Newsletter

JANUARY 2026



Start Fresh. Move More. Feel Better.

January is the perfect time to reset, recharge, and re-energize our commitment to supporting students' physical literacy. After the busy holiday season, a fresh start offers an ideal opportunity to re-establish routines that inspire movement, curiosity, and confidence.

This month, we're excited to focus on introducing and strengthening fundamental movement skills including key basketball fundamentals. Alongside locomotor skills like running, jumping, and hopping, we'll also highlight basketball specific skills like dribbling, pivoting, shooting form, and passing. These foundational movements not only support overall physical development but also equip students with the confidence and ability to participate in a variety of activities, games, and lifelong pursuits on and off the court.

Together, let's build momentum for a healthy, active year ahead, one movement at a time!

With appreciation, The Learning in Motion Program Team.

Jina Taylor

School District #71, Physical Literacy Lead Teacher, Learning in Motion Program Workshop Facilitator and Physical Literacy Lead

Dwayne Roberts

Program Manager, Indigenous Programs, Learning in Motion Program





Snowflake Artist credit: Claire Shannon-Akiwenzie

Learning in Motion Training Forum

The Learning in Motion Training Forum is a high-energy, one-day professional development experience built to ignite educators' skills, confidence, and passion for bringing movement into every corner of the school day.

This powerful forum dives into the undeniable link between physical activity and academic achievement showing how movement can spark students' bodies, minds, hearts, and spirits. Rooted in Indigenous ways of knowing and being, it elevates the role of movement as a catalyst for holistic well-being and thriving learners.

Educators will walk away with practical, culturally grounded strategies that fuel focus, deepen engagement, and transform the classroom into an active, connected learning environment. This is more than training it's a movement to empower educators and energize learning in ways that honour Indigenous values and uplift every student.

To book your Pro-D training forum, please contact **Dwayne Roberts**, Manager Indigenous Programs—Learning in Motion droberts@isparc.ca.

We are actively seeking school districts or individual schools to host the training. Learning in Motion will handle everything, and there is no cost to host the training forum.

Content at a Glance

Welcome to the month of January, we are excited to share this month's featured content, filled with new ideas, resources, and activities to support your teaching and student engagement to kick-start the new year.

PAGE 2

Fundamental Movement Skills-Basketball

- Basketball Teaching Cues
- Basketball Game

 –Knock Away
- Basketball Game—Circle Pass

Movement Without Limits—Get Active Anywhere

- Basketball Game—Challenge Hoop
- Moving in the Classroom—Got your Back and Double Catch
- Inclusive Play—Inclusive Basketball
- Connecting to the Land—Squirrel Acorn Hunt

PAGE 4

Daily Classroom Activity Calendar

- January 2026 Calendar
- Basketball Fundamentals and Beyond

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.

Fundamental Movement Skills—Basketball

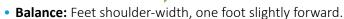


Grades K-7

Teaching Cues

Grades K-7

SHOOTING—B.E.E.F.



- Eyes: Focus on the rim.
- Elbow: Elbow under the ball, not flared out.
- **Follow Through:** Snap wrist, fingertips finish down— "hand in the cookie jar."



PASSING

ING

CHEST PASS

- Hold ball in both hands, chest height, thumbs toward your chest.
- Step forward, extend arms and snap your wrist to pass the ball in a straight line to your partner's chest.
- Finish with arms in front at chest height.

BOUNCE PASS

- Hold the ball with both hands at chest height.
- Step toward your partner.
- Extend arms and snap wrists downward.
- Bounce the ball about two-thirds of the way.
- Finish with arms at thigh height.

DRIBBLE

- Push the ball into the floor (don't slap it).
- Keep your head up and eyes forward.
- Stay low with knees bent.
- Dribble at waist level.
- Use your finger pads, not your palms.



BALL HANDLING IDEAS

Place students in a circle, one ball per student.

FINGER TAPS

- Tap the ball back and forth with finger pads, not palms.
- Start in front, then try high, low, left, and right.

ΒΔΙΙ SΙΔΡS

- Slap the ball from hand to hand with control.
- Try high, low, left, and right variations.

BODY CIRCLES

- Pass the ball around the waist, head, and legs.
- Try a figure-8 around the legs.
- Practice in both directions.

DROP & CATCH

- Hold the ball in front, drop, and catch it on the bounce.
- Focus on quick reactions and soft hands.

DRIBBLING IDEAS

CIRCLE DRIBBLE (Follow the Leader)

- Students form a circle and mirror the teacher's dribbling moves.
- Change tempo, height, and hand used.
- Great warm-up and control practice.

STATIONARY DRIBBLE

- In a low position, dribble at waist height with a steady rhythm.
- Use enough force for the ball to return to your hand.
- Head up, eyes forward.
- Switch between right and left hand.

V-DRIBBLE

- Use one hand.
- Push the ball side-to-side in a V-shape.
- Keeps the ball low and controlled.

BETWEEN THE LEGS

- Dribble low and wide.
- Push the ball through your legs from one hand to the other.
- Start slow, focusing on control.

BEHIND THE BACK

- Keep the ball low and close.
- Wrap the dribble around your back to the other hand.
- Begin with a slow, controlled swing.

Game-Knock Away

Equipment/Material• Basketball.

Fundamental Movement Skill (FMS)

Dribbling.

Activity Description

Objective

 Keep your own ball while trying to knock other players' balls out of bounds.

How to Play

- Start dribbling inside the playing area.
- Protect your ball by shielding it with your body.
- Use a V-dribble to quickly change direction away from other players.
- Keep dribbling the entire game—don't pick up the ball.

Attacking

- Use your non-dribbling hand to knock other players' balls out of bounds.
- You may not grab, hold, or push another player.

If your ball gets knocked out

- Leave the playing area.
- Do 5 sit-ups, push-ups, jumping jacks.
- When finished, rejoin the game.

Variation

- Shrink the court gradually to increase difficulty.
- Players who are out can stand around the boundary and try to knock out balls from the dribblers who are still in the game.

Game-Circle Pass

Grades K-7

Equipment/Material

Basketballs.

Fundamental Movement Skill (FMS)

Passing.

Setup

- Have participants form a circle, backs toward the center.
- Give one ball to each group.

Activity Description

Objective

 Keep the ball moving around the circle while practicing accurate passing, communication, and awareness of your partner.

How to Play

- Passing Around the Circle:
- » Pass the ball to the player next to you.
- » Call out the name of the player you are passing to and remember them.
- » Make eye contact before throwing the ball.
- "Break" Command:
- **»** When the teacher shouts "Break", participants move freely around the gym.
- » Continue passing the ball to the same person you were passing to before the break.
- Maintain Communication:
 - » Call the name and make eye contact before each pass.
- "Circle" Command:
 - » When teacher shouts circle, participants go back into circle formation.

Coaching Tips

- Encourage accurate, controlled passes.
- Reinforce verbal communication and awareness of others.
- Adapt distance and ball type as needed for participants' abilities.





Movement Without Limits—Get Active Anywhere



NEW

Basketball Game

Grades 3-7

Challenge Hoop

Equipment/Material

• Basketballs, cones.

Fundamental Movement Skills (FMS)

· Passing, shooting.

Activity Description

Setup

- Use all the hoops in your gym.
- Pick one hoop as the challenge hoop.
- Divide students evenly among the other hoops, leaving the challenge hoop free.
- At each hoop, start at a comfortable shooting distance (adjust by grade).

Objective

 Score points at the challenge hoop by winning shooting match-ups.

How to Play

 Line up facing the hoop behind the cones. The first two players are beside each other, each have a ball,

others line up behind them.

- Start the Game
 - » Each player bounces their ball 3 times.
 - » Then tap each other's ball once.
 - » After the tap, both players shoot at the hoop.
 - » Continue shooting until one player makes a basket.
 - » The player who makes it stays and plays the next player
 - » The player who loses goes to the end of the line.
- Winning Twice
 - » If a player wins 2 in a row, they move to the challenge hoop.

Challenging Hoop Rules

- All winners gather at the challenge hoop.
- If you win at the challenge hoop, you stay and play the next player and earn 1 point.
- If you lose, return to your original hoop and try again.
- Points can only be earned at the challenge hoop.
- Each player tracks their own points.

Moving in the Classroom

Grades K-7

Got Your Back

Equipment/Material

Ping pong balls and solo cups.

Fundamental Movement Skill (FMS)

Throwing and catching.

Activity Description

Objective

How many catches can you make in a given time frame.

How to Play

- Stand back-to-back with your partner.
- Keeping backs pressed together, throw a ball over your head so your partner can catch it.
- Attempt to make three catches or count how many you can make in a time limit.

Double Catch

Equipment/Material

Ping pong balls and solo cups

Fundamental Movement Skill (FMS)

Throwing and catching.

Activity Description

Objective

How many catches can you make in a given time frame.

How to Play

- Stand 5 feet away from your partner. Each person holds one cup and one ball.
- On "Go", both partners toss their ball to each other at the same time.
- Try to catch your partner's ball in your cup.
- Goal is for three successful coordinated catches or count how many you can make in a time limit.

Inclusive Play—Basketball

STEP Framework From PHE Canada

Use STEP (Space, Task, Equipment, People) to make basketball accessible for all learners.

Space

- Adjust the size or shape of playing area or court markings.
- Change the direction and pathways the participants use.
- Increase space of movement for skills (to support mobility aids to move).

Task

- Change number of dribbles required.
- Simplify or modify the rules or game objectives.
- Remove any specific numbers of activity/skills and change to time specifications.
- Sensory awareness—whistles, yelling, etc.
- Visual support boards to articulate drills, schedule, rewards, etc.
- Visual cues (where to place your hand on the ball, tape or marking of hand to shoot from).
- Modify rules of the game to reduce complexity.

Equipment/Material

- Basketballs-range of sizes & colors (larger/lighter).
- Adjust size & height of hoops (eg. Use hula-hoops hanging from the net, lower hoops, standing hoops).
- Bell or beeping ball/hoop for visual disabilities.
- Increase the distance of cones for dribbling drills.
- Integrate wheelchairs to support play for a range of physical abilities. Everyone on the court should be in a chair to create an integrated experience.
- Flags for visual aids to communicate/support neurodiverse and deaf participants.

People

- Intentional pairing of partners based on arbitrary info (to build relationships
- Guide paired up for visual impairments to support movement on the court.
- Small groups for line-ups.
- Pairing/grouping abilities to support development.
- Adapt referee approaches to support participant success.

Connecting to the Land

Grades K-7

Squirrel Acorn Hunt

Equipment/Material

· Acorns.

Fundamental Movement Skill (FMS)

Running and walking.

Activity Description

Set the Scene

» Tell students: "Imagine you are squirrels in the fall, gathering acorns to eat in the winter. Choose a good hiding spot so other squirrels can't find your acorns. You may also try to spot where others hide theirs!"

Hide the Acorns

- » Give each student 3–5 acorns.
- » Allow time for students to hide their acorns while keeping them secret from others.

Passing of the Season

- » Do an activity to divert their minds—walk or read a book.
- » Lead students on a short walk around the area or read them a book ("passing of the season") before returning to the game.

Winter Gathering

- » On "Go!" (it is now winter), students search for their own acorns and bring them back.
- » Once everyone is back, if a student cannot find their acorns, the group goes out and helps them.

Debrief and Discussion

- » Discuss squirrel habits and strategies:
- » Red squirrels hide acorns in piles.
- » Gray squirrels hide acorns individually.
- » Ask students: "Were you a red squirrel or a gray squirrel? What strategies did you use?"

Tips for Teachers

- Emphasize safety and respect for hiding spots.
- Adjust the number of acorns or size of the playing area for age and ability.
- Encourage students to observe, plan, and remember locations.







January 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		****	HAPPY EWYEAR!	Winter Break New Year's Day No School.	Winter Break No School.	3
		*,1(4)	* 8 * * * *	WINTER	BREAK	
4	Exercise 10 Star jumps 10 Mountain climbers 10 Squats 10 Sky reaches 10 Frog jumps Repeat 3 times .	Exercise Wall Sit Wonder Lean against the wall and hold a wall sit. See who can last the longest!	YouTube 7 Red Light Green Light	Exercise Jog in place Count to 30 Do high knees Count to 40 Do butt kicks Count to 50 Jump side-to-side Count to 60	YouTube 9 Home Alone Run 2—New York	10
11	YouTube 12 Do the Limbo • Grab a broomstick and turn on some limbo music. Take turns going under the stick without touching it—each round, lower it a little more.	Exercise 13 10 Jump lunges 10 Desk push-ups 10 Arm circles (R and L) 30 Second plank 10 Squats Repeat 3 times	Exercise 14 Book Balance Walk Balance a book on your head and walk around the room. Who can keep it on the longest?	YouTube 15 Slim Stomp • Divide the classroom into 2 sides. • Students pick a side to follow a character.	Exercise Around-the-Room Parade • Walk around the class in different styles: giant steps, tiny steps, tiptoe, backward march, elephant steps, frog jumps.	17
18	YouTube 19 Zootopia Winter Yoga	Exercise You Tube How to Do the Macarena Practice with the music: Macarena Dance	Exercise 21 Jump and Spell • Jump your spelling list words—one jump for each letter. • Spell it out loud as you jump.	YouTube Would You Rather— Six or Seven	Exercise 23 Crumple & Toss • Make a paper ball, do 5 squats, then toss it into a bin or hit a target. • Step back and repeat for 1 minute.	24
25	YouTube Do the Cotton Eye Joe Dance	YouTube The Warm Up	Exercise 28 Statue Builder • Hold 3 different freeze poses: tall statue, tiny statue, and silly statue. • Make up your own poses and challenge your class.	YouTube 29 Minecraft Fitness Run Math	Exercise 30 Plank Challenge In teams take turns doing 20-sec planks & passing the "invisible baton" to next person. What team can make it to the end?	31

Basketball Fundamentals and Beyond

Check out **PLAYBuilder** for resources on Basketball Fundamentals and Beyond.

Develop basketball skills through engaging lessons and standalone activities that grow with the learner. This pack offers clear progressions and fun challenges that guide participants from foundational movement skills to confident, game-ready play.

GO TO:

PLAYBuilder Lesson Planning and Activity Software Learning in Motion

- Sign in or sign up for access.
- Click on Access PlayBuilder.
- Click on Basketball Fundamentals and Beyond.



FIND LESSON IDEAS ON



DRIBBLING/RECEIVING



SHOOTING/FINISHING



GAMES

WARM-UP & MOVEMENTS GAMES

RELAY GAMES

SMALL SIDED GAMES