

Physical Activity Idea Cards



Sit like pretzels. Encourage children to stretch their legs straight in front of them and touch their toes. Now twist one foot over the other. Touch toes again and then switch feet. Finally sit crisscross and stretch forward.



Put a piece of painter's tape just out of children's reach on the wall. Encourage them to reach up toward it with one hand and then the other.



Do wall pushups. Help children put their hands on the wall and push their body weight up and down.



Need to drop some books off in the office or another classroom? Put them in a sturdy box and ask a child or children to push it to its destination.



Put a long strip of painter's tape on the floor. Encourage children to walk across it without falling off.



Be a tree. Encourage children to stand on one foot for as long as they can. Try the other foot.



Take a stop watch outside. Time children as they run to a fence and back. See if each child can beat his or her own time.



Turn on the music and dance!



Do partner stretches. Have children find a partner and sit facing each other. Help them straighten their legs and sit with their feet touching. Try to grab each other's hands and rock back and forth to the tune of "Row Your Boat."



Encourage children to pull one another in a wagon.



Freeze in place. Play music and encourage children to stand perfectly still whenever the music stops.



Have a parade. March around your classroom or program. Encourage children to lift their knees up like a marching band.



Make your own "Twister" game. Make shapes on the floor with painter's tape. Call out a shape and a body part.



Let children try "lifting weights." Use small soup cans as weights. Supervise closely so they don't fall on children's feet.



Play Limbo. Tie a ribbon between two chairs. Encourage children to balance as they lean backwards and go under the ribbon.



Play ball! Toss a variety of different balls back and forth. Try kicking, rolling, and throwing.