

# Teachers Monthly Guide To Physical Literacy NEWSLETTER

DECEMBER 2024

December is the most festive time of the year, and with celebrations on the horizon, the excitement is building! We know it can be a busy month, so we're here to bring a little joy and movement to the season. This month, we're sharing some fun, festive games and dance ideas that are sure to keep the energy high and bring a sparkle to your activities. Students love to move, and dance is the perfect way to celebrate and stay active together. Let's make this December a joyful, active one!

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School Physical Activity & Physical Literacy project



**I-SPARC**  
Move | Play | Compete

Indigenous Sport,  
Physical Activity &  
Recreation Council



### SIGN UP—E-LEARNING COURSE

I-SPARC encourages educators, community members, and coaches to continuously expand their knowledge to better support their roles within the community.

Stepping Stones to Indigenous Sport and Physical Activity Participation is an E-Learning Course designed for coaches and sport leaders. The purpose of this training is to:

- increase your knowledge of the stages of the Indigenous Long-Term Participant Development Pathway.
- help you better understand the needs of Indigenous participants and athletes, including First Nations, Inuit and Métis peoples.
- enhance your ability to run developmentally and holistically appropriate programs for Indigenous participants and athletes.

To register for this E-Learning course please click on the link below.

[Register here for this E-Learning course.](#)

## NEWS FROM OUR PARTNERS

School Districts are proud to partner with Sport for Life and I-SPARC, two organizations focused on providing physical literacy for Canadians through the School Physical Activity and Physical Literacy project. Please find their updates below for this month.



**Sport for Life**

### SPORT FOR LIFE SUMMIT

Sport for Life invites you to be part of the premier event dedicated to advancing physical literacy and quality sport. The 2025 Sport for Life Summit offers an inspiring blend of keynote presentations, interactive sessions, workshops, and networking opportunities, all designed to drive meaningful change in how we deliver sport and physical literacy programs.

#### Why attend?

Engage with leading experts in physical literacy, sport for development, and community programming. Learn innovative strategies to create inclusive and accessible movement experiences for everyone. Network with educators, community leaders, policymakers, and fellow professionals committed to transforming lives through sport and physical activity.

Whether you're new to physical literacy or a seasoned professional, this Summit provides the tools, knowledge, and inspiration needed to make a difference.

Dates: January 21-23, 2025 | Location: Gatineau, Quebec  
Learn more and register for the Sport for Life Summit [here!](#)  
Please pass this along to your networks.

## 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 [drobot@isparc.ca](mailto:drobot@isparc.ca)



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**Sport for Life**



WARM UP GAMES FOR DANCE

DEVELOPING LIFE SKILLS	FOLLOW THE LEADER
Teaching dance provides students with a fun and engaging way to improve their physical fitness, coordination, and mental focus. It also nurtures self-expression, confidence, and a sense of community, offering benefits that support personal growth and well-being.	✓ Arrange students in groups of 4-5.
	✓ Stand in a line.
	✓ First person in the line gets to lead (dance any moves s/he likes) and others must follow.
	✓ When the music changes, the leader drops to the end of the line and the second person in line steps up as the leader.
	✓ 30 seconds to lead and 5 seconds to switch to the back of the line. Perform two rounds so everyone has a chance to lead twice.

MUSICAL HOOPS	MIRROR DANCE PARTNERS
✓ Arrange hula hoops throughout the space and place a cue card in the center of each one with a dance move written on it.	✓ Arrange students in pairs and have them face each other, one on either side of a line.
✓ During the silence, students move around the gym (avoiding the hoops) in any way the teacher calls (running, skipping, walking etc.) then when the music comes on, students move to which ever hoop they are closest to and performs that move for the duration of the music.	✓ Students cannot use any words to hint what moves they are going to try.
	✓ If the leader moves to his/her right, then his/her partner must move to his/ her left—mirroring the leader.
	✓ Tell students to add in some facial or body movements that will cause a reaction (the follower must mimic the leader—cannot burst out laughing).
✓ There may be more than one person around the hoop.	✓ Leader dances for each portion of the music, then change roles.

HEALTHY HABITS



CHRISTMAS TEA

As the weather cools, many of us turn to comforting foods and drinks to stay cozy. Teas, in particular, are a delightful way to warm up while nourishing the body.

Christmas Tea is a seasonal blend made from three evergreens: Grand Fir, Western White Pine, and a small percentage of Cedar (or

Spruce Douglas Fir for children under 8 years of age). This festive tea also features Rosehips and Orange Peel, adding a bright, citrusy note.

It can be prepared with or without Cedar, depending on personal preferences or health considerations (Cedar is not recommended for those who are pregnant, breastfeeding, or have kidney disease). Rich in Vitamin C, this tea is perfect for supporting the respiratory and immune systems during the winter months. A wonderful, warming cup of wellness for the holiday season!

Check out Wild About Plants website [here](#).



DANCE–THE CUPID SHUFFLE

REFERENCE Watch the video [Cupid Shuffle](#)

MUSIC

Cupid Shuffle by Cupid

DANCE STEPS

- Step to the right and slide left foot to right, repeat three more times.
- Step to the left and slide right foot to left, repeat three more times.
- Kick right, kick left, kick right, kick left.
- Four steps doing a quarter turn.
- Repeat whole dance in each direction.

DANCE–CHA CHA SLIDE

REFERENCE Watch the video [Cha Cha Slide](#)

MUSIC

Cha-Cha Slide (Main Mix) by MC JIG

DANCE STEPS

- This dance is based on the Cha Cha (a Latin style of dance).
- Listen to the song carefully because DJ Casper changes the number and direction of the moves.
- Listen and follow along to the music.



DANCE–THE MACARENA

REFERENCE Watch the video [Macarena](#)

MUSIC

Macarena (Radio Mix) by Los w Mar

DANCE STEPS TO THE BEAT–Measures Action 1-4

- Extend right arm straight out, palm down.
- Extend left arm straight out, palm down.
- Rotate right hand, palm is now up.
- Rotate left hand, palm is now up.

Action 5-8

- Touch right hand on top of left shoulder.
- Touch left hand on top or right shoulder (arms are now crossed)
- Touch right hand on back right side of head.
- Touch left hand on back left side of head.

Action 9-12

- Touch right hand on left hip.
- Touch left hand on right hip.
- Touch right hand on right bum cheek.
- Touch left hand on left bum cheek.

Action 13-16

- Shake hips and do a ¼ turn to the right. Prepare to repeat the steps.
- Repeat entire dance.

[CLICK HERE FOR ANOTHER DANCE–FUNKY COWBOY](#)

[CLICK HERE FOR ANOTHER DANCE–MÉTIS JIGGING](#)



EQUIPMENT

- Pool noodles/music.
- 15 Rubber rings.
- 30 Bean bags.
- 15 Hula hoops.
- 10 Scarves.
- 10 Hockey sticks and cones.

WARM UP GAME

DANCE NOODLE TAG

- Taggers have pool noodles (icicle).
- When the music starts, students will run around and try to freeze as many people as possible.
- No one can be unfrozen, but when you are frozen you must perform a designated dance move (side step and fist pump) or create a dance move for each round.
- After 45 seconds, give a freeze signal, stop the music and have the noodle taggers hand their noodle to a player who has not been a tagger yet.
- Continue play until everyone has had a turn to be a tagger, or until time runs out.
- You can become frozen 3 ways:
  - Getting tagged by a noodle
  - Going out of bounds
  - Falling or sliding (stay on your feet) or until time runs out.

Build a Snowman

- Place participants in teams of 4 or 5 and line them up on the end line behind a cone.
- Place equipment piled up across the gym from each team.
- On “GO” participants go one at a time and retrieve a piece of equipment to bring back to their team.
- The object of the relay is to build a snowman with the equipment provided.

SKILLS, FOCUS & CUES

Team Work

Teamwork can create a foundation for students to develop empathy, resilience, and collaborative skills. Here are some cues to talk about with your students:

- Communicate with each other.
- Encourage your teammates.
- Remember your roles.
- Listen to each other.
- Work together to solve problems
- Stay positive.
- Keep everyone involved
- Move together.

Running Cues:

- High knees–lift to waist.
- Opposite arm to opposite leg
- Swing arm–elbow to hips–thumb to lips.
- Controlled speed (deceleration/ acceleration).

GAME SETUP

Set Up

- Divide your class into relay groups of 4 or 5 and place in a line behind a cone.

Build a Snowman

- Place a pile of equipment (3 hula hoops, 6 bean bags, 2 hockey sticks, 2 scarves, 3 rubber rings, and 1 cone) at the other end of the gym for the relay Build a Snowman.

Decorate the Christmas Tree

- Place the same pile in front of the lines for the relay Decorate the Christmas tree.

Santa’s Sleigh

- Give each team 4 hula hoops for Santa’s Sleigh and scatter 4 bean bags of the same color around the gym for each team.

Skating Relay

- Place 2 scarves in front of each team for the Skating Relay.

GAME PLAY

Decorate the Christmas Tree

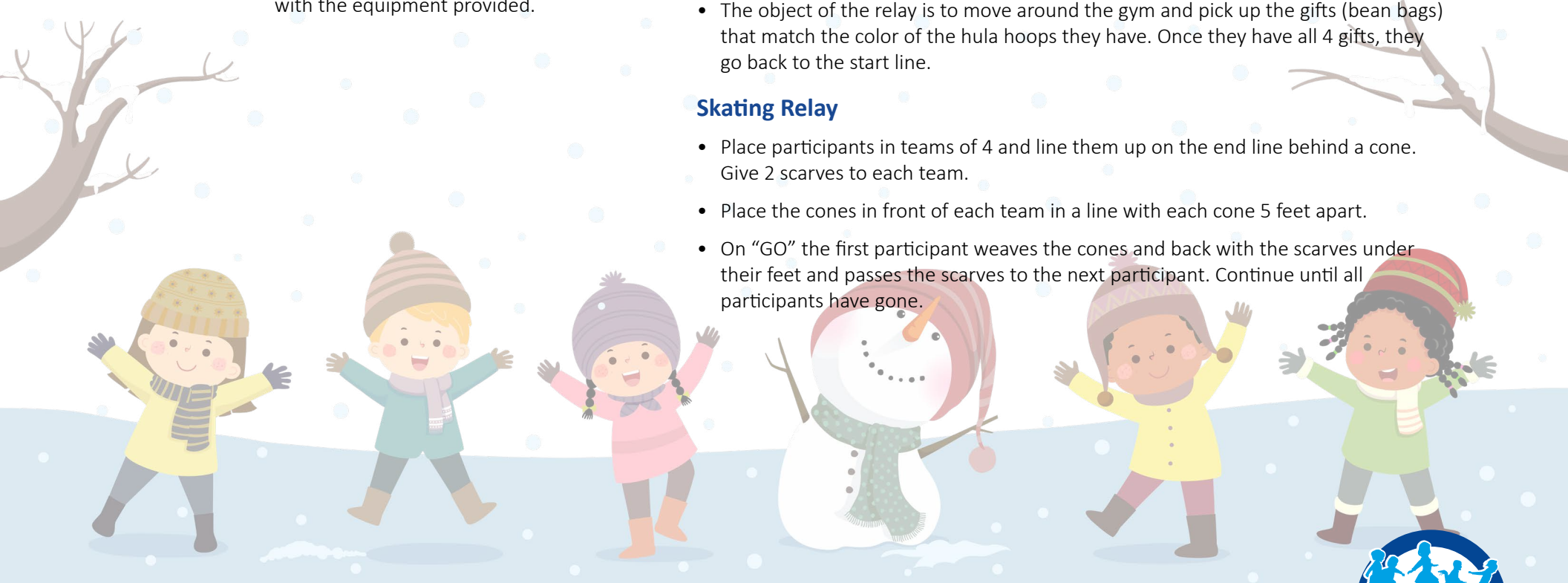
- Place participants in teams of 4 or 5 and line them up on the end line behind a cone.
- Place equipment piled up in front of the cone.
- One participant from each team goes to the other end of the gym and stands facing their team—they are the Christmas tree.
- On “GO” participants go one at a time and bring one piece of equipment to decorate their Christmas tree.
- The object of the relay is to balance the equipment on their Christmas tree.

Santa’s Sleigh

- Place participants in teams of 4 and line them up on the end of the line behind a cone.
- Give each team 4 colored hula hoops and place them in a line on the ground, one participant standing in each hoop making a train.
- Place the same-colored bean bags as the hula hoops given out scattered around the gym (4 per team).
- On “GO” the last person in the line jumps into the participant’s hula hoop in front of them and moves their hula hoop forward to the first person who places it on the ground in front of them. This is how they travel around the gym.
- The object of the relay is to move around the gym and pick up the gifts (bean bags) that match the color of the hula hoops they have. Once they have all 4 gifts, they go back to the start line.

Skating Relay

- Place participants in teams of 4 and line them up on the end line behind a cone. Give 2 scarves to each team.
- Place the cones in front of each team in a line with each cone 5 feet apart.
- On “GO” the first participant weaves the cones and back with the scarves under their feet and passes the scarves to the next participant. Continue until all participants have gone.



DECEMBER 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT					
1	ON THE 1 <sup>st</sup> DAY OF FITMAS my teacher gave to me ... • a push-up on the class wall	2	ON THE 2 <sup>nd</sup> DAY OF FITMAS my teacher gave to me ... • 2 skier jumps • a push-up on the class wall	3	ON THE 3 <sup>rd</sup> DAY OF FITMAS my teacher gave to me ... • 3 jumping jacks • 2 skier jumps • a push-up on the class wall	4	ON THE 4 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 4 seated squats • 3 jumping jacks • 2 skier jumps • a push-up on the class wall	5	ON THE 5 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 5 knee high runs • 4 seated squats • 3 jumping jacks • 2 skier jumps • a push-up on the class wall	6	7
8	ON THE 6 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 6 mountain climbers • 5 knee high runs • 4 seated squats • 3 jumping jacks • 2 skier jumps • a push-up on the class wall	9	ON THE 7 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 7 toes of touching • 6 mountain climbers • 5 knee high runs • 4 seated squats • 3 jumping jacks • 2 skier jumps ... continue	10	ON THE 8 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 8 calves of raising • 7 toes of touching • 6 mountain climbers • 5 knee high runs • 4 seated squats • 3 jumping jacks ... continue	11	ON THE 9 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 9 Griddy dances • 8 calves of raising • 7 toes of touching • 6 mountain climbers • 5 knee high runs • 4 seated squats ... continue	12	ON THE 10 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 10 scissor kicking • 9 Griddy dances • 8 calves of raising • 7 toes of touching • 6 mountain climbers • 5 knee high runs ... continue	13	14
15	ON THE 11 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 11 frogs-a-leaping • 10 scissor kicking • 9 Gwriddy dances • 8 calves of raising • 7 toes of touching • 6 mountain climbers ... continue	16	ON THE 12 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 12 legs of lunging • 11 frogs-a-leaping • 10 scissor kicking • 9 Griddy dances • 8 calves of raising • 7 toes of touching ... continue	17	ON THE 13 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 13 arms-a-reaching • 12 legs of lunging • 11 frogs-a-leaping • 10 scissor kicking • 9 Griddy dances • 8 calves of raising ... continue	18	ON THE 14 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 14 fists a pumping • 13 arms-a-reaching • 12 legs of lunging • 11 frogs-a-leaping • 10 scissor kicking • 9 Griddy dances ... continue	19	ON THE 15 <sup>th</sup> DAY OF FITMAS my teacher gave to me ... • 15 hips of flossing • 14 fists a pumping • 13 arms-a-reaching • 12 legs of lunging • 11 frogs-a-leaping • 10 scissor kicking ... continue	20	21
22	WINTER BREAK No School	23	WINTER BREAK CHRISTMAS EVE No School	24	WINTER BREAK CHRISTMAS DAY No School	25	WINTER BREAK BOXING DAY No School	26	WINTER BREAK No School	27	28
29	WINTER BREAK No School	30	WINTER BREAK NEW YEAR'S EVE No School	31							

Festive Fitness Into Your Classroom

Let’s have some fun this season with our festive fitness calendar. Following the tune of “12 Days of Christmas”, sing the jingle below while the students enjoy the “15 Days of Fitmas.” [Click here for song.](#) (Voice credit: Claire Shannon-Akiwenzie and students).

- On the 1<sup>st</sup> day of FitMas my teacher gave to me ...  
a push-up on the class wall.
- On the 2<sup>nd</sup> day of FitMas, my teacher gave to me ...  
2 skier jumps , and a push up on the class wall.
- On the 3<sup>rd</sup> day of FitMas my teacher gave to me ...  
3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 4<sup>th</sup> day of FitMas my teacher gave to me ...  
4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 5<sup>th</sup> day of FitMas my teacher gave to me ...  
5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 6<sup>th</sup> day of FitMas my teacher gave to me ...  
6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 7<sup>th</sup> day of FitMas my teacher gave to me ...  
7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

- On the 8<sup>th</sup> day of FitMas my teacher gave to me ...  
8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 9<sup>th</sup> day of FitMas my teacher gave to me ...  
9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 10<sup>th</sup> day of FitMas my teacher gave to me ...  
10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 11<sup>th</sup> day of FitMas my teacher gave to me ...  
11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 12<sup>th</sup> day of FitMas my teacher gave to me ...  
12 legs of lunging, 11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.

- On the 13<sup>th</sup> day of FitMas my teacher gave to me ...  
13 arms-a-reaching, 12 legs of lunging, 11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 14<sup>th</sup> day of FitMas my teacher gave to me ...  
14 fists a pumping, 13 arms-a-reaching, 12 legs of lunging, 11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.
- On the 15<sup>th</sup> day of FitMas my teacher gave to me ...  
15 hips a flossing, 14 fists a pumping, 13 arms-a-reaching, 12 legs of lunging, 11 frogs-a-leaping, 10 scissor kicking, 9 Griddy dances, 8 calves of raising, 7 toes of touching, 6 mountain climbers, 5 knee high runs, 4 seated squats, 3 jumping jacks, 2 skier jumps, and a push up on the class wall.



Artist credit:  
Claire Shannon-Akiwenzie