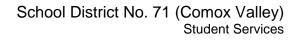
## SCHOOL DISTRICT #71 (COMOX VALLEY)

Student Services

## Embracing Diversity

"I Need A Break!" Ideas for Outdoor Movement Activities Kindergarten to Grade 3

- □ Use sidewalk chalk to make circles... Now jump from one circle to the next.
- Draw boxes for hopscotch. Jump from one box to the next without stopping or stepping on the lines.
- □ Climb onto something (that's no higher than your hips) and jump off.
- □ Jump over something.
- □ Walk like a crab (pictured right).
- Walk like a bear on your feet and hands.
- □ Throw a ball back and forth with someone in your family.
- □ Kick a ball back and forth with someone in your family.
- □ Run somewhere across your yard and back.
- □ Gallop somewhere across your yard and back.
- □ Make an obstacle course with three or more different things to do.
- Play with something that can be pushed or pulled, such as pushing someone on a riding toy or playing tug-of-war.
- With your arms over your head, roll to your right along the grass. Roll up a hill if you have one.
- □ Fill a watering can and carry it to water a plant.
- □ Help wash the car using a big sponge.
- Rake the grass or leaves.
- Dig a hole.



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