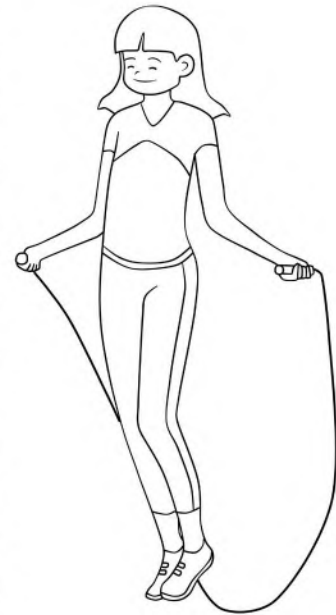


Quality Daily Physical Activities 4–6

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Get Moving Brochure

A *brochure* is a booklet or pamphlet that contains descriptive information. Create a brochure to promote the benefits of daily physical activities or exercise.

STEP 1: Plan Your Brochure

STEP	COMPLETION
1. Take a piece of paper and fold the paper the same way your brochure will be folded.	
2. • Before writing the brochure, plan the layout in pencil. • Write the heading for each section where you would like it to be in the brochure. • Leave room underneath each section to write information. • Also leave room for graphics or drawings.	

STEP 2: Complete a Draft

STEP	COMPLETION
1. Research information for each section of your brochure.	
2. Read your draft for meaning, then add, delete, or change words to improve your writing.	

STEP 3: Final Editing Checklist

- | | |
|---|--|
| <input type="checkbox"/> I checked the spelling. | <input type="checkbox"/> My brochure is neat and organized. |
| <input type="checkbox"/> I checked the punctuation. | <input type="checkbox"/> My brochure has drawings or graphics. |
| <input type="checkbox"/> I checked for clear sentences. | <input type="checkbox"/> My brochure is attractive. |

QDPA—Obstacle Course Games

Activity Level: vigorous

Obstacle courses can be an outstanding way for students to have fun while improving gross motor skills, balance, and coordination. Variety is key when designing an obstacle course. Try to incorporate opportunities for students to jump, hop, crawl under, climb over, crawl through, walk along, go right, or go left.



Obstacle Course

What you need:

Several objects players can:

- **go under**, such as chairs, tables, desks, benches, and a broomstick laid across two chairs
- **go through**, such as a pop-up tunnel and large open boxes
- **go around**, such as traffic cones and large balls
- **go over**, such as plastic hoops, and a “balance beam” made from a board lying on the ground
- **go across**, such as a “tightrope” made from a rope lying straight on the ground

Stations where students can complete a physical activity such as:

- 5 lunges
- toe touches
- 5 jumping jacks
- skip rope
- 5 crunches

Set up the objects. Here are two suggestions for games to play using an obstacle course:

Teamwork

1. Divide players into equal teams to compete against each other.
2. Have the next team member start when the previous team member is halfway through the obstacle course.
3. The first team to have all members finish the obstacle course wins.

Follow the Leader

1. Choose a player to be the leader.
2. As the leader makes their way through the course, they must call out a way to move, such as “crab walk,” “swim through jelly,” “flap your arms,” “waddle like a duck,” or “sway your trunk like an elephant.” Everyone must move in that way.
3. After a few minutes, choose a different player to be the next leader and have the new leader call out a new action.

Eagle Pose

In Eagle Pose, we will twist our arms and legs around each other, stretch our upper back, and challenge our balance.

1. Stand tall with your arms at your sides.
2. Place your right arm over your left arm and bend your elbows upward.
3. Twist your arms around each other; try to make your palms touch. If they don't reach all the way, that is okay. (Option: The back of your left hand against the outer side of your right elbow.)
4. Bend your knees and lift your left foot off the floor.
5. Twist your left leg around your right leg.
6. Hook your left foot around the lower part of your right leg if you can. (Option: The toes of your left foot can be on the floor for balance.)
7. Lift your left hip up slightly to square your pelvis, then squeeze your inner thighs together for balance. Pull your belly button to your spine and tuck your tailbone under to help you stay strong and steady.
8. Breathe deeply and try to sit down lower into your legs, keeping your weight in your heel. Try to lift your arms higher to stretch your upper back.
9. Keep looking straight ahead.
10. Breathe in to return to standing. Breathe out to unravel your body.
11. Repeat the pose with your left arm and your right leg.

