



Physical Activities Grades K–5

Manipulative & Gross Motor Skills

Please complete these activities with a sibling, parent, guardian, or family member!

Kicking -Step, -Kick with top of foot, -Follow-through	Grab a ball, or make a ball out of a tied-up sweatshirt. If you have a bell, tie it to the sweatshirt. Find a target you can kick at, such as a tree outside. Have another person stand by the tree and clap so you can hear where the target is. Count how many times you can hit the target. Now kick with the other foot!
Throwing -Step -Point -Throw -Follow-through	Grab a ball, pinecone, stuffed animal, or another object to throw! Find a target you can throw at, such as a tree outside. Have another person stand by the tree and clap so you can hear where the target is. Each time you hit the target, take a step backwards. How far away can you get and hit the target?
Catching -Reach to ball -Give with the ball	Bundle a pair of socks together to make a ball. If you have a bell, tie it around the socks with string. Have someone toss you the ball, or toss it in the air to yourself. Count how many catches you get in a row!
Striking -Step to ball -Use open hand -Follow-through	Tie the handles of a plastic grocery bag together so that it resembles a balloon. Use your hand to strike the bag upwards, trying to keep it in the air. Take turns hitting with a partner. Have your partner describe where the bag is in relation to you using the clock system (ex. It is in the air at your 3 o'clock).
Dribbling -Head up -Use inside, outside of feet	Grab a ball, or make a ball out of a tied-up sweatshirt or bundle of plastic bags. If you have a bell, tie it to the ball. Dribble the ball with your feet keeping it close to you. Time how long you can dribble in control without losing the ball or kicking it too far away.
Jumping Rope -Jump with both feet	If you have a jump rope, time how long you can jump! Try to beat your personal record. If you do not have a jump rope, place a stick on the ground. Stand behind the stick and jump forward and backward over the stick as many times as you can. You can also jump left to right. Try to beat your score!



Physical Activities Grades K–5

Movement Concepts & Physical Activity Knowledge

Please complete these activities with a sibling, parent, guardian, or family member!

Balancing	Stand on one foot and balance. Time how long you can balance. Now switch feet. Time how long you can balance. Try to beat your times! For an extra challenge, try to stand on one foot and touch your toe!
Levels	Walk tall like a giraffe to the kitchen. Walk small like a mouse to the closet. How many different heights can you create?
Pathways	Practice using different pathways. Walk to the bedroom in a zigzag pattern; retrieve the mail using a curvy line. Count how many different pathways you can use.
Space	Play a song on a speaker, sing a song, or clap a beat. Dance to the beat in your own space.
Speed	Run across the yard, slowly tiptoe to the living room. How many different speeds can you create?
Fitness Knowledge	Check your pulse by placing your index and middle finger on the right side of your esophagus (windpipe/neck) and feel for your heartbeat. Check your pulse when you complete these activities. Which activities make your heart beat faster?