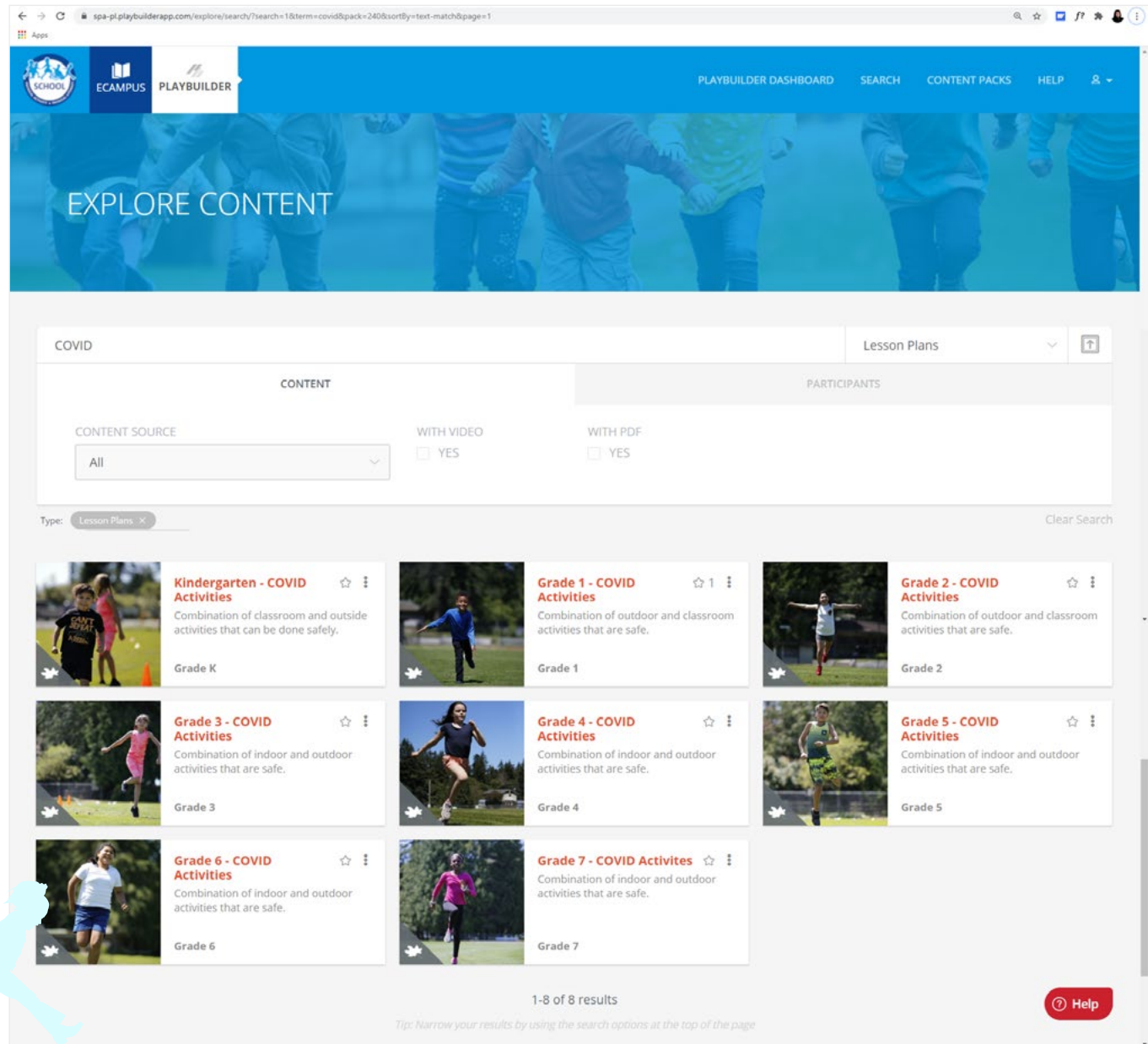
 **Child's pose** – Spread your knees wide but toes touching, sit up straight and as you exhale bow forward resting torso on thighs, arms long and extended in front of you with palms facing down, forehead comes to floor, pressing butt to heels. Hold for a few breaths.



## COVID-safe Lesson Plans

PLAYBuilder offers 100+ free lesson plans for educators, including several that are COVID-safe!

**Register for PLAYBuilder today:**  
[schoolpapl.ca/resources-home/playbuilder](https://schoolpapl.ca/resources-home/playbuilder)



The screenshot displays the PLAYBuilder app interface. At the top, there's a blue header with the 'SCHOOL' logo, 'ECAMPUS', and 'PLAYBUILDER' tabs. Navigation links include 'PLAYBUILDER DASHBOARD', 'SEARCH', 'CONTENT PACKS', and 'HELP'. A large blue banner reads 'EXPLORE CONTENT'. Below this, a search bar shows 'COVID' entered. The 'Lesson Plans' filter is active. The 'CONTENT' section has a 'CONTENT SOURCE' dropdown set to 'All' and checkboxes for 'WITH VIDEO' and 'WITH PDF', both set to 'YES'. The 'PARTICIPANTS' section is empty. The results are displayed in a grid of 8 cards, each featuring a photo of a child and the title 'Grade X - COVID Activities' (where X is K through 7). Each card includes a brief description: 'Combination of classroom and outside activities that can be done safely.' for Kindergarten, and 'Combination of outdoor and classroom activities that are safe.' for Grades 1 through 7. The bottom of the screen shows '1-8 of 8 results' and a 'Help' button.

COVID

Lesson Plans

CONTENT

PARTICIPANTS

CONTENT SOURCE

All

WITH VIDEO

YES

WITH PDF

YES

Type: Lesson Plans

Clear Search

Kindergarten - COVID Activities

Combination of classroom and outside activities that can be done safely.

Grade K

Grade 1 - COVID Activities

Combination of outdoor and classroom activities that are safe.

Grade 1

Grade 2 - COVID Activities

Combination of outdoor and classroom activities that are safe.

Grade 2

Grade 3 - COVID Activities

Combination of indoor and outdoor activities that are safe.

Grade 3

Grade 4 - COVID Activities

Combination of indoor and outdoor activities that are safe.

Grade 4

Grade 5 - COVID Activities

Combination of indoor and outdoor activities that are safe.

Grade 5

Grade 6 - COVID Activities

Combination of indoor and outdoor activities that are safe.

Grade 6

Grade 7 - COVID Activities

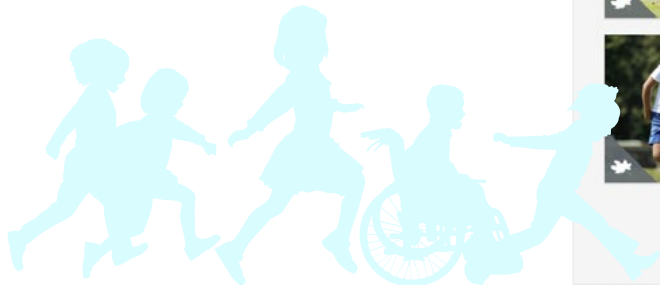
Combination of indoor and outdoor activities that are safe.

Grade 7

1-8 of 8 results

Tip: Narrow your results by using the search options at the top of the page

Help



## Project Overview

The School Physical Activity and Physical Literacy project is a school-based health promotion initiative being prototyped to support B.C. K–7 educators in building their capacity, knowledge, and confidence delivering the B.C. Physical and Health Education Curriculum in the areas of physical activity and physical literacy, and their links to mental well-being. The project provides both in-person and online professional development opportunities and resources, including workshops, webinars, eLearning, in-school support, summer institutes (for credit), and classroom and school resources.

All project participants have the opportunity to provide feedback.

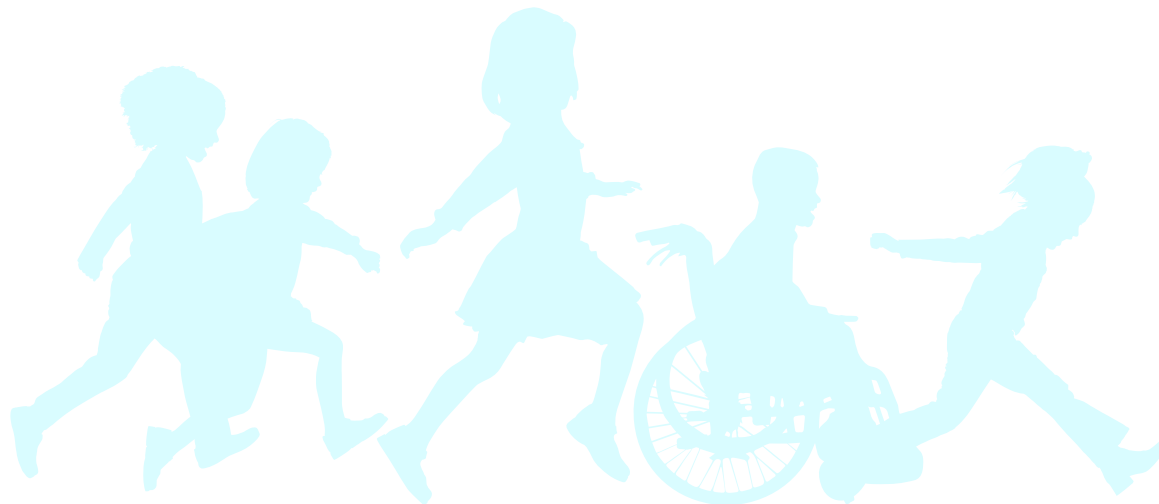


### Partners:

The School Physical Activity and Physical Literacy Project is being developed, implemented and evaluated by Sport for Life; Indigenous Sport, Physical Activity and Recreation Council (I-SPARC); Childhood Obesity Foundation; and Physical and Health Education Canada/ British Columbia (PHE Canada/PHE BC).

## Online Professional Development and Resources

- **eLearning** – Courses are available anytime online for educators.
- **Virtual Workshops** – A virtual workshop is delivered with a live facilitator on a webcam and a small number of participants, to create a highly interactive session over an online platform. Available workshops include:
  - Getting Started with Physical Literacy: Covering the basics of physical literacy and explaining its application.
  - Making Physical Literacy Work for Your Class: Addressing the way an environment is set up to promote movement.
  - Physical Activity and Physical Literacy for All (Diverse Abilities): Adapting instruction to the needs of learners for equitable participation and inclusion for all.
  - Holistic Model for Educators: Furthering the physical literacy of Indigenous learners by teaching beyond the physical to the emotional/intellectual, cultural and spiritual.
- **Webinars** – A series of webinars on various physical activity and physical literacy trends and topics.
- **PLAYBuilder** – An online database of games, activities and lesson plans to support movement over the whole school day.
- **Downloadable Resources** – A database of resources for educators to have on hand, at any time.



Information and access to all of the above resources can be found on the School Physical Activity and Physical Literacy website:

[www.schoolpapl.ca](http://www.schoolpapl.ca)