

All Saints Academy Physical Education

Program of Activities

Activities are either indoor or outdoor activities and are not limited to activities below. Activities are based on the following levels and meet standards addressed in PE curriculum:

Level I (PreK-1)

Level II (2-5)

Level III (6-8)

4 CORNERS, All Levels: 4 cones with numbers 1-4 are set up in corners of room or blacktop. Students run continuously to different cones never staying put for more than 3 seconds. Pick a card from 1-4 and blow the whistle. Card number indicates the students that are out and come to the middle of room. A similar game can be done on the bleachers where students climb up and down until the whistle and get called out depending on the number being called. Like 4 corners playing cards indicates the cone or the bleacher.

Playground activities, Level I: Activities include; jumping and slapping marker board to indicate the height of jumps, timing students while hanging on bar, pull ups, and monkey on the ground.

Obstacle course, All Levels: prek-8; outside activity, kids weave through swings then up monkey bars and down to chain and balance beam, thru hula hoops (set up like hopscotch), and over and under inflatable hurdles, and grab flag off of cone for finish. Students may be timed for this.

Games with portable nets, Levels II, III: Soccer, street hockey on blacktop, indoor hockey with puck, lacrosse, polo, volleyball, beach ball volleyball, and basketball.

Stuck in the mud or tag games, Levels I,II,III: The goal of the game is like tag except that if flag gets pulled students must put on flag stand still with legs spread and hands over their head, students that are “stuck” can only be released if another player crawls thru their legs completely. Students cannot be tagged if they are in the process of freeing someone or on the ground. If all players on one team are stuck then it is a point for the opposing team.

Capture the flag, Levels II, III: Divide field in half with cones, pick 2 teams and put on belts. Set up a safe zone with cones at the end of each side of the field for each team with their color flag in the middle of the safe zone. Teams cross middle of field and try to get into base to retrieve other team’s flag and bring it back over the middle of field on their side for a point. If players get their flag pulled they must return to their own side and start again.

Castle Blast, Levels II,III: Place 4 hula hoops together (one flat on ground, 2 set side by side for side walls, and 1 on top to balance the 2 side walls) to create a castle. Pick 2 times and goal is to throw foam balls at opposing team's castle in order to knock them down.

Medic (Dodgeball), Level III: Choose 2 teams and divide field in half. Teams choose a medic (person that is able to set people free) and proceed to throw foam balls at students while guessing the other team's medic. Students that are hit sit on floor and wait for medic to touch them to set them free. If medic gets hit then the opposing team gets a point.

Animal Fun, Level I: Cones have animal pictures on them. Students go to different cones and act out the specific animal. Emphasis on heavy, light, fast, slow-hands, feet...

Freeze Dance, Music Games, Levels I,II: Electric slide, cotton eye Joe, and freeze dance.

Hula hoop jump-rope, Level I,II: Hula hoop is used as a jump-rope to promote aerobic exercise.

Exercise stations and activities, Levels I,II,III : Set up stations indoors to mark different workout activities using mats and cones to designate stations. Some examples of stations are; push up, sit up, jump-rope, plank, ankle jump rope, somersault roll, cartwheel, sand ball toss, floor stunts, and rope skipping activities. Students get into pairs and start at different stations then blow whistle every couple of minutes to rotate clockwise to different stations.

Yoga, Levels II,III: Basic yoga poses and breathing techniques.

Bocce, Horseshoe, Level I: Basic throwing games with bocce balls and horseshoes.