

# Physical Literacy in the Classroom: Activities to Keep Your Students Moving!



Keep your students active and engaged with these physical activity and physical literacy activities.

## Brain Breaks

Brain breaks help with focus and retention.

5,4,3,2,1

K-2 3-4



Have your students do an activity for each number in a countdown.

### Example:

- Five jumping jacks,
- four squats,
- three hops on one foot,
- two laps around the classroom, and
- one high five.



If You Like

K-2 3-4



Ask your students questions about what they like, and have them perform an action based on their answer.

### Examples:

- “If you like going to the beach, hop on one foot.”
- “If you like summer more than winter, do three squats.”
- “If you have a dog, do a stretch on both sides of your body.”



Whiteboard Workout

3-4 5-7



Have your students perform several activities one after the other, and time them to see how long it takes to complete the circuit.

### Example:

- 10 toe touches,
- 10 squats, and
- 10 jumping jacks.



## Connections to Learning

Cross-curricular activities that can be incorporated into your lesson plans, to reinforce topics.

Skip Counting

K-2

Have your students perform actions in a sequence, and count out loud as they do each action.

### Example:

- Lift left leg and whisper “one,”
- Lift right leg and whisper “two,” and
- Clap above head and shout “three.”

### Variations:

- Tapping the opposite side of body
- Hopping



Number Lines

K-2 3-4 5-7

Create a number line with sidewalk chalk outside or painters tape inside. Have your student say the numbers as they walk (or hop!) over them, as they learn to count.

**Example:** Ask your students to say their three times table, hopping on each number in the series that is on the number line.

### Variations:

- Use the number line for addition/subtraction, learning even and odd numbers, or multiplication/division.
- Add both positive and negative numbers to your line for Grade 7 students. Ask them to hop, walk, or skip addition and subtraction questions with integers.



True or False

K-2 3-4 5-7

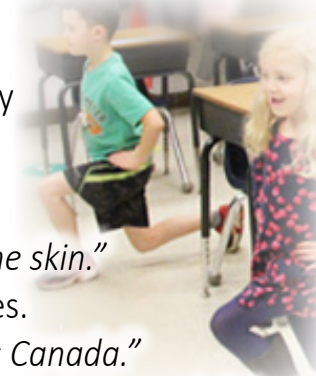
Ask your students a true or false question about a topic they are learning. Have them move differently depending on their answer.

### Examples:

- “The largest organ in the body is the skin.”  
True = jumping jacks, false = lunges.
- “The largest country in the world is Canada.”  
True = balance on right foot, false = balance on left foot.

### Variations:

- Adjust the level of difficulty of the question.
- Adjust the level of difficulty of the action.



SCAN ME

How can you implement physical literacy and physical activity into your classroom? To find more information or provide feedback on the Learning in Motion program, scan the QR code