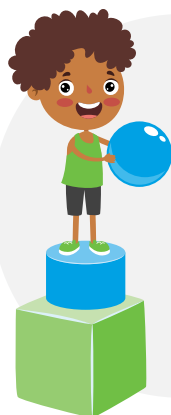


## Active Leaders: Fun & Inclusive Gym Activities!



### Warm-Up Leadership

Empower students to lead warm-up activities, fostering confidence and motivation.

### Equipment for Inclusivity

Use cones as an area for reflection, poly spots for instruction time, and music to boost participation.



### Partner Activities

Promote teamwork and inclusivity through paired activities.



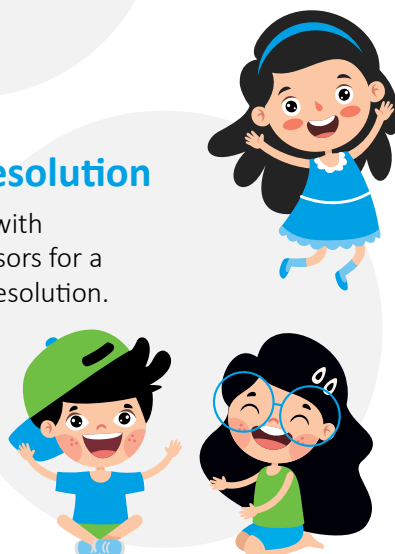
### Positive Discipline

Implement a warning system that avoids using physical activity as discipline.



### Conflict Resolution

Solve conflicts with rock-paper-scissors for a quick and fair resolution.



### Peer Teaching

Encourage students to take turns teaching a skill or activity to their classmates.



### Inclusive Challenges

Modify challenges to suit all abilities, ensuring everyone can participate and succeed.



## Active Strategies: for Classroom Learning



### Morning Instant Activities

Begin the day with a quick and energizing instant activity.

### Positive Reinforcement

Praise good behaviour and offer rewards aligned with active strategies.

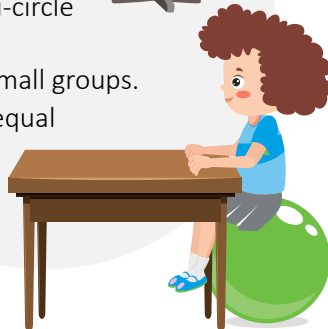
- Ideas of rewards include class activity parties, providing outdoor playtime, student choice teaching formation for the day, or deciding the instant activity.



### Teaching Formations

Keep students engaged by using different formations during lessons.

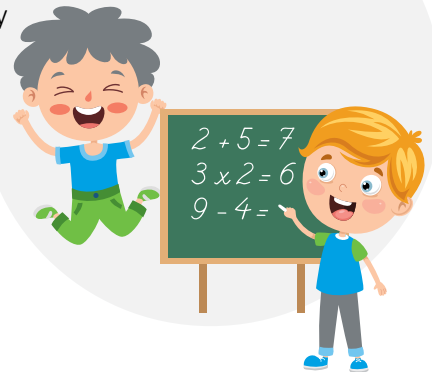
- **Scatter:** Stand anywhere with personal space.
- **Semi-circle:** Form a semi-circle in front of the instructor.
- **Groups:** Collaborate in small groups.
- **Circle:** Foster unity and equal participation.
- **Exercise Balls as Chairs:** Increase engagement and core strength with exercise balls.



### Active Learning Stations

Integrate physical tasks into lesson stations.

- Create a math station that involves jumping or hopping while solving problems
- Create a literacy station where students act out stories or use body movements to represent vocabulary words.



### Power Minutes

Refocus the group with fun and quick exercises.

### Active Transitions

Make transitions between lessons lively with movements and exercises.

- "March to your desk."
- "Skip to this station."
- "One foot hop to this teaching formation."







## Step Outside and Explore:

### Engaging Activities for All!



#### Landmarks Show the Way:

- Use Fence Line for instructions and organized activities.
- Monkey Bars signal to regroup and transition.



#### Start and Stop Signals:

- Establish clear signals for smooth transitions between activities.



#### Playground Rules Make Us Safe:

- Promote fair play and kindness among students.
- Consistently reinforce rules for safety and inclusion.

#### Your Choice, Your Fun:

- Offer activity options aligned with learning objectives.
- Empower students to choose activities they enjoy.

#### Keeping Everyone Safe:

- Set clear boundaries for the outdoor area.
- Maintain supervision and know where each student is.

### Try These Exciting Activities:



#### Obstacle Course:

- Set up activities like crawling, jumping, balancing, and throwing.
- Ensure inclusivity and adaptability for all students.



#### Nature Scavenger Hunt:

- Explore outdoors, find leaves, rocks, and animal tracks.
- Encourage movement, observation, and connection to nature.



#### Physical Activity with Environmental Awareness:

- Integrate eco-friendly projects like gardening, tree planting, or park cleanup.
- Foster discussions about sustainability and taking care of the environment.

Let's have a wonderful time outside together!

