

MOVE to Learn – At Home!

Week 1: Jump

Children who MOVE are happy, healthy and ready to learn!

The MOVE to Learn Home program offers movement activities with minimal equipment that you do with your children at home for self-regulation, physical education, or to learn while you move!

We provide daily movement lessons each week that you can follow, or adapt as needed. You can choose as many lessons as you wish, and interchange activities from one lesson to another! Detailed instructions of the activities are on the pages that follow (listed by day).

MOVEMENT LESSONS

| | Day 1: Jump | Day 2: General | Day 1: Jump |
|--|--|---|--|
| Physical Education (20-30min) | <ul style="list-style-type: none"> Red Light, Green Light Jumping Puzzle Relay | <ul style="list-style-type: none"> Partner Agility Tag | <ul style="list-style-type: none"> Hop Scotch Long Jump, Vertical Jump |
| Learn while you Move (10-15min) | Food Group Relay | Active Stories | Hop Scotch Math |

MOVEMENT BOOST – For any time you need a brain BOOST!

Deck of Cards workout: Assign a movement to each card and post them in the house. [Example here](#). When your child needs a movement break, they simply take a card and do the movement! They can do the full deck during Wednesday's Wacky Workout.

Self-Regulation: Focus the mind while connecting the right and left brain using cross brain challenges such as pat your head and rub your belly, rotate your arms in opposite directions or these [brain gym finger exercises!](#)

EXTRA-CURRICULAR ONLINE ACTIVITIES (available at any time)

| Martial Arts Monday | Dance Tues Tuesday | Wacky Workout Wednesday | Yoga Time Thursday | Fitness Friday |
|--|---|--|---|--|
| Taekwondo Primary Elementary | Grooving Primary Elementary | Deck of Cards Workout for all | Primary Elementary | Super Hero Workout for all! |

The daily recommended amount of physical activity is 60 minutes a day!



PHYSICAL EDUCATION: JUMP

Red Light, Green Light

One person is the traffic light, turned back on, and says red light or green light. Everyone else has to try to get from one side of the room/yard to the other as quick as possible by jumping two feet to two feet. They can only jump when the traffic control says green light. When they say red light, everyone must freeze. The traffic control can turn around, and if anyone is not frozen, they go back to the start and start again. If you do not have a big enough space, you can jump around the room like freeze dance.

Variations for next rounds:

- Play with green and red paper instead of saying the words for visual focus
- Switch the options so the children think in reverse: red is go and green is stop
- Use music and freeze the music for red light

Jumping Puzzle Relay

Place puzzle pieces on one end of the room/yard. Participants start on the other end and jump with two feet to the other end, grab one piece of puzzle and bring it back. They keep going until they have all pieces, then put together the puzzle. [Video demonstration here](#) (with running instead of jumping).

Variations for next rounds:

- You can time them to see how fast they are, or race against someone else who also has a puzzle. Option to also be on teams of two and take turns collecting a piece of puzzle like a relay
- If you don't have a puzzle, you can print or have your child draw a picture on paper and then cut it out in the shape of puzzle pieces! Make multiple to play multiple rounds. Vary the difficulty of the puzzle pending the age group.
- Instead of jumping on two feet, play the next round hopping on one foot (right foot up, left foot back), or change to running, skipping, or crawling!

CROSS-CURRICULAR MOVEMENT: NUTRITION

Food Group Relay

Print out photos of food from the internet, cut out photos from flyers, or have children draw or write the words of various food on paper. Participants start one side of the room/yard with a pile of food photos, and place three paper bags, or plastic cups, labelled fruits/veggies, grains, and proteins on the other side. Participants race to the bags with one photo at a time and place it in the appropriate bag.

Variations for next rounds:

- If more than one person playing, they can race!
- Place paper bags in different corners of the room/yard
- Instead of running, jump with two feet, hop with one foot, gallop, skip, crawl, penguin walk etc!





PHYSICAL EDUCATION: GENERAL

Partner Agility Tag

1. **Knee Tag** – Like a thumb war, in a small space, both partners both partners try to tag each other's knee with their hand while protecting their own knees. This can also be played while sitting to be inclusive of those who are unable to stand.
2. **Toe Tag** – Similar to knee tag, except, while standing (or sitting) both partners try to tag each others toes with their toes (no stomping!).
3. **Plank Tag** - Students plank across from one another in partners. Similar to Knee Tag both partners try to tag their partner's hands as many times as possible while avoiding their partner tagging their hands.



CROSS-CURRICULAR MOVEMENT: LITERACY

Active Stories

Read a story or poem and assign a movement (i.e., jump, squat, push-up, burpee) to a word. Each time the participants hears the word, they do that movement. Next round, add a different word with a different movement so they have to remember which movement is for which word. See [Exercise Ideas](#) for more exercises

Variations for next rounds, or different learning ages:

- a) Instead of words, assign movements to a rhyme that participants do each time they here a rhyme. If you don't have a story, you can choose two words to say and participants decide if it rhymes or not.
- b) This can also be changed to things like an alliteration, onomatopoeia.
- c) Assign a different movement to each of noun, verb or adjective or pro-noun.
- d) Play a song and assign movements to words in the song.



PHYSICAL EDUCATION: JUMP

Hop Scotch

Tape a hop-scotch pattern to the floor or draw one outside with chalk. Place either consecutive numbers in the box or skip counts by 2's, 3's etc.

Students count out loud as they jump through the game, hopping one foot in the single squares, and jumping on two feet in the double squares.

Variations:

- Students first throw an object into one of the squares then hop the pattern, skipping the square the object is in on the way up and picking it up on the way back while balancing on one leg.



Long Jump and Vertical Jump

Long Jump: Place a measuring tape along the floor or tape lines at various distance across the floor. Students jump as far as they can, from two feet and land on two feet.

Variations:

- Optional: they can record how far they jumped, or place a sticker or object (i.e., stuffed toy), on the floor where they jumped then try again to jump further.
- Remind students to do a big knee bend and swing their hands from the floor all the way to sky
- have students do a Double Long Jump, or a Triple long jump, i.e., jump from two feet onto two feet continuously, two or three times in a row, to see how far they land



Vertical Jump: Place tape, shapes, or photos (i.e., hand prints, animals, or words students are learning) at various heights on the wall, or tape a measuring tape on the wall. Students jump as high as they can and touch a photo. Optional: they can record how high they jump, or place a sticker on the wall showing how high they jumped.

CROSS-CURRICULAR MOVEMENT: MATH

HOP SCOTCH MATH

Write numbers and math functions in each square. Roll a dice, or say a number before doing the hop scotch. They throw an object or rock on the hop scotch grid. On the way back the grid, the student picks up the rock and applies the number they rolled to the function and number on that grid. i.e., if they roll a 6 and land on $\times 3$, when they pick it up they say 18. Adapt the functions based on the child's math level.

