



SKILL LESSONS & ACTIVITIES

15 mins

■ Head and Shoulders

 No Equipment

 5 mins



Setup

Set Up

- Gather participants in a circle to explain the game.

Safety

Safety

- Ensure the activity space is large enough for the number of participants.

Instructions

- Ask participants to sit down in a circle and watch the leader's demonstration(s).
- Leader slowly sings the song "Head, Shoulders, Knees and Toes" and demonstrates the actions:
 - *Head, shoulders, knees and toes.*
 - *Knees and toes.*
 - *Head, shoulders, knees and toes.*
 - *Knees and toes.*
 - *Eyes and ears and mouth and nose.*
 - *Head, shoulders, knees and toes.*
 - *Knees and toes.*
- Leader asks participants to stand, then sings the song together with them to practice.
- Leader can speed up or slow down the song, or change their voice (deeper, higher, softer) to make the activity playful.

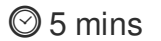
Encourage

- Participation.
- Movement exploration.

Variations

- Leader calls out a locomotor movement (e.g. walk, run, jump, hop, gallop, skip) and participants move around the playing area using that movement.
- When the leader yells "Freeze!" everyone must freeze and put both hands on one of the body parts named in the head and shoulders song.

■ Rubber Band




Instructions

- Review throwing-and-catching skill cues.
- Place participants into pairs, and have them start close to each other.
- They must throw the ball to each other.
- Every time they catch the ball, they take a step back.
- Every time they miss the ball, they spring back to the beginning and start all over again.
- They must try to see how far they can stretch their “rubber band.”

■ Growing Flower Cool Down

 Balls

 5 mins



Instructions

- Participants pretend they are a flower growing from a seed:
- They start by crouching on a ball on the ground.
 - As the seeds start to grow, participants reach up toward sun.
- Participants extend arms and stand tall, taking in sunlight.
 - They pretend the wind blows and their petals (arms) wave in the breeze.
- Participants droop forward (forward bend) when they are thirsty.
 - When they get water they extend and reach their arms up to the sun.
 - At night the plants curl up in a ball on the ground.