

Physical Education from Home

Suggested Activities for Grades 3/4

Compiled by Ms. Woloski and Grade 3/4 Students

Helping youth be active can be fun for the whole family. Here are some ways to offer encouragement:

- talk about physical activity as an important part of staying healthy
- be a role model by being active yourself
- teach them the skills they need to be active, like jumping rope, throwing and hitting a ball, kicking a ball, running, dancing

*****Please be sure that students are safe and supervised by an adult (indoors and out) while doing the following activities, and suggested online activities are monitored by an adult for content.*****

Activities:

Dance Party – Put on some music and bust out your best dance moves. Some suggestions include the Chicken Dance or the Limbo

“Snowball” Fight – Ball up some socks and throw them at one another. If you get hit, you turn into a snow statue!

Balance Beam – Stick a long piece of painter’s tape to the floor and encourage your children to walk across the beam without falling off. You can make it more challenging by having them hop from one balance beam to the other.

Hopscotch – With the leftover tape from the balance beam, set up a game of hopscotch. Use a small object such as a toy to toss onto the squares of the hopscotch area.

Spoon Race – Use tablespoons to carry a small ball across the room. If you have someone to play with, try to transfer the egg to their spoon without dropping it.

Obstacle Course – Move tables and chairs around and set up a fun obstacle course.

Parachute Games with Sheets – Clear a space in the middle of a room and play some parachute games. Try to keep a ball or stuffies on the sheet while flapping it up and down.

Simon Says – Use lots of physical commands such as jumping on one foot, running on the spot, doing jumping jacks, curl ups, push ups, etc.

YouTube – [20 Online Kids](#) – Exercises to introduce fitness to kids. Workouts that are 20 minutes long.

YouTube – [Cosmic Kids Yoga](#) – With guided relaxation, mindfulness and yoga adventures, kids will learn the basics of yoga in a fun way.