



Focus on FUNdamentals

SUPPORTING THE DEVELOPMENT OF PHYSICAL LITERACY

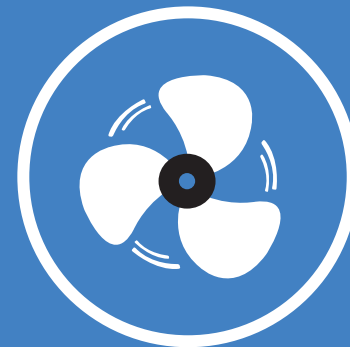
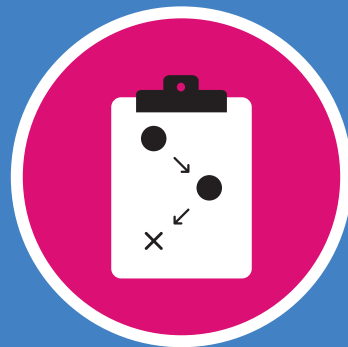


playededucation.ca

FUNdamentals on Using This Resource

Thank you for purchasing Focus on FUNdamentals, where the focus is on FUN and getting children and youth active and developing Physical Literacy!

This resource is a collection of tested, tried and true activities that improve competence, increase confidence and boost motivation, while at the same time, is a guide for planning a quality program. It can be used in any physical activity setting; Physical Education, Recreation, Sport, Child Care, and Early Childhood.



FUNdamentals on Using This Resource Cont.

This resource is divided into **three sections**:



Each section has **three areas of focus**:



Stopping, Starting, Bending,
Stretching, Twisting, Dodging,
Balancing & More!



Walking, Hopping, Jumping,
Gallop, Skipping, Leaping,
Side Shuffling & More!



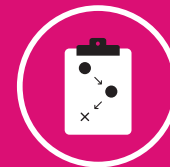
Throwing, Catching, Kicking,
Striking, Dribbling, Rolling,
Volleying & More!

Within every area of focus, there are **ten FUNdamental activities**!

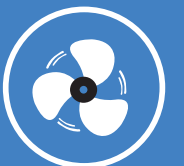
WARM-UP ACTIVITIES



LESSON PLAN ACTIVITIES



COOL-DOWN ACTIVITIES



Stability Skills

Animal Balance
Bridges and Rivers
Cooperative Fitness Baseball
Force Field Tag
Four Corner Shuffle
Noodle Popper Tag
Plank Tag
Teeter-Totter
Tornado
Triangle Chase

Locomotor Skills

Crossover
Cross the Swamp
“Bounce Generation” Dance
I See...What Do You See?
Life Raft
Locomotor Loops
Partner Chase
Shaker Tag
Treasure Hunt Tag
Wipe Out Tag

Manipulative Skills

Asteroids
Body Golf (Bolf)
Circle Strike
Destroyers and Architects
Fireball
Noodle Popper Target Tag
One vs One Kickball
Pass & Pursue
Pool Play
Rocket Blasters

Lesson Plan Sample #1

WIPE OUT TAG

Locomotor
Skills

Objective

To practice and demonstrate many locomotor skills, such as, galloping, hopping, skipping, jumping, and side-shuffling.

Description

1. Provide 4-5 participants with a tagging implement and play the song “Wipe Out”, by The Surfaris.
2. In the song, when the drums are playing, participants lie down on their backs and kick their feet in the air like they are playing the drums.
3. When the guitar is heard in the song, participants get up and move around using the pre-determined locomotor skill and play a game of tag. If tagged, the implement gets handed off to the participant who was tagged and they are now “it”.

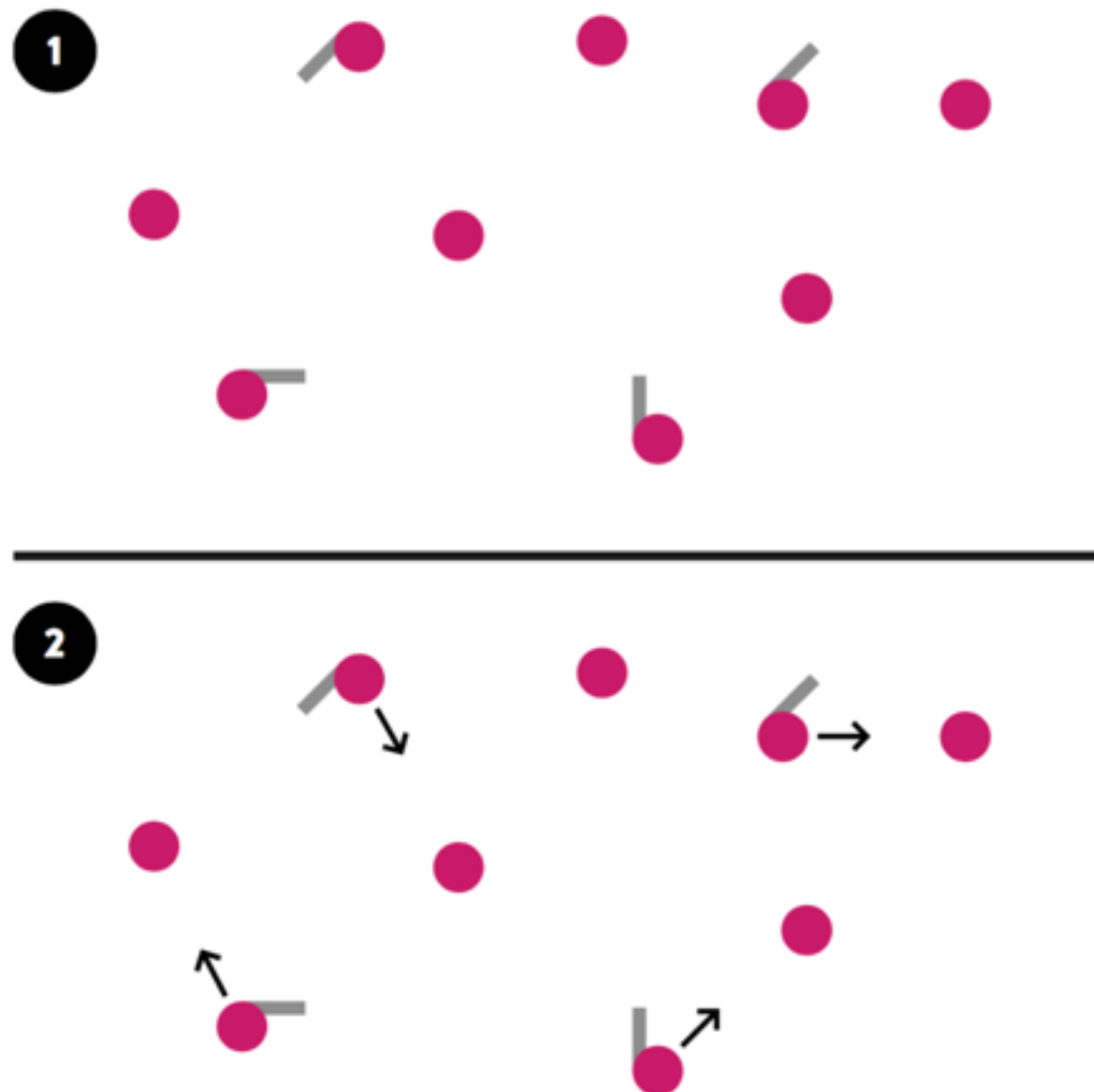
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Equipment

- Tagging implements, such as, shortened pool noodles

Tune Suggestion

- Wipe Out
by the Surfaris



PIRATE INVASION

Locomotor Skills

Objective

To use locomotor skills, while collecting objects from other teams, demonstrate offensive and defensive skills, and show fair play and sportspersonship.

Description

1. There are 4 levels to this activity! First, divide the area into “ships” (4 quadrants) and separate participants (“pirates”) into 4 groups.
 - **Level I** - Assign each group a “ship” and provide them with one hoop and four “treasures” (bean bags). Be sure each team has only one color of “treasures”. On the signal to go, “pirates” enter the other “ships” and take one “treasure” at a time, bring it back to their “ship”, then place it in their hoop.
 - **Level II** – Provide each group with a 2nd hoop (“capture area”). On go, “pirates” continue to take “treasures” from others, but can now be tagged when they are in another “ship”. If tagged, they go to that team’s “capture area” and wait till a teammate saves them (high-fives). In this case, they both get a “free pass” back.
 - **Level III** – “Pirates” only collect one “treasure” from each group (all four colors).
 - **Level IV** – Each team receives a “jewel”. “Pirates” collect one “treasure” from each group, plus all four “jewels”.

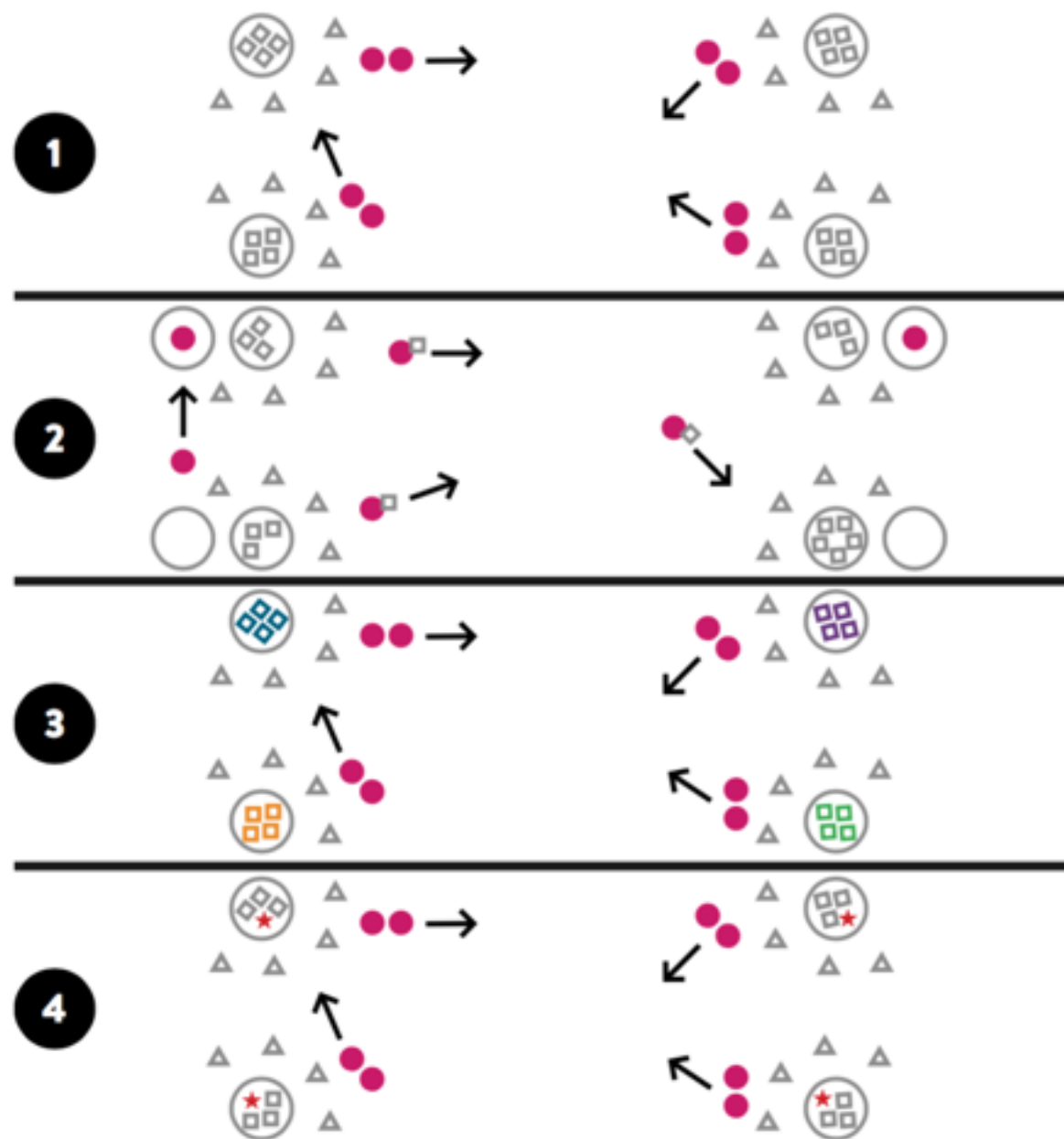
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Equipment

- 4-8 hoops
- Cones to separate the quadrants ("ships")
- 16 small dodgeballs or bean bags ("treasures")
- 4 other objects as "jewels"

Tune Suggestion

- Riding the Storm
by Running Wild
- Run Runaway
by Great Big Sea



OVER/UNDER

Manipulative
Skills

Objective

To work as a team and show fair play, while demonstrating sending and receiving skills.

Description

1. Divide the participants into groups of 5-6 and invite them to stand in a line one behind the other on a sideline facing the opposite sideline. Provide each group with an object to pass, such as, a rubber animal, shortened pool noodle, or dodgeball.
2. On the signal to go, the first participant in each line passes the object overhead to the next participant in line, who passes the object under their legs. The over/under pattern continues until the object is at the back of the line.
3. The participant at the back of the line travels with the object to the front, thus moving the group closer to the opposite sideline. This continues seeing how many times the groups can travel from one sideline to the other until the time is up.

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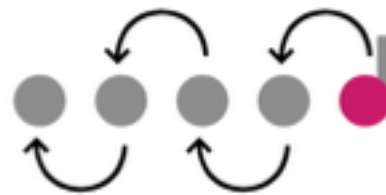
Equipment

- Objects to pass with, such as, rubber animals, shortened pool noodles, and dodgeballs (one per group of 5-6)

Tune Suggestion

- Waves (Robin Schulz Radio Edit)
by Mr. Probz

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AVAILABLE FOR PURCHASE!**

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