

Teachers Monthly Guide To Physical Literacy NEWSLETTER

JANUARY 2025

Welcome Back to a New Year of Physical Literacy!

Hello and welcome back. We hope you had a wonderful winter break.

This is the perfect time to refocus on physical literacy and assist your students build a strong foundation of movement skills that will support their growth, confidence, and enjoyment in physical activity. Let's start the year with renewed energy and a commitment to fostering these essential skills. Whether you're refreshing fundamental movement skills or introducing new ones through sports like basketball, each activity brings your students closer to lifelong physical confidence.

Here's to an active and inspiring year ahead!

Jina Taylor

District Physical Literacy Lead Teacher
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Dwayne Roberts

I-SPARC Project Manager
School Physical Activity & Physical Literacy project



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.



I-SPARC
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council



2025 TEAM BC PLAYER SELECTION CAMP

I-SPARC is pleased to announce that the 2025 Team BC Player Selection Camp for the National Aboriginal Hockey Championships (NAHC) will be hosted in Burnaby, BC during March 28-30th, 2025 at the Rosemary Brown Recreation Centre. This is for U18 men's and women's teams.

Save the Date! Registration will open on Wednesday, January 15th 2025.



Sport for Life

KICKSTART THE NEW YEAR WITH PLAYBuilder!

With just six clicks, you can create a personalized plan tailored to your physical and health education goals, ensuring students stay engaged and active as the school year wraps up. But that's not all PLAYBuilder has to offer!

Dive into our extensive library of activities and lesson plans that can be customized to suit your class' unique needs. Whether you're looking to introduce new games, focus on fundamental movement skills, or incorporate cross-curricular activities, PLAYBuilder has something for everyone.

Take advantage of all these flexible tools to make planning seamless and maximize student engagement.

[Access PLAYBuilder](#) and try the Term Planner today!

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



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Sport for Life



TEACHING CUES

DRIBBLING/BALL HANDLING

Follow the Leader:
Teacher leads the warm-up:

- ✓ Slap the ball with both hands back and forth.
- ✓ Tap the ball with your fingertips back and forth.
- ✓ Wraps—around your waist, legs together, around each leg, through the legs.
- ✓ Roll the ball on the ground side to side, between the legs, wrap around feet, wrap around the waist.
- ✓ Toss up the ball, bounce and catch.
- ✓ Toss up the ball and catch
- ✓ Toss up the ball, bounce, clap, bounce and catch.
- ✓ Toss up the ball while doing a 360—spin around, bounce and catch
- ✓ Dribble the ball with the right hand, the left hand, and then a v-dribble.
- ✓ Dribble and kneel or sit down then stand back up without losing your dribble.
- ✓ V-Dribble 5x in a row.
- ✓ Dribble 5x with right hand, dribble 5x left hand while walking around the gym.
- ✓ Dribble while trying to lay down on our back and stand back up without losing dribble.

BALL HANDLING TRICK

- ✓ Create a ball handling trick.
- ✓ Allow 2 minutes for students to try to create their own basketball trick.

Watch the Video:
[Ball Handling Follow the Leader](#)
[Ball Handling with Coach Smith](#)

DRIBBLING

- ✓ Use your finger pads to push the ball down
- ✓ Keep your dribble at waist level.
- ✓ Eyes up looking where you are going.

PASSING Chest & Bounce

- ✓ Pass from your chest- step and push at the same time.
- ✓ Pass from chest and bounce the ball ¾ of the way to your partner.

SHOOTING—B.E.E.F.

- ✓ Balance—feet shoulder width apart—one foot slightly ahead of the other.
- ✓ Eyes—looking up at back of rim.
- ✓ Elbow—under the ball—no chicken wings.
- ✓ Follow through—snap your wrist, put a backspin on the ball and hand in the cookie jar.

FUN GAME—BASKETBALL SORRY

REFERENCE YouTube: [Basketball Sorry!](#)
Grade Level: Any grade with modifications.

SET UP

- Make a Sorry! game board out of hula hoops by placing them in any shape (straight line, zigzag, square) in the middle of the gym.
- Place a cone with a matching pinnie in it at each team’s home hoop.
- Place a second corresponding cone and pinnie at the start of the game board.
- Divide students evenly into teams and have them start at the designated hoop.
- Students stand behind the team cone with the pinnie hanging out of it, facing the hoop.

GAME PLAY

- On “GO” teams start to shoot in relay style.
- If they MAKE A HOOP they go and move their cone forward one spot on the board.
- If they MISS, they must do 5 jumping jacks and get back in line.
- If the TEAM SCORES 3 IN A ROW, then they can move any other teams’ cone back 2 spots.

Variations: If you make 3 in a row as a team you can move another team’s cone back to the start.



HEALTHY HABITS

Here are fun and quick activities you can do with students for New Year’s resolutions:

1. **Resolution Tree**—Create a tree on the bulletin board. Have students write their resolutions on paper leaves and stick them to the tree.
2. **“One Word” Goal**—Ask each student to pick one word that represents their goal for the year (e.g., “focus,” “kindness”). Display their words on a poster or in a classroom collage.
3. **Resolution Fortune Teller**—Make paper fortune tellers with prompts like “one way I’ll help others” or “something new I’ll try.” Students share their answers for fun and inspiration.
4. **Time Capsule**—Have students write their resolutions on a card, seal them in an envelope, and store them in a “time capsule” to revisit at the end of the year.
5. **Classroom Bucket List**—Brainstorm resolutions as a group and create a class bucket list for the year (e.g., “read 5 new books,” “do a random act of kindness”).
6. **Goal Garland**—Students write resolutions on paper strips, then link them together to form a garland to decorate the room.
7. **“I Will, I Won’t” Game**—Each student lists one thing they will start doing and one thing they will stop doing in the new year. Share them as a group.

FUN GAME—CHALLENGE HOOP

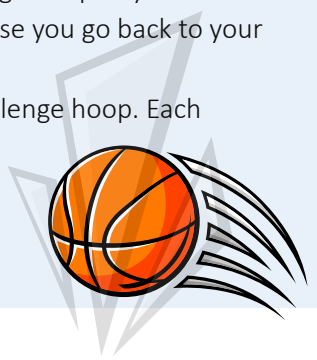
REFERENCE YouTube:
[Variation for K-1-Challenge Hoop for K-1](#)
Grade Level: Any grade with modifications

EQUIPMENT

- Basketballs

HOW TO PLAY

- In this game you will use all the basketball hoops in your gym. Pick one hoop as the challenge hoop.
- Split the students evenly between all the hoops except the challenge hoop.
- At each hoop make 2 lines at a comfortable shooting distance (depends on grade).
- The first 2 students in the line have a ball. To start the game, each student bounces their ball 3 times in a row and then taps each other’s ball together.
- Once the tap occurs, they both shoot the ball. Continue to shoot from anywhere after the first shot until one player makes it.
- The player that makes it stays and plays the next player in line. The player that lost goes to the end of the line.
- If the winner wins 2 in a row, they get to leave their hoop and go to the challenge hoop.
- Challenge Hoop—all winners go to the challenge hoop- if you win you stay at the hoop and get a point- if you lose you go back to your original hoop and try again.
- The only place you can earn points is the challenge hoop. Each player keeps a record of their own points. The player with the most points at the end of the time limit wins.



FUN GAME—BASKETBALL CONE FLIP RELAY

EQUIPMENT

- Varying sizes of cones.
- Poly spots.
- Dodgeballs.
- Pool noodles.
- Basketballs—size 3 or 5 depending on the age of students.

WARM UP GAME

BASKETBALL SLAM DUNK TAG

- 2 people are “IT” with a pool noodle, the rest of the class receives a ball (Gator skin balls work well).
- The “ITS” chase and tag—when tagged put the ball in between your knees and make a hoop with your arms.
- To get free again—other students use their ball to slam dunk in your hoop made by your arms.

SKILLS, FOCUS & CUES

Dribbling

- Use your finger pads to push the ball down.
- Keep your dribble at waist level.
- Eyes up looking where you are going.

Passing—Chest and Bounce

- Pass from your chest—step and push at the same time.
- Pass from chest and bounce the ball $\frac{3}{4}$ of the way to your partner.

Shooting—BEEF

- Balance—feet shoulder width apart, one foot slightly ahead of the other.
- Eyes—up looking at back of rim.
- Elbow—under the ball—no chicken wings.
- Follow through—snap your wrist, put a backspin on the ball and hand in the cookie jar.

GAME OBJECTIVE & SETUP

Objective

To focus on practicing the skills of dribbling and shooting the basketball.

Set Up

- Place the students into relay teams behind a cone.
- Place different size cones/poly spots/objects around each basketball hoop at varying distances from the basketball hoop. You can place all the sized objects at once or add cones in levels.
- For younger grades you may use poly spots and dodgeballs.

Scoring

- Poly spots—1 point.
- Small cones—2 points.
- Medium cones—3 points.
- Large cones—5 points.

GAME PLAY

Check it out on YouTube
[Basketball Shooting Game-Hot Spots](#)

Game Description

- Split your class up in teams and have them line up on the end line in relay formation behind a cone.
- Set up the other end of the gym using all available hoops with cones and poly spots for students to shoot from.
- Levels:
Level 1—only poly spots close to the hoops—1 point each
Level 2—add small cones around the poly spots a bit further out—2 points each
Level 3—add medium cones around the perimeter of the small cones—3 points each
Level 4—add large cones around the perimeter of the medium cones—5 points each.
- Player at the start of the line with the ball will dribble down to the other end to a cone/poly spot and take ONE shot.
- If you make your shot, you get to take the poly spot/cone back to your team as you return the ball to the next person. Place all the spots/cones that you won next to your team’s cone to be counted at the end.
- If you miss the shot, you get the ball and return to the next person in line.
- Play until all poly spots/cones are won or a time limit.

Variations

- Add bean bags under cones to represent minus 2 points—after winning that cone, you may go and place the bean bag in front of any team’s cone so that they must take away 2 points.

CHOOSING THE PROPER EQUIPMENT

Choosing the right-sized equipment for basketball lessons is crucial to ensure that students of all ages can learn, develop, and enjoy the game effectively.

Properly sized basketballs and hoops enable students to practice techniques with greater success.


Recommended equipment sizes by age are as follows:

- Grades K-2. Use a size 3 basketball and lower hoops to 6-7 feet or add a hula hoop over the basketball rim to create a lower target.
- Grades 3-5. Use a size 4 or 5 basketball and lower hoops to around 8 feet.
- Middle School (Grades 6-8). Use a size 6 basketball and standard 10-foot hoops.

Reminder—give students a choice at any age as they will pick the size that matches their ability or level of comfort.



JANUARY 2025

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			WINTER BREAK NEW YEAR'S DAY No School1	WINTER BREAK No School2	WINTER BREAK No School3	4
5	FIRST DAY BACK EXERCISE 20 Twist jumps 20 Squat clap jumps 20 Side stretches6	EXERCISE10 20 Cat cow stretches 20 Kick back squats 20 Alternating knee hug stretches	YOUTUBE11 Kung Fu Panda Stomp	EXERCISE12 Do a lap of your class with the following: • Crab walk • Bear walk • Frog jump	YOUTUBE10 4 Corner Fitness	11
12	EXERCISE13 Play Rock Paper Scissors Basketball • Make 3 bases in your class and a home plate • Start at home—win move up a base, lose stay at same base and try again	EXERCISE14 Fire Feet Drill • 3 x 1 minute • How fast can your feet go for 1 minute?	YOUTUBE15 Find the Squirrel	EXERCISE16 2-Song Dance Party • Play 2 favorite songs and groove	YOUTUBE17 The Minions Rise of Gru Run	18
19	EXERCISE20 10 Toe touches 10 Right leg hop 10 Left leg hop Repeat 2 times	EXERCISE21 Sprint Desk Drill • Lean on the back of the desk and bring knees up • Teacher commands either fast, slow or medium	YOUTUBE22 Break the Laser!	EXERCISE23 Wall Sit Challenge Who can sit the longest?	YOUTUBE24 SpongeBob Stomp	25
26	EXERCISE27 5 Side-to-side jumps 4 Star toe touches 3 Hops on one foot 2 Laps around the class 1 High five to a friend	EXERCISE28 Balance Challenge Who can stand on one leg the longest?	YOUTUBE29 Lunar New Year PE Workout	EXERCISE30 Leader calls out: • Frog jumps • Pencil jumps • Squat hold Do for 3 minutes total	YOUTUBE31 Line Job Workout	

Fresh Air! Let’s Go Outside

Remember to go outside and get some fresh air throughout the winter months. Here are 8 outdoor activities you can do with your students in January, designed to keep them active and engaged despite the winter chill:

1. **Winter Walk and Scavenger Hunt.** Take a walk around the school or nearby park and create a scavenger hunt for winter-themed items (e.g., pine cones, animal tracks, icicles).
2. **Winter Obstacle Course.** Use snow (if available) to create paths, mounds, and tunnels for students to navigate. If there’s no snow, use cones or chalk to design a fun course.
3. **Outdoor Yoga or Stretching.** Lead a yoga session or stretching routine in the fresh air. Choose poses like “tree” and “mountain” that connect with nature.
4. **Nature Art.** Collect natural materials (sticks, rocks, leaves) to create art projects or sculptures. For snowy areas, students can build snow sculptures.
5. **Playground Fitness Challenges.** Use playground equipment for fun challenges: how many monkey bar crossings, slides, or swings can they do in 10 minutes?
6. **Winter Relay Games.** Organize team relay activities that focus on the fundamental movement skills, racing in the snow, or carrying items through a course.
7. **Jump Rope or Hopscotch.** Even in winter, jumping rope or creating hopscotch patterns with chalk (or using mats) can be a great way to stay active.
8. **Outdoor Dance Party.** Play music and have students dance to warm up in the cold. Encourage them to make moves that reflect the season (e.g., “snowflake twirl”).

