

# **"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.
- ☐ Kick a ball back and forth with someone.
- ☐ Run somewhere and back.
- ☐ Gallop somewhere 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.

