

Locomotor Movement Skills Grades 2-3

Equipment Needed

- Tagging Tool
- Foam Blocks
- Foam Balls
- Cones

Energizer

- Touch all four corners of the play area with toes
- Five jumping jacks at the centre circle
- Balance on one foot and wait for everyone to be balancing

Game 1: Bumble Bee Tag

Choose 3-4 players to be the bumblebee taggers. If tagged, players must balance on one foot with their non-standing leg out behind them like a 'stinger'. To be freed, another player must come put the sole of their foot up to the bumblebee's foot and then they're both back in the game. Switch up the taggers and the movement for new rounds (galloping, skipping etc).

Game 2: Funny Bones

Divide the group into partners. Provide a foam ball/foam block for each set of partners. Have everyone move around the space in different ways until the leader/teacher calls out 'funny bones!'. Once this is called, everyone must find their partner and listen to which body parts the leader/teacher calls out. If 'funny bones elbow to elbow' is called out then partners must balance the ball/block between their elbows without the item falling to the ground. Make the challenges more difficult as necessary (ex. 'funny bones knee to toe'). For new rounds, change the movement (skipping, galloping, walking backwards etc).

Game 3: Four Corner Rock Paper Scissors (RPS)

Identify which corners in the play area are one, two, three, and four. Everyone will start in corner one and find someone to play RPS against. Whoever wins the match, moves on to the next corner (corner two) and plays someone new. Whoever loses the match, must go back a corner (if a player loses at corner three, they go back to corner two). If players lose at corner one they stay there and find someone new to play. If players can make it to corner four, they must challenge the teacher/leader to a game of RPS. If they win in corner four, they get one point and continue at corner one.

Mindfulness Activity: Five Finger Breathing

Have everyone hold out their hand showing five fingers in front of them. With the other hand's pointer finger, trace up each finger, breathing in when the finger traces up, and breathing out when the finger traces down. Repeat until body is calm and breathing has slowed down.