

Physical Literacy in the Classroom: Activities to Keep Your Students Moving!

Keep your students active and engaged with these physical activity and physical literacy activities.

Brain Breaks

Brain breaks help with focus and retention.

5,4,3,2,1

K-2 3-4



Have your students do an activity for each number in a countdown.

Example:

- Five jumping jacks,
- four squats,
- three hops on one foot,
- two laps around the classroom, and
- one high five.

Connections to Learning

Cross-curricular activities that can be incorporated into your lesson plans, to reinforce topics.

Skip Counting

K-2

Have your students perform actions in a sequence, and count out loud as they do each action.

Example:

- Lift left leg and whisper “one,”
- Lift right leg and whisper “two,” and
- Clap above head and shout “three.”

Variations:

- Tapping the opposite side of body
- Hopping



If You Like

K-2 3-4



Ask your students questions about what they like, and have them perform an action based on their answer.

Examples:

- “If you like going to the beach, hop on one foot.”
- “If you like summer more than winter, do three squats.”
- “If you have a dog, do a stretch on both sides of your body.”

Number Lines

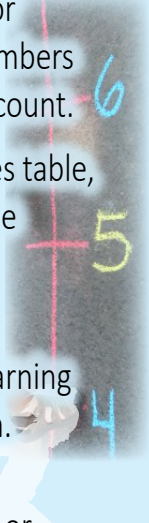
K-2 3-4 5-7

Create a number line with sidewalk chalk outside or painters tape inside. Have your student say the numbers as they walk (or hop!) over them, as they learn to count.

Example: Ask your students to say their three times table, hopping on each number in the series that is on the number line.

Variations:

- Use the number line for addition/subtraction, learning even and odd numbers, or multiplication/division.
- Add both positive and negative numbers to your line for Grade 7 students. Ask them to hop, walk, or skip addition and subtraction questions with integers.



Whiteboard Workout

3-4 5-7



Have your students perform several activities one after the other, and time them to see how long it takes to complete the circuit.

Example:

- 10 toe touches,
- 10 squats, and
- 10 jumping jacks.

True or False

K-2 3-4 5-7

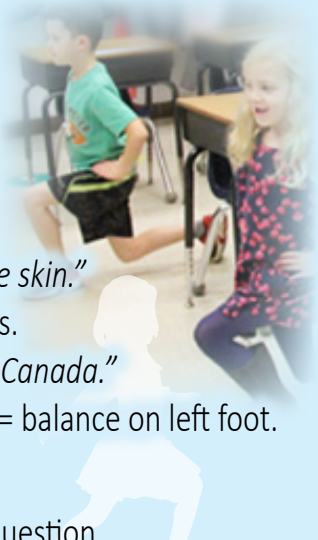
Ask your students a true or false question about a topic they are learning. Have them move differently depending on their answer.

Examples:

- “The largest organ in the body is the skin.”
True = jumping jacks, false = lunges.
- “The largest country in the world is Canada.”
True = balance on right foot, false = balance on left foot.

Variations:

- Adjust the level of difficulty of the question.
- Adjust the level of difficulty of the action.



For more information on the School Physical Activity and Physical Literacy project – from available resources, to workshops and webinars – visit

www.schoolpapl.ca