

## “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.

