


 Activities		 Benefits Health			 Cooperation				 Do it Daily...For life			
Basic Skills	Application	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Team-work	Effort	Safety	Goal setting	Active Living
	A9							C5				D9

**Introduction/Warm Up (3 - 5 Minutes)**

Have students skip, take large steps, walk with high knees, walk backwards etc. to get them moving.

**Learning Activities/Teaching Strategies (15 minutes)**

Have students demonstrate as many different jumps (skips, leaps, hops) as they can.

Have students demonstrate as many "steps" (large steps, small steps, high knees, low knees) as they can.

Have students demonstrate as many "balances" (one leg, the other leg) as they can.

Divide group into partners. Have students develop a sequence of 2 jumps, 2 steps and 2 balances that they will perform for the class.

**Closure/ Cool Down**

Have students perform their sequences for other groups.

**Assessment/Evaluation/**

**Comments**

*- students enjoyed  
- students extended activity into more complex routines.*

<b>Equipment</b> None.	<b>Safety Considerations</b> Watch for ice in the playground. Students should be aware of the space around them.
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