



NEWSLETTER

Teachers' Monthly Guide To Physical Literacy

APRIL 2025

Welcome back from March break! We hope you had a restful and refreshing time. As we step into April, it's the perfect moment to embrace the changing season, warmer weather, and the excitement of outdoor learning. This month, we're diving into track and field—an incredible way to engage students in physical literacy while getting them active in the fresh air. Whether it's running, jumping, or throwing, track and field offers a variety of fun and inclusive activities for students to explore. Let's make the most of the spring weather and inspire our students to move, learn, and grow outdoors!

Here's to an active and exciting April ahead!

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NEWS FROM OUR PARTNERS

There are many organizations focused on providing physical literacy for Canadians both through the School Physical Activity and Physical Literacy project and others organizations. Please find their updates below for this month.

WHAT'S NEW

Focus on classroom wellness this April!

Effective classroom management is key to creating an environment where students can thrive physically, mentally, and socially.

Our [Classroom Management Tips & Tricks](#) resource provides practical strategies to integrate physical literacy seamlessly into your daily routine. Learn how to use movement breaks to refocus attention, foster a positive classroom culture through physical activity, and manage transitions with ease.

Whether in the classroom, gym, or outdoor space, these tips will help you keep students engaged, motivated, and ready to learn!

PARENT EDUCATION

The Parent-Teacher Physical Literacy Partnership

Communication is Key: Open communication is crucial. Regular updates through newsletters, emails, or conferences keep parents in the loop. Parents need to understand why physical literacy matters for their child's well-being!

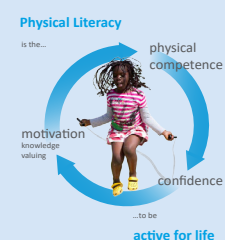
Educate and Involve: Share resources with parents about the importance of physical literacy. Get parents actively involved in supporting their child's physical education!

At-Home Activities: Provide parents with practical, age-appropriate activities to do at home. Simple exercises, games, and outdoor activities help kids practice what they learn in school.

Looking for resources to share with your class' parents?

Check out the new handout available [here](#)! This document simply defines physical literacy, explains the fundamental movement skills, and even provides a handful of great at-home activities for parents to try to support their children's continued development of physical literacy.

Developing Your Child's Physical Literacy: Fundamental Movement Skills at Home



What are Fundamental Movement Skills?

Fundamental movement skills are the basic building blocks of physical literacy. They are divided into three categories:

- Locomotor Skills:** These involve moving the body from one place to another, such as running, jumping, swimming, and skating.
- Non-Locomotor Skills:** These are about controlling the body while not moving, like balancing on one foot and yoga. They improve balance and body control.
- Manipulative Skills:** These are about actions like throwing, catching, kicking, and striking.

Fun Activities for Enhancing Fundamental Movement Skills at Home!

Your child has been developing their physical literacy in class this year—but that work doesn't end when the bell rings! You can support your child's physical literacy development at home through fun activities like:

- Indoor Activities**
 - Balloon Volleyball:** Play volleyball using a balloon as a ball to improve coordination and balance.
 - Tape Hopscotch:** Create a hopscotch game indoors with masking tape to promote coordination and balance.
 - Simon Says:** Play Simon Says with jumping, hopping, and stretching actions to improve body awareness.
- Outdoor Activities**
 - Bike Riding:** Ride bikes outdoors to improve balance and coordination.
 - Catch and Toss:** Use soft objects for catching and tossing games to enhance hand-eye coordination.
 - Nature's Obstacle Course:** Create challenges like jumping over objects, balancing, and crawling during outdoor walks.

Adapt these activities based on your child's age and skill level. Encourage them to use both hands and feet, and most importantly, have fun together!

We would like to acknowledge Laura
Patterson for her contribution to this resource.

For more great physical activity and
physical literacy resources, check out:

www.schoolpapl.ca



WE VALUE YOUR FEEDBACK

Integrating Physical Literacy For Life

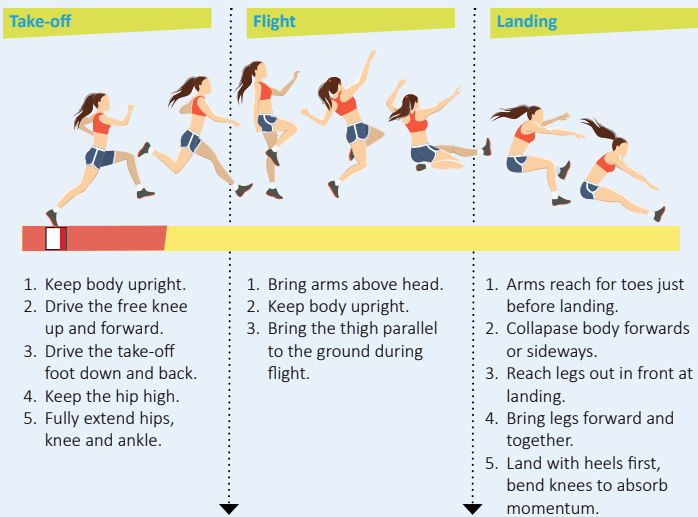
It is important to us to achieve our goals of supporting teachers within School Districts and First Nation Schools. Submitting your feedback is vital to the growth of the program, to assist fellow teachers, and to guide the program to success. Let's make it happen together.

We look forward to hearing from you. Please send your feedback to droberts@isparc.ca.



LONG JUMP

Watch the video: [Long Jump](#)



LONG JUMP LEGENDS

ACTIVITY

- Students jump into the pit from a longer approach, taking off from one foot and landing on two feet.
- Add a fun, competitive element by awarding points based on jump distance:
 - 1st distance = 1 point
 - 2nd distance = 2 points
 - 3rd distance = 3 points
 - 4th distance = 4 points (most difficult)
 - Foul jump = 0 points
- Markers or lines in the sand will show jump distances.

HIGH JUMP

REFERENCE YouTube: [Scissor Kick Technique](#)

DRILL–SCISSOR KICK

- Begin the drill without any type of bar, use just the mat, then add your rope or cord. The students can try this drill from both sides, to begin getting a feel for which side they are comfortable with.

DETERMINING THE TAKE-OFF LEG

Students must determine which leg they take off with. Some ways to find this:

- Students can simply try both sides and decide which is more comfortable.
- Have students stand up straight and tell them to fall forward as far as they can. One foot will naturally shoot forward to break their fall. That is the inside leg. The other is the takeoff foot.
- If the student's right foot is the inside leg, they would begin approach from the right side and vice versa.

THE APPROACH–START

- Run ups for scissor jumps should not be curved—they should be done in a straight line approximately 30-degree angle from the cross bar.

COACHING CUES FOR SCISSOR KICK

- Use a straight run up at 30-degree angle from the crossbar.
- Leg closest to the bar comes up first.
- Run and jump tall—keep hips high.
- Try to jump straight up when reaching the bar—not into the bar.
- Kick leg closest to the bar in front of body (like kicking a ball) then second leg is also kicked up in front of body.
- Accelerate for last few strides of run up.

FUN ACTIVITIES YOU CAN DO WITH YOUR CLASS

STANDING LONG JUMP

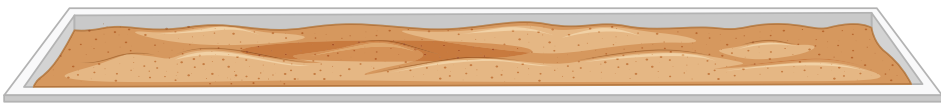
SET UP

- Students line up in groups behind ground markers or hoops, ready to jump into the sand pit.

ACTIVITY

Jump Technique

- Take off from two feet and land on two feet.
- Bend knees, swing arms back, then forward and up on take-off.
- Stretch out in the air and land with knees bent, feet together (like a frog).
- Encourage students to clap their hands above their heads while jumping.
- Each student jumps, pauses in landing, and quickly moves aside for the next jumper.



JUMP INTO THE PIT (one-foot to two-foot)

ACTIVITY

- Students jog towards the pit, take off from one foot, and land on two feet in the sand.
- Ensure they take off from one foot and land with feet together.
- Encourage the “frog” landing technique (knees bent, feet together).
- Once comfortable, have students pretend to swing on monkey bars or a trapeze while jumping, then land like a frog and make hand prints in the sand.

RELAY BATON PASS GAME

SETUP

- Place two cones 15-25m apart
- Teams of 4-6 stand in a line, two arm's lengths apart. Last person at the line should be located at first cone.
- The player at the back holds the baton at the first cone with their team lined in front of them.

START

- On "GO!", pass the baton to the person at the front of the line. The front player sprints to the cone 15-25m away, goes around the cone and returns to the cone at the back of the line, and passes the baton to the next person. Repeat until everyone runs.

FINISH

- The last player returns, and all team members sit down to finish.

ADD RULES

After each race, add a new rule for better baton passing, such as: no looking behind, use a verbal cue (e.g., "stick" or "hand"), baton alternates hands or use upsweep or downsweep techniques.





WARM UP GAME

CHEETAHS, DEER, AND ELEPHANTS

Objective

Simulate running like different animals to experience and work on varying speeds.

HOW TO PLAY

Start Running

Spread out in the designated area and start running.

Teacher yells out animal to imitate:

- **Cheetah:** Sprint as fast as you can, imagining you're a cheetah.
- **Deer:** Run fast but not all out, focusing on good form as if you're a deer.
- **Horse:** Imagine you're a horse and trot around.
- **Dog:** Jog at a comfortable pace like a dog out for a cruise.
- **Turtle:** Walk slowly, pretending to be a turtle.
- **Elephant:** Stomp walk, pretending to be an elephant stomping about.

Vary Speed

The game involves alternating between fast and slow animals, mimicking different intensity levels for running and recovery.

VARIATION

- Use different animals for added variety.
- Increase the time for faster animals to make the workout more difficult.
- Reduce recovery time for slower animals to challenge your endurance.



SKILLS, FOCUS & CUES

Running Cues

- Keep your head up and eyes looking forward.
- Lift your knees to create power.
- Pump your arms at 90 degrees –opposite arm to opposite leg.
- Elbows to hips, thumbs to lips.
- Land softly on the balls of your feet, not your heels.



GAME PLAY—THE RUN IS ON

EQUIPMENT

- Cones
- Hula hoops

HOW TO PLAY

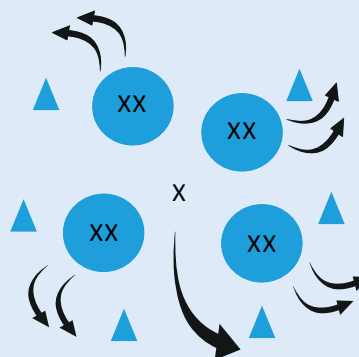
- Form a circle with cones and place hula hoops randomly inside. Runners pair up and sit back-to-back in the hoops.
- One runner stands in the middle, outside a hoop.

Start the Game

- The standing runner says, "The run is on for..." and finishes with something true about themselves (e.g., "The run is on for anyone who has a pet dog").
- Anyone who matches the statement must run one full circle around the cones in a clockwise direction along with the standing runner.

Fill the Vacant Hoops

- After running the full circle, players sit back-to-back in an empty hoop.
- The last runner without a hoop becomes the new standing runner. Repeat.



VARIATION

- Use a different number of runners within the hoop.

HEALTHY HABITS

Importance of Sleep

Help students develop healthy sleep habits for better focus, mood, and overall health.

How to Practice

Set a Consistent Bedtime: Encourage students to go to bed at the same time every night, aiming for 9-11 hours of sleep.

Create a Bedtime Routine: Establish calming activities before bed, like reading, listening to soft music, or stretching.

Limit Screen Time: Encourage students to turn off screens (phones, computers, TV) at least 30 minutes before bed to help their brains wind down.

Make the Sleep Environment Comfortable: Suggest a quiet, dark, and cool room for better sleep quality.

Stay Active During the Day: Encourage physical activity, but avoid intense exercise right before bed.

Why It Works: Quality sleep helps students feel more energized, focus better in class, and stay emotionally balanced.



How to Implement

Create a Sleep Chart: Give each student a simple chart to track their sleep for a week. They can mark when they go to bed and wake up each day. Have them record how they feel in the morning (e.g., tired, rested, energetic) to make connections between sleep quality and their daily energy.

Discuss Healthy Bedtime Routines: Lead a class discussion about calming activities before bed, such as reading, taking deep breaths, or listening to quiet music. Ask students to share their current bedtime routines and brainstorm healthy habits to add to them (e.g., no screen time 30 minutes before bed, dimming lights, etc.).


Create a Class Sleep Poster: Collaboratively create a class poster with tips for a good night's sleep. Include ideas like "turn off screens," "read a book," "brush your teeth," and "make your bed cozy."

Practice a Relaxing Bedtime Activity: Lead students through a short, relaxing activity they can use at bedtime, such as gentle stretching or a guided visualization to calm their minds.





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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		EXERCISE 1 Class Participation As a class, come up with a stretching routine of 10 different moves that will stretch your body from your head to your toes	YOU TUBE 2 Spring Stomp	EXERCISE 3 How many jumping jacks can you do in 60 seconds OR • Elbow to knee • Toe touches • Squats • High knees • Shuffle/Jump shot	YOU TUBE 4 Minions Spring Break Run	5
6	YOU TUBE 7 Bluey Spring Chase	EXERCISE 8 Driving School–Drive around the class • Highway driving–run • Speed limit–walk • Out of gas–balance on 1 leg • Raining–5 jumping jacks • Construction–jump over potholes	YOU TUBE 9 Escape into Spring	EXERCISE 10 Ask Questions • If an apple is a nutritious snack, hop to the door • If your heart beats faster after playing tag, touch all four walls in the room • If water is good to drink after PE class, skip around your desk	YOU TUBE 11 Taylor Swift Freeze Dance	12
	YOU TUBE 14 Bunny Run	EXERCISE 15 Make a paper ball and have the class stand in a circle. Passing the ball say the A,B,C's forward and backwards	YOU TUBE 16 Grinch Freeze Dance	EXERCISE 17 Class Plank Challenge Who can plank for: • 1 minute • 2 minutes • 3 minutes • 4 minutes	GOOD FRIDAY 18 No School 	19
20	EASTER MONDAY 21 No School	YOU TUBE 22 Wicked Run	EXERCISE 23 20 Squats 20 High knees 20 2-foot jumps 20 Hops on right foot 20 Hops on left foot 20 Twists	YOU TUBE 24 Rock Paper Scissors Challenge	EXERCISE 25 Balance pose hold for 20 seconds: • Tree pose • Child's pose • Downward facing dog • Warrior pose	26
27	YOU TUBE 28 Cha Cha Slide Dance	EXERCISE 29 Do a lap of the class: • Skipping • Jumping • Galloping • Hoping • Sliding	YOU TUBE 30 Bring Sally Up Squat Challenge			

CANADIAN 24-HOUR MOVEMENT GUIDELINES

Help your students follow the 24-hour movement guidelines is one way you can support their physical health.

The Canadian 24-Hour Movement Guidelines suggest children and youth:

- **Be active each day**—enjoy **several hours** of light intensity physical activity (e.g. walking) AND at least **1 hour** of moderate to vigorous physical activity (e.g. bicycling; running) daily.
- Take part in **muscle strength and bone-strengthening** (e.g. handstands; jumping) activities at least **3 times** per week or more.
- Aim to sleep for **8-11 hours each night**, with consistent sleep schedules.
- **Reduce time spent on screens and sitting** as much as possible.

Source: csepguidelines.ca

