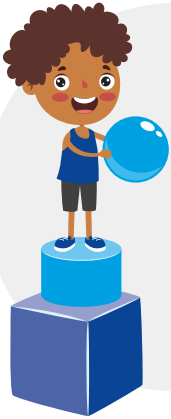




Fun & Inclusive Gym Activities: Active Leaders!



Warm-up Leadership

Empower students to lead warm-up activities, fostering confidence and motivation.

Equipment for Inclusivity

Use cones as an area for reflection, poly spots for instruction time, and music to boost participation.



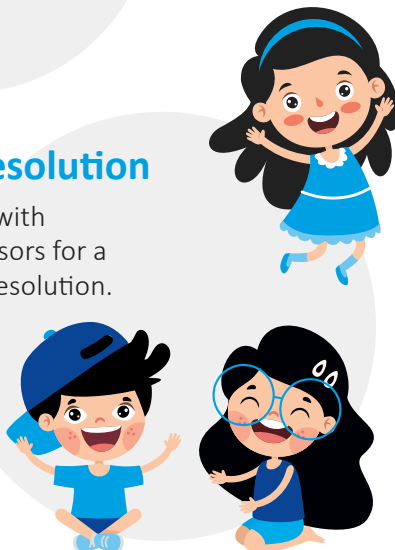
Positive Discipline

Implement a warning system that avoids using physical activity as discipline.



Conflict Resolution

Solve conflicts with rock-paper-scissors for a quick and fair resolution.



Skill Stations

Allow students to rotate through stations to develop physical literacy and take ownership of their own learning.

Partner Activities

Promote teamwork and inclusivity through paired activities.



Peer Teaching

Encourage students to take turns teaching a skill or activity to their classmates.

Inclusive Challenges

Modify challenges for all abilities, ensuring everyone can participate and succeed.





Active Strategies for Classroom Learning



Morning Instant Activities

Begin the day with a quick and energizing instant activity.



Positive Reinforcement

Praise good behaviour and offer rewards aligned with active strategies.

- Ideas of rewards include class activity parties, providing outdoor playtime, student choice of instant activity.



Teaching Formations

Keep students engaged by using different formations during lessons.

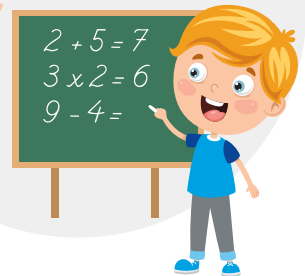
- **Scatter:** Stand anywhere with personal space.
- **Semi-circle:** Form a semi-circle in front of the instructor.
- **Groups:** Collaborate in small groups.
- **Circle:** Foster unity and equal participation.
- **Exercise Balls as Chairs:** Increase engagement and core strength with exercise balls.



Active Learning Stations

Integrate physical tasks into lesson stations.

- Create a math station that involves jumping or hopping while solving problems.
- Create a literacy station where students act out stories or use body movements to represent vocabulary words.



Brain Breaks

Refocus the group with fun and quick exercises.



Active Transitions

Make transitions between lessons lively with movements and exercises.

- "March to your desk."
- "Skip to this station."
- "One foot hop to this teaching formation."





Step Outside and Explore:

Engaging Activities for All!



Landmarks Show the Way

- Use the fence line for instructions and organized activities.
- Monkey bars signal to regroup and transition.



Start and Stop Signals

- Establish clear signals for smooth transitions between activities.



Playground Rules Make Us Safe:

- Promote fair play and kindness among students.
- Consistently reinforce rules for safety and inclusion.

Your Choice, Your Fun:

- Offer activity options aligned with learning objectives.
- Empower students to choose activities they enjoy.

Keeping Everyone Safe:

- Set clear boundaries for the outdoor area.
- Maintain supervision and know where each student is.

Try These Exciting Activities



Obstacle Course

- Set up activities like crawling, jumping, balancing, and throwing.
- Ensure inclusivity and adaptability for all students.



Nature Scavenger Hunt

- Explore outdoors. Find leaves, rocks, and animal tracks.
- Encourage movement, observation, and connection to nature.



Physical Activity with Environmental Awareness

- Integrate eco-friendly projects like gardening, tree planting, or park cleanup.
- Foster discussions about sustainability and taking care of the environment.

Let's have a wonderful time outside together!

