

Teacher's Monthly Guide To Physical Literacy Newsletter

DECEMBER 2025



December Celebrations in Motion: Festive Fitness

As we step into the festive season and the winter weather begins to settle around us, it's the perfect time to embrace the energy, excitement, and unique learning opportunities this season brings. This month, we celebrate festive games and activities. Creative ways to infuse joy, movement, and connection to your classrooms and school communities.

Winter offers a magical backdrop for learning, and we encourage you to bundle up and explore the outdoors with your students. Take part in seasonal games that promote teamwork and physical literacy. There are countless opportunities to make this time of year both memorable and meaningful.

We are excited to share resources, ideas, and inspiration to support you bringing winter wellness and festive fun into your teaching practice. Let's celebrate the season together while keeping our students active, engaged, and connected.

Wishing you warmth, joy, and plenty of play this month!

With appreciation, The Learning in Motion Program Team.

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What's New

What's New on PLAYBuilder

We're excited to share a few updates to help make your PLAYBuilder experience even better!

- New Basketball Content Pack—Explore progressions, lessons, and activities that take learners from basic movement patterns to confident, game-ready play.
- New Diagrams Added—Many grade-level activities now include new and improved visuals to support easy setup and understanding.
- Physically Active Learning Pack—This pack will help bring movement into every subject area.
- Métis Jigging Dances—Now available in their own content pack for easier access and classroom use.
- French Language Enabled—The majority of content is now available in both English and French—switch your site language anytime!
- Learning in Motion Newsletters Pack—Monthly newsletters can now be accessed directly through PLAYBuilder.

Log in or sign up today: lim.sportforlife-sportpouirlavie.ca

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SCAN ME

Content at a Glance

Welcome to the month of December, we are excited to share this month's featured content, filled with new ideas, resources, and activities to support your teaching and student engagement throughout the festive season.

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- Christmas Tree Tag
- Holiday Spirit Freeze Tag
- Elf Express
- Dog Sled Race



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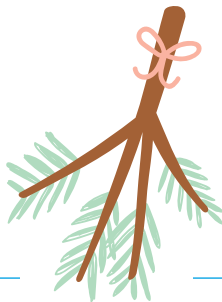
Movement Without Limits—Get Active Anywhere

- Recess Game—Hopscotch
- Moving in the Classroom—Bear, Salmon and Mosquito Game
- Connecting to the Land—Make the Stick Jump Game
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Daily Classroom Activity Calendar

- December 2025 Calendar
- Festive Fitness in your Classroom



We Value Your Feedback

Integrating Physical Literacy For Life

It is important to us to achieve our goals of supporting teachers within First Nations schools, and B.C. elementary school educators (K-7). Submitting your feedback is vital to the growth of the program, to assist fellow teachers, and to guide the program to success. Let's make it happen together. We look forward to hearing from you. Please send your feedback to droberts@isparc.ca.

Letter to Santa Relay

Grades K-7

Equipment/Material

- Cones or markers to set up a running path.
- Writing station (table with paper and pencils).

Fundamental Movement Skill (FMS)

- Running, skipping, hopping and galloping.

Setup

- Divide players into 2-4 teams, each lining up at a starting cone.
- Place a writing station at the other end of the playing area.
- Each team starts their letter with “Dear Santa” already written at the top of their paper.

Activity Description

Objective

- Players practice movement skills while collaboratively creating a letter to Santa, one word at a time.

How to Play

- The first player from each team runs to the writing station.
- They write the next word in the letter, then run back to tag the next teammate.
- Each teammate takes turns running and adding one word at a time.
- The game continues until the letter is complete or until a set time ends.

Variations/Adaptations

- **Movement challenge:** Players can skip, hop, or crab-walk to the writing station for extra physical literacy practice.
- **Team collaboration:** Players can brainstorm together before running to decide the word they will write.
- **Inclusion:** Provide picture cards or word cards for players who need support with spelling or vocabulary.



Elf Express

Grades K-7

Reference YouTube: [Elf Express](#)

Equipment/Material

- Hula hoops, beanbags or small soft balls (“toys”), cones, boxes, or marked zones for delivery stations (“chimneys”).

Fundamental Movement Skill (FMS)

- Tossing and walking.

Activity Description

Objective

- Players develop fundamental movement skills while “helping Santa” deliver toys.

How to Play

- **Level 1 – Move the Sled**
 - Divide players into groups of 4-5. Each player stands in a hula hoop; place hoops in a line to form a “sled.”
 - Players step into the hoop in front of them and move the back hoop to the front to advance the sled.
 - If a player touches the floor outside the hoops, they return to the start.
- **Level 2 – Collect the Toys**
 - Spread color-coded beanbags or soft balls around the space.
 - On “GO,” players move their sled to collect only the toys that match their team color.
 - Once all their toys are collected, they return to the start with their sled.
- **Level 3 – Deliver the Toys**
 - Place hula hoops, boxes, or marked zones around the gym as “chimneys.”
 - Players move their sled to each chimney and deliver one toy at a time.
 - Continue until all team toys have been delivered.



Christmas Tree Tag

Grades K-7

Equipment/Material

- No equipment/material required.

Fundamental Movement Skill (FMS)

- Running, skipping and galloping.

Activity Description

- Divide players into teams of 3-4 and have each team line up behind a cone.
- Choose 1–2 players to be “Santas.” They are “it” and try to tag the other players.
- When a player is tagged, they stand still with arms out like a Christmas tree.
- Other children can free “trees” by running around them twice, like wrapping tinsel.
- The game continues until all players are tagged or for a set time.



Dog Sled Race

Grades K-7

Equipment/Material

- Cones to mark distance.

Fundamental Movement Skill (FMS)

- Running.

Setup

- Divide players into teams of 4-6.
- Use cones to mark the distance teams must travel.
- Teams start at one end of the gym, single file, and must travel the full distance of the gym before returning to the starting position.

Activity Description

- The first player on each team runs the full distance of the gym (or 20 metres), turns around, and runs back.
- The following player in the line holds onto the first player's shoulders, creating the sled; both players face forward.
- Players will then run the designated distance and back to their team, still holding onto the shoulders of the player in front of them.
- Each time the sled returns to the team, they pick up another player and run the designated distance, maintaining contact at the shoulders with the players in front of them.
- If the sled breaks, teams must start all over from the beginning.

Cultural Awareness

- The Inuit people depend on the team; it's strength of the bond, not the race, that is important.
- The bond we create helps the survival and cooperation of people in the circle on whom we depend. Bring good energy and positive thoughts.
- Honesty and integrity are more important than winning.



Holiday Spirit Freeze Tag

Grades K-7

Equipment/Material

- 1 pool noodle for each “IT”

Fundamental Movement Skill (FMS)

- Running, skipping and galloping.

Activity Description

- Choose three participants to be “IT” – Scrooge, Grinch, and Jack Frost. Give each a pool noodle.
- The “ITs” tag other players by lightly touching them with their noodle.
- When tagged, a player is frozen, and their holiday spirit is “taken away.”
- To break the spell, two other players must hold hands around the frozen player and sing the first line of any Christmas song.
- Once the song is sung, the frozen player is free to move again.



Recess Game

Grades K-7

Hopscotch

Equipment/Material

- Box of chalk or roll of painter’s tape and rocks, sticks or beanbags.

Fundamental Movement Skills (FMS)

- Jumping, hopping and tossing.

Activity Description

Setup

- Draw a court (with chalk if outside and painter's tape if inside).
- Use rocks, sticks or beanbags as markers to toss.

Objective

- The winner is the player who completes the whole court (10) first.

Game Play

- The first player throws the rock or stick into the first square. It must land in the square or it is the next player’s turn.
- If the rock or stick lands in the square, the player must hop over it and land in the next empty square, then continue to hop (one foot or two foot) into every subsequent empty square or squares in numerical order. Be sure to skip the one your marker is in.
- At 10, land with both feet, turn around, and head back toward the start, once reaching your rock or stick balance on one foot and pick it up and finish the last square.
- If you finish without any mistakes hand the rock or stick to the next person. On the next turn, throw the rock or stick to the next number (2) and continue to the rest of the numbers.



Moving in the Classroom

Grades K-7

Bear, Salmon, Mosquito

Equipment/Material

- Large outdoor area.

Fundamental Movement Skill (FMS)

- Jumping.

Activity Description

Objective

- Played like “Rock, Paper, Scissors” players play against each other using the actions Bear, Mosquito, or Salmon.

Game Play

- The action for Bear is to put both hands up like claws and roar.
- The action for Salmon is to put both hands together in front and pretend they are a fish swimming.
- The action for Mosquito is to put pointer finger in the air and scrunch it up and down.
- Start with players moving throughout space.
- When two players meet, they stand back-to-back and jump 3 times, counting as they jump. After the third jump, players spin to face each other and perform their action.
- A player wins if Bear eats Salmon, Salmon eats Mosquito, or Mosquito stings Bear.
- Once a winner is determined, both players continue to move through space and find a new partner.

Adaptation

- To increase intensity, have players return to the teacher each time they win to receive a sticker or token.
- Challenge students to gain as many stickers as possible



Inclusive Play

NEW

This **new** section highlights simple adaptations you can use to make games and activities accessible for all learners. By using the **STEP Framework**, each month’s activities will be modified or adapted for **Space, Task, Equipment, and People** to ensure all students can participate meaningfully and successfully.

Inclusive play ensures that every child regardless of ability, background, or experience can participate, belong, and thrive in physical activity.

Central to inclusive play is the understanding that fundamental movement skills can be adapted to meet the diverse needs of all participants. By modifying tasks, equipment, environments, and rules, we create spaces where children can explore movement in ways that are safe, meaningful, and achievable for them.

When we intentionally adapt fundamental movement skills, we remove barriers to participation and empower every child to build confidence, competence, and joy in being active.

To support this work, educators and leaders are encouraged to explore [Learning in Motion PlayBuilder content packs LIM \(Learning in Motion Program\) | PLAYBuilder](#) which offers teaching tools and adaptable activity resources designed to make inclusive play both accessible and effective.

Connecting to the Land

Grades K-7

Make the Stick Jump

Equipment/Material

- Sticks from the land, bean bags, colouring sticks, paint and glue, and cones for marking.

Fundamental Movement Skill (FMS)

- Throwing—learning how to throw on/at a target.

Setup

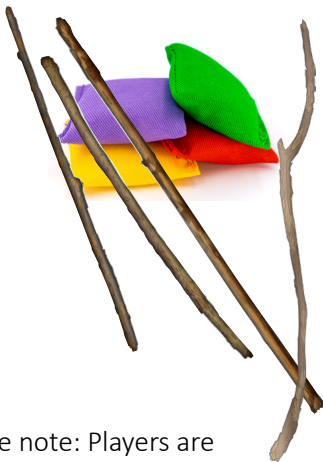
- Collect sticks from the land.
- Players can colour, paint or glue feathers to the sticks. Please note: Players are much more engaged when they know the sticks are something they embellished as a class.
- Using cones, mark the start line for players to throw from.
- Set sticks/poles at 3-5-7-9 metres away from the start line.
- Divide players into teams of 4-6 students. Each team should have enough beanbags for all players and one set of poles at 3-5-7-9 metres in front of them.

Activity Description

- This activity commences with the first players throwing beanbags at the poles with the objective to hit the poles out of the ground causing the pole to move.
- Teams are awarded points based on which stick they make jump.

Cues for Throwing

- Have players point their non-throwing shoulder at the target.
- Take the beanbag in their throwing hand to their throwing shoulder.
- Step with a non-throwing foot towards the target as they follow through with their throwing arm, releasing to the target.



December 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	ON THE 1st DAY OF FITMAS my teacher gave to me ... • a push-up on the class wall	ON THE 2nd DAY OF FITMAS my teacher gave to me ... • 2 skier jumps • a push-up on the class wall	ON THE 3rd DAY OF FITMAS my teacher gave to me ... • 3 jumping jacks • 2 skier jumps • a push-up on the class wall	ON THE 4th DAY OF FITMAS my teacher gave to me ... • 4 seated squats • 3 jumping jacks • 2 skier jumps • a push-up on the class wall	ON THE 5th DAY OF FITMAS my teacher gave to me ... • 5 knee high runs • 4 seated squats • 3 jumping jacks • 2 skier jumps • a push-up on the class wall	
7	ON THE 6th DAY OF FITMAS my teacher gave to me ... • 6 mountain climbers • 5 knee high runs • 4 seated squats • 3 jumping jacks • 2 skier jumps • a push-up on the class wall	ON THE 7th DAY OF FITMAS my teacher gave to me ... • 7 toes of touching • 6 mountain climbers • 5 knee high runs • 4 seated squats • 3 jumping jacks • 2 skier jumps ... continue	ON THE 8th DAY OF FITMAS my teacher gave to me ... • 8 calves of raising • 7 toes of touching • 6 mountain climbers • 5 knee high runs • 4 seated squats • 3 jumping jacks ... continue	ON THE 9th DAY OF FITMAS my teacher gave to me ... • 9 Griddy dances • 8 calves of raising • 7 toes of touching • 6 mountain climbers • 5 knee high runs • 4 seated squats ... continue	ON THE 10th DAY OF FITMAS my teacher gave to me ... • 10 scissor kicking • 9 Griddy dances • 8 calves of raising • 7 toes of touching • 6 mountain climbers • 5 knee high runs ... continue	13
14	ON THE 11th DAY OF FITMAS my teacher gave to me ... • 11 frogs-a-leaping • 10 scissor kicking • 9 Griddy dances • 8 calves of raising • 7 toes of touching • 6 mountain climbers ... continue	ON THE 12th DAY OF FITMAS my teacher gave to me ... • 12 legs of lunging • 11 frogs-a-leaping • 10 scissor kicking • 9 Griddy dances • 8 calves of raising • 7 toes of touching ... continue	ON THE 13th DAY OF FITMAS my teacher gave to me ... • 13 arms-a-reaching • 12 legs of lunging • 11 frogs-a-leaping • 10 scissor kicking • 9 Griddy dances • 8 calves of raising ... continue	ON THE 14th DAY OF FITMAS my teacher gave to me ... • 14 fists a pumping • 13 arms-a-reaching • 12 legs of lunging • 11 frogs-a-leaping • 10 scissor kicking • 9 Griddy dances ... continue	ON THE 15th DAY OF FITMAS my teacher gave to me ... • 15 hips of flossing • 14 fists a pumping • 13 arms-a-reaching • 12 legs of lunging • 11 frogs-a-leaping • 10 scissor kicking ... continue	20
21	Winter Break No School. 	Winter Break No School.	Winter Break No School.	Winter Break Christmas Day No School.	Winter Break Boxing Day No School. 	27
28	Winter Break No School.	Winter Break No School.	Winter Break New Year's Eve No School.			

Festive Fitness Into Your Classroom



Let’s have some fun this season with our festive fitness calendar. Following the tune of “12 Days of Christmas”, sing the jingle below while the students enjoy the “15 Days of Fitmas.” [Click here for song.](#) (Voice credit: Claire Shannon-Akiwenzie and students).

On the 1st day of FitMas my teacher gave to me ...
a push-up on the class wall.

On the 2nd day of FitMas my teacher gave to me ...
2 skier jumps , and a push up on the class wall.

On the 3rd day of FitMas my teacher gave to me ...
3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 4th day of FitMas my teacher gave to me ...
4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 5th day of FitMas my teacher gave to me ...
5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 6th day of FitMas my teacher gave to me ...
6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 7th day of FitMas my teacher gave to me ...
7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 8th day of FitMas my teacher gave to me ...
8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 9th day of FitMas my teacher gave to me ...
9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 10th day of FitMas my teacher gave to me ...
10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 11th day of FitMas my teacher gave to me ...
11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 12th day of FitMas my teacher gave to me ...
12 legs of lunging, 11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 13th day of FitMas my teacher gave to me ...
13 arms-a-reaching, 12 legs of lunging, 11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 14th day of FitMas my teacher gave to me ...
14 fists a pumping, 13 arms-a-reaching, 12 legs of lunging, 11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

On the 15th day of FitMas my teacher gave to me ...
15 hips a flossing, 14 fists a pumping, 13 arms-a-reaching, 12 legs of lunging, 11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

