

Developing Physical Literacy On the Playground

Even the most basic playground can be used to develop physical literacy and keep students physically active. All that is needed is a bit of creativity!

Playground Circuits

Your playground structure is great for circuits! Be creative in how you use what you have. Try including exercises like balance walks on beams or stumps, push-ups on benches, hanging from bars, or running up the slide. Use these as a timed circuit or an Amazing Race obstacle course.

Go Slow!

Play structure accidents often happen because a student lacks the skill or strength to use the structure as they intend. Start with hanging and then, when the student is ready, progress to traversing across the structure.

Grip Strength

Help your students develop the grip strength needed to use the play structure. Make some stress balls by filling balloons with sand or flour. Have the students squeeze the stress balls while reading poems, practicing spelling or multiplication tables, or rehearsing rhymes or chants.

Use Your Softball Diamond

Softball diamonds are great for warmups and developing different locomotor skills. Run forward to first base, side-shuffle on the left to the second base, mini-step backwards to third base, and side-shuffle on the right to home base. Try doing Follow the Leader around the bases, where the leader changes movements at each base.

Playground Games

Do your students know how to use their playground? Playground games such as tag on the play structure or challenges like traversing the playground without touching the ground show students play possibilities that they can use during recess or lunch breaks.

Introduce your students to traditional games like four square, hopscotch, kick ball, gaga ball, British bull dog, and red rover.



To find more information or provide feedback on the School Physical Activity and Physical Literacy project – from available resources, to workshops and webinars – visit

www.schoolpapl.ca