

Active Body, Active Mind Physical Literacy Summit!

Bringing games into your everyday life.

Landing Safely!

Active, Successful, Play

- First and foremost we want the children to be active.
- As with any activity we want the children to be successful.
- Can we have the children be active, successful and roll it all into play?
- You bet!!!

Small as a Mouse



- This is a “3” position game
- Easy in English or French

- Small as a Mouse or Petit comme une Souris
- Wide as a House or Gros comme une Maison
- Thin as a Pin or Mince comme une aiguille

A leader, A provider, A coach

- Make the activity enjoyable
- Build self-esteem
- Respect participants as individuals
- Be a knowledgeable leader
- Be safety-conscious
- Be fair and give equal time for play
- Plan activities effectively
- Behave appropriately

Snakes and Ladders

- Sit your participants as shown
- Give each facing partner a number 1, 2, 3...
- Call one number at a time to run the course
- First one to return to their spot gets a point for that side of ladder
- Make sure to have each pair play at least once
- Keep feet together, arms in



Things to consider...

- Keep them active
- Safe running within the space you have
- Age & maturity appropriate
- Change the game if it is not working
- Play Competitive & Cooperative games
- Stop the game when they are having fun
- Tag games can be your friend
- When possible, give the game a purpose

School Bus

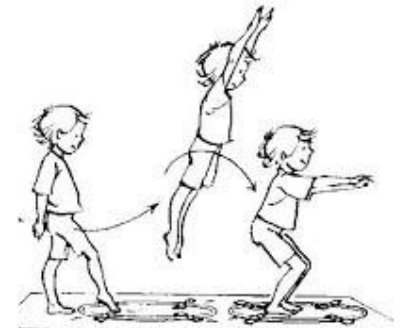


This is a great pre-school game, but awesome for any age up from there as well.

- Line up chairs 2x2
- 1 Person counting stands up front with back turned
- Count backwards from 10, then 9, then 8...
- During the count, change spots with a friend
- Can not sit in the same spot again.
- Must be seated by the count of "0"
- If caught, 5 jumping jacks

Landing safely

- Children will climb, jump and ultimately find themselves off the ground.
- Let's teach them how to come down safely
- These 3 tips will help with safer landings
- “Motorcycle” position
- Bend the arms, for prone fall
- Doggie Roll when you can



Doggie Roll?

- What is a Doggie Roll?
- Start on your hands and knees
- Roll all the way over, back to your hands and knees
- You can roll to the left or to the right
- You want to use as much body surface as possible
- This slows down the landing
- It can also be done from stand or after a jump off something



Pip - Squeak - Wilbur

- Equipment: Bean Bags
- Arrange participants in groups of three.
- One person in each group is Pip, one Wilbur, and one Squeak.
- These groups are arranged in one big circle.
- The leader calls out one of the 3 names; this person runs around the outside of the circle until they get back to their group.
- They run under the arch that the other 2 have made and into the center of the circle to grab one bean bag from the middle and return to their group.
- There should be 1 less bean bag than there are groups.
- The team that does not get one does 5 jumping jacks