

P.A.L.S.

Small
Space
Games

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● My Class Went to the Zoo

Equipment: Bean bag/sponges

Instructions:

- Have your class line up one behind the other. The first person holds the bean bag or sponge.
- The class starts to march around the room on the leader's signal.
- The leader calls out the first child in line's name and says:
- "First child in line's name" went to the zoo and he/she saw a(n) _____
- (animal/bird/reptile that starts with the first letter of the child's name)." The leader can let the child choose the animal/bird/reptile OR the leader can fill that in.
- The children start walking around the room acting out that animal/bird/reptile (slithering like a snake, stomping like an elephant, prancing like a reindeer). At the same time the students pass the bean bag down the line until it reaches the last person in line.
- The last person in line runs to the front of the line and the leader says the phrase over again using the name of the new student who is at the front of the line.

Variation: Try 'visiting' different places such as the sea or the forest. You may want to let the students think of an animal, bird or reptile that starts with the letter of their name before the game starts.

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Variation: Try 'visiting' different places such as the sea or the forest. You may want to let the students think of an animal, bird or reptile that starts with the letter of their name before the game starts.

Warm-up ideas:

- Follow the leader around the classroom. Lead or have the students lead a stretching routine.
- Have students walk around slowly pretending they are trees blowing in the wind, using their arms as branches. Students start in a big wind-storm in which branches break, and finish as the wind stops blowing.
- Point to one body part at a time, and have students move that body part in a variety of ways. If you are not pointing to a body part, the students continue to march in place.
- At the beach - lead students on an imaginary trip to the beach and include some of the following actions: bike to the beach; run into the water and splash around; swim front crawl; breast stroke; dog paddle.
- Walk around the room choosing an animal to mimic, or an Olympic sport theme (skiing, skating)

Cool down ideas:

- At the beach - lead the students on an imaginary trip home from the beach and include some of the following actions: walking through deep sand, slowly walking home, getting home and shaking sand off entire body.
- Have students walk slowly around the classroom. Call out “tall”, “small”, or “wide” to have students stretch to be as tall as a house, as small as a mouse, or as wide as a wall.
- Have students form a circle. Designate a leader, who chooses stretches. Have students “pass” each stretch around the circle and hold it as others join in, creating a wave effect.

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● One After

Equipment: None

Instructions:

- Choose one student to be the leader.
- The leader does a series of fitness activities. (Students can create their own activities on the spot or use sample activities you have placed on the board.) Provide at least 10 options to add variety to the activity.
- The class follows; doing the fitness activity previous to the one the leader is currently showing. Therefore, the class is always one step behind the leader. For example, the leader does jumping jacks and the class watches. The leader changes to sky punches and the class does jumping jacks. The leader then changes to twist jumps and the class does sky punches.
- Have the leaders perform each activity 10 times or for 10 seconds (depending on the activity).
- Other examples of activities are: Jump up and then touch toes, squats, lunges, front kicks or “can-can” kicks (have students spread apart to do this), pretend skipping on the spot, etc.

Accommodations/Modifications: After the leader does five to seven activities, switch leaders. This can be based on whose name comes next in the alphabet or who is next in the seating chart, etc.

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● Principal's Coming

Equipment: None

Instructions:

Play some fun music and have students march around the room.

The leader calls out a command and the students follow the directions as indicated:

- Principal's Coming - sit in the closest chair (or closest desk) with hands folded nicely. Keep feet moving.
- Recess - jump up and down on the spot! Feel free to cheer.
- Teacher's Coming - sit in the closest chair (or closest desk), raise and lower hand (as if you have a question) and keep feet moving.
- Forgot Homework - run in circles on the spot.
- Field Trip - sit in the closest chair and bounce up and down like you are riding a bus.
- Custodian's Coming - step lightly to avoid making foot prints.

Have fun and challenge the class to make up new commands. What happens when the 'music teacher is coming' or there is a 'fire drill'?

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Sports Start

Equipment: None

Instructions:

Have students march around the room and perform the action that corresponds with the athlete type call out.

A swimmer: Walk on the spot while moving arms in a front crawl motion.

A dancer: Dance on the spot. Use your imagination.

A jogger: Jog on the spot.

A cyclist: Move feet quickly as if pedalling a bike.

A rock climber: March on the spot while moving arms up and down.

Other suggestions:

- | | | |
|-------------------|---------------------|---------------------|
| ✓ A skier | ✓ A race car driver | ✓ A hockey player |
| ✓ A snowboarder | ✓ A cheerleader | ✓ A karate champion |
| ✓ A soccer player | ✓ A baseball player | ✓ A tennis player |

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Car Mania

Equipment: None

Instructions:

- Have students begin by “putting on their seatbelts” and “driving” around the activity in “3rd gear”
- Call out various directional cues, such as “forward”, “reverse”, “left turn”, U-turn”, “curved road”.
- Call out random traffic cues, such as:

Idle-march on the spot	1st gear - walk slowly	2nd gear - walk	3rd gear - walk briskly	4th gear - jog on the spot	Bumpy road - jump up and down
Windshield wipers - move arms	School Zone - drive slowly	Brake - stop quickly	Flat tire - do wall or desk push ups	Out of gas - do 4 leg lifts on each side	Rainy weather - leap over puddles

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Keep it Clean

Equipment: Variety of soft balls, bean bags, sponges or rolled up socks

Instructions:

- Divide the class into two groups. Designate a playing area that is divided into two sides.
- Place all of the soft objects along the centre line.
- One group stands at the back of the room and one group stands at the front of the room.
- On your signal, students walk quickly to the centre and pick up ONE object at a time and return it to their end of the room.
- When all the objects are gone from the centre, students can walk to the other side and take an object from the other side.
- Students work as quickly as they can to get as many objects on their side of the room as possible.
- The leader may challenge the students to move in different ways or to carry the object in unique creative ways.
- Students may also work to group or sort their objects as they are gathering them.
- After a set amount of time, stop the game and shuffle the teams.



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Desk Relay

Equipment: One object for each team. (Any object will do - rubber chicken, ball, crumpled piece of paper).

Instructions:

- Divide the class into teams (approximately 8 students in each team).
- Have the students move their desks or chairs so that they form lines facing the front of the class.
- Make sure there is enough room to move between the rows.

X X X X X X X X X X X

X X X X X X X X X X X

X X X X X X X X X X X

(X = desk or chair)

- Hand the student in the front of each line an object.
- On your signal, the students will pass the object over their head to the person behind them. This person passes the object over their head to the next person in the line and so on.
- When the object gets to the end of the line, the person at the back moves quickly to the front of the line. All students in the line stand up and shuffle to the desk/chair behind them.
- The new person at the start of the line begins passing the object down the line again (by passing the object over their heads).



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● March Both Ways

Equipment: None

Instructions:

- Have students march on the spot (e.g., beside their desks or in their own personal spaces).
- Ask a series of questions that have a “Yes” or “No” answer.
- Each time students answer “Yes” to a question, have them change direction and move in a new way (e.g., marching, running on the spot, punches in the air, walking with high knees).

Some examples are:

“Have you ever tried skiing?”

“Do you have a brother?”

“Did you watch television yesterday?”

“Do you like broccoli?”

“Are you wearing anything red?”

“Do you like chewing bubble gum?”

“Do you have a pet?”

“Do you have a sister?”

“Do you enjoy skating?”

“Do you like playing soccer?”

“Did you have cereal for breakfast?”

“Have you ever built a snowman?”

“Is your birthday in the summer?”

“Have you seen the movie Finding Nemo?”

“Are you wearing blue jeans?”

“Is your room blue?”

● March Both Ways

Equipment: None

Instructions:

- Have students march on the spot (e.g., beside their desks or in their own personal spaces).
- Ask a series of questions that have a “Yes” or “No” answer.
- Each time students answer “Yes” to a question, have them change direction and move in a new way (e.g., marching, running on the spot, punches in the air, walking with high knees).

Some examples are:

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“Is your room blue?”

Warm-up ideas:

- Follow the leader around the classroom. Lead or have the students lead a stretching routine.
- Have students walk around slowly pretending they are trees blowing in the wind, using their arms as branches. Students start in a big wind-storm in which branches break, and finish as the wind stops blowing.
- Point to one body part at a time, and have students move that body part in a variety of ways. If you are not pointing to a body part, the students continue to march in place.
- At the beach - lead students on an imaginary trip to the beach and include some of the following actions: bike to the beach; run into the water and splash around; swim front crawl; breast stroke; dog paddle.
- Walk around the room choosing an animal to mimic, or an Olympic sport theme (skiing, skating)

Cool down ideas:

- At the beach - lead the students on an imaginary trip home from the beach and include some of the following actions: walking through deep sand, slowly walking home, getting home and shaking sand off entire body.
- Have students walk slowly around the classroom. Call out “tall”, “small”, or “wide” to have students stretch to be as tall as a house, as small as a mouse, or as wide as a wall.
- Have students form a circle. Designate a leader, who chooses stretches. Have students “pass” each stretch around the circle and hold it as others join in, creating a wave effect.

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Birthdays

Equipment: None

Instructions: Have students move in a circle.

- Call out birthday months or seasons.
- Have students perform an activity in the centre of the circle when their month or season is called (e.g., jumping jacks, knee lifts, lunges on each leg, front crawl).

Choose other months or seasons, and vary the activity until all months or seasons have been called.



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