

Resources Retrieved from: [NBPlays.ca](https://www.nbplays.ca)

The following resources can be used for learning at home opportunities to support the physical activity of children, without cost to parents. More ideas can be found in the original document at [NBPlays.ca](https://www.nbplays.ca).



Freeze Dance

Materials:

- Music player and music of your choice

Intensity:

- Moderate

Setting:

- Indoor or Outdoor

Fundamental Movement Skills:

- Agility, balance and coordination

Set Up:

- Make a list of *Freeze Poses* such as body ball, balance on one foot, make your body into the letter "T" or "X", touch your toes, etc.

Instructions:

1. Demonstrate each pose and have children practice.
2. Explain to children that when the music begins, they are to begin dancing. When the music stops, they have to stop dancing and do the *freeze pose* that the leader is modeling.
3. Start the music and encourage everyone to dance!
4. After several moments, stop the music. Say and model a *freeze pose*. Everyone should freeze and try to hold that pose.

5. Restart the music, then freeze and strike a new pose.
6. Repeat several times and enjoy the freeze dance party!

Variations:

- Let each child take a turn calling out and modeling the *freeze poses*.
- Have children come up with new *freeze poses* for the group to try.



DID YOU KNOW? Making physical activity inclusive means adapting your environment to provide opportunities for all children to participate in activities. Through inclusive physical activity, children learn to appreciate differences that exist among individuals, and that participating differently in an activity does not lessen its value. (Saskatchewan Ministry of Education)



If you do not have chalk or tape, an imaginary line or lines that may be in tile or other flooring can be used

PA PHYSICAL ACTIVITY ACTIVITIES

Walk The Line

Materials:

- Chalk or masking tape

Intensity:

- Low to Moderate

Setting:

- Indoor or Outdoor

Fundamental Movement Skills:

- Agility, balance and coordination

Set Up:

- With chalk or masking tape, make a long straight line on the ground or floor.

Instructions:

1. Have the children line up behind the leader at one end of the line.
 - Explain to children that they are to follow the leader from one end of the line to the other as if it were a balance beam.
2. Start by simply walking along the line from one end to the other.

3. Next, try walking along the line in a variety of ways, for example:

- with arms out to the side, like a bird or airplane
- on tippy toes with arms overhead, like a giraffe
- low to the ground, like a duck
- on hands and feet, like a bear
- shuffle sideways, like a crab

4. Continue making your way from end to end for as long as your group would like.

Variations:

- Let each child take a turn leading the group along the line.
- Have children come up with new ways to get from one end to the other.
- Try the same activity on a zig-zag or wavy line.



DID YOU KNOW? Fundamental Movement Skills are very important in the physical development of a child. When a child is confident and competent with these skills, they can develop sport-specific and complex movement skills that allow them to enjoy sport and physical activity.