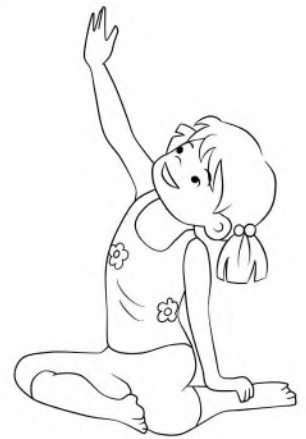


# Quality Daily Physical Activities K–3

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## Contents

Physical Activity Summary Chart . . . . .	2
Quality Daily Physical Activities . . . . .	4
QDPA—Tips for Motivating Students . . . . .	6
QDPA—Inclusion of All Students . . . . .	7
QDPA—Utilizing Different Facilities . . . . .	8
Involving and Informing Parents . . . . .	10
5-Day Physical Activity Home Challenge . . . . .	11
Physical Activity Log . . . . .	12
Reflection: Physical Activity Challenge . . . . .	13
QDPA—Sample Warm-ups or Cool-downs . . . . .	14
QDPA Ideas—Parachute Games . . . . .	17
QDPA Ideas—Activity Level: moderate . . . . .	20
QDPA—Tag Games . . . . .	29
QDPA Ideas—Activity Level: vigorous . . . . .	34
QDPA—Music and Movement . . . . .	39
QDPA—Fitness Dances . . . . .	41
QDPA—Obstacle Course Games . . . . .	45
QDPA—Chair Aerobics . . . . .	46
QDPA Ideas—Hooping . . . . .	48
QDPA—Hoop Games . . . . .	49
QDPA—Crab Walking Games . . . . .	53
QDPA—Single Jump-Rope Skills . . . . .	55
QDPA—Single Jump-Rope Activities . . . . .	56
QDPA—Skipping Games with Long Ropes . . . . .	58
Yoga . . . . .	60
QDPA Awards . . . . .	76
QDPA Class List . . . . .	78
QDPA Planner . . . . .	79
QDPA Self-Check: How am I doing? . . . . .	80
QDPA Success Criteria Rubric . . . . .	80





# 5-Day Physical Activity Home Challenge

Dear Parent/Guardian,

Quality Daily Physical Activity (QDPA) is essential for physical fitness and overall well-being. Research shows that students who are physically active on a daily basis perform better in school, have a more positive self-image, and learn good teamwork skills.

As part of our QDPA initiative, please take part in the 5-Day Physical Activity Home Challenge. Help to build your child's confidence, drive, and enthusiasm to make physical fitness a part of their daily routine for the rest of their lives.

Please record the physical activities your child and family took part in each day, along with the length of time spent doing the activity. Challenge your family to do at least 30 minutes of physical activity a day.

Here are some ideas:

- playing tag
- swimming
- skipping rope
- aerobics
- riding a bike
- walking/jogging
- playing sports
- dancing

Try some of the following activities and become more active as a family.

- Take a nature or city walk together.
- Visit the playground.
- Walk your dog, or a neighbour's or friend's dog.
- Start and nurture a family garden and grow everyone's favourites.
- Work together to complete household chores such as vacuuming or hanging and folding laundry.
- Visit the local swimming pool.
- Play with a soccer ball, football, or flying disk in a local park.
- Go on outings that involve walking, such as a trip to a zoo, farm, orchard, hiking trail, or museum.
- Join a community walk, fun run, or environmental cleanup activity.

Kindly return the Physical Activity Log to your child's teacher when completed. Your ongoing cooperation and participation is greatly appreciated! Your involvement is important!

Best regards,

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## QDPA Ideas (cont'd)

Activity Level: moderate

### Crazy Category Pass

#### What you need:

- 1 beanbag

#### What you do:

1. Instruct players to stand in a big circle, with their backs to each other.
2. Start by giving one player the beanbag. Explain to students they will pass the beanbag to the player behind them, alternating over their heads, then under their legs.
3. Allow players a chance to pass the beanbag around the entire circle once for practice, then tell them they will now play a game.
4. For the game, choose a category, such as animals, fruits, vegetables, colours, clothing, etc. To pass the beanbag, players must name something from that category.
5. Tell players they must take no more than 5 seconds to think of something in the category. If they cannot think of anything, they must pass the beanbag on so the next player can try. If the next player cannot think of anything, the group can help.

**Variation:** Players can pass the beanbag to the player behind in any way they chose, such as over their head, under their arm or leg, at their side, with one or both hands, on their head, on their foot, on a fingertip, etc. Encourage students to pass the beanbag in a way that is different from how it was passed to them. Challenge players to see how many different ways they can think of to pass the beanbag.

### Crazy Ball Circle

#### What you need:

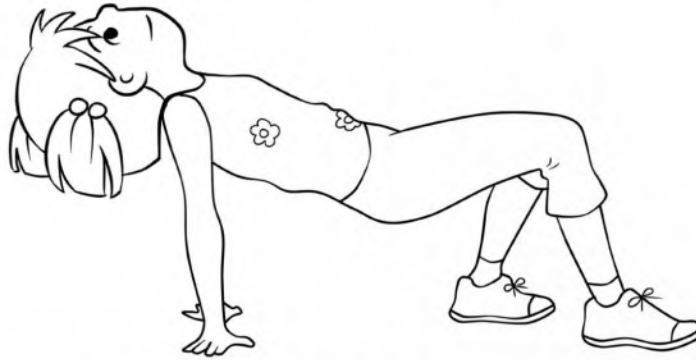
- several balls of various sizes, from small to large

#### What you do:

1. Have players stand in a large circle and give one of the players a ball.
2. Tell them they are to throw the ball to another player, but they have to call that player's name first.
3. After a few minutes, give the players another ball of a different size so there are 2 balls in play.
4. Continue adding different-sized balls every few minutes, until all of the balls are in play.
5. This game can get pretty crazy, and it is fun to see how long players can keep the balls in play.

# QDPA—Crab Walking Games

Activity Level: moderate to vigorous



Crab walking is a very unusual, challenging, and fun way to move. The muscles of the body are basically working in the opposite way to what they usually do. Crab walking increases the breathing rate and heart rate, improves coordination and concentration, and stretches and builds the muscles of the arms, shoulders, back, buttocks, ankles, and legs.

## Racing Crabs

1. Establish a starting line, with a finish line about 10 metres away.
2. Divide players into 2 or 3 equal groups of no more than 10 each. Choose one group to go first.
3. Have the group of players line up side by side at the starting line. On “Ready. Set. Go!” they must crab walk as quickly as they can to the finish line.
4. The winner from that group will later compete with the winners from the other two groups until there is just one winner.

## Crabs and Bears Tag

### What you do:

1. Choose 5 players to be Crabs. All the other players will be Bears.
2. Tell players the Bears will be moving around on their hands and knees, while the Crabs are crab walking. Crabs can tag Bears by saying “Pinch!” when they get very close to a Bear. Tagged Bears change to Crabs, turn over and start crab walking, and begin to tag other Bears.
3. The game continues until all players are crab walking.

**Variation:** Tagged players can be turned back into Bears if another Bear touches them. The game continues until there are only 3 Bears left.