



SCHOOL PHYSICAL ACTIVITY AND PHYSICAL LITERACY PROJECT

NEWSLETTER

Teachers' Monthly Guide To Physical Literacy

MARCH 2025

March is a time of renewal. A season where the land awakens, the days grow longer, and we're reminded of the energy that comes with spring.

It's the perfect time to step outside, breathe in the fresh air, and soak up some much-needed vitamin D after the long winter months. Whether it's a walk on the land, time by the water, or simply feeling the sun on your skin, reconnecting with nature is a powerful way to re-energize your body and mind. Let's welcome the change of seasons with movement, mindfulness, and a renewed connection to the world around us!

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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

Make the most of springtime by taking your teaching outdoors!

With resources like the [Playground Circuit Activity Booklet](#) and [Amazing Races: Outdoor Physical Literacy Activity](#), you can transform outdoor spaces into engaging and dynamic learning environments.

The [Playground Circuit](#) resource offers a structured way for students to navigate different physical challenges on the playground, promoting strength, balance, and coordination.

The Amazing Races resource turns your playground or field into a collaborative and exhilarating adventure.

These resources both encourage teamwork, problem-solving, and a love for physical activity. Check them out today!

CONTINUING EDUCATION

What's Happening in March

Aboriginal Coaching Modules (ACM) Workshop

Scheduled for March 15, 2025, from 9:00 am to 4:00 pm at the Clay Tree Society in Nanaimo, BC, this free workshop is designed to provide culturally relevant training for coaches and community sport leaders.

Junior All Native Basketball Tournament (JANT) 2025

Taking place from March 16-21, 2025, in Kelowna, BC, this tournament brings together Indigenous youth basketball teams from across the province. The event celebrates culture, community, and sportsmanship.

BC Indigenous Athletics Development Camp

Hosted by the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) in partnership with the Okanagan Athletics Club, this two-day camp is set for March 15-16, 2025, at the Apple Bowl in Kelowna, BC. The camp invites Indigenous youth aged 10-18 to develop their track and field skills. For more information, visit I-SPARC Website. [Click here.](#)

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.



TEACHING CUES

BACKHAND STRIKE

- Keep your eyes on the ball.
- Turn your body sideways with your dominate shoulder facing the target.
- Pull your arm back to prepare for swing.
- Step with your front foot and swing across your body from back back to front.
- Follow through in the direction of the target.

FOREHAND STRIKE

- Keep your eyes on the ball.
- Turn your body sideways, with your non-dominate shoulder facing the target.
- Pull your arm back to prepare for swing .
- Step with your front foot and swing from low to high.
- Follow through in the direction of the target.

BASIC GRIP

- Hold the racquet as if shaking hands, there should be a V-shape in between your thumb and your index finger.

FUN GAME–BIRDIE IN THE NEST

REFERENCE YouTube: [Birdie in the Nest](#)

Grade Level: Grades 2-9

EQUIPMENT

- Hula hoops.
- Badminton raquets, paddles.
- Birdies.

HOW TO PLAY

- Each player gets a hula hoop and starts at the end of the gym.
- Start with the hoop in front of the player, players hit the birdie, trying to land it inside the hoop.
- If successful, the player flips the hoop over, runs back to the start, and hits again.
- Players keep trying to land the birdie in their hoop and flip it each time they succeed.
- Continue until the time is up or the hoops are too far away.

ACTIVITY–Striking a Balloon

REFERENCE YouTube:

[Balloon FUN-teach Striking with Balloons! Kinder-2nd](#)

Grade Level: Grades K-3

EQUIPMENT

- Balloons, lollipop paddles, pool noodles, foam frisbees, hula hoops.
- Anything that can strike the balloon that is safe for the younger players.

HOW TO PLAY

- Have players warm up by moving around the gym or standing in a hula hoop striking the balloon with different parts of their body–teacher can call out different body parts.
- Next, place five bins around the gym with different equipment in them.
- Show players how to use each piece of equipment.
- Place players into the stations. Players use the piece of equipment to keep the balloon up.
- Rotate stations so the players get to try each piece of equipment.
- Have players count how many times they can hit the balloon into the air.
- Have players freeze and balance the balloon on the piece of equipment.

FUN GAME–Around the World

REFERENCE YouTube:

[Around the World](#)

Grade Level: Grades 4-9

EQUIPMENT

- Net (optional).
- Badminton raquets.
- Birdies.

HOW TO PLAY

- Divide the class into two equal teams, one on each side of the net.
- Players line up behind the baseline on both sides.
- The first player drop-hits the birdie to the first player on the opposite side.
- After hitting, the player runs around the net to join the end of the opposite line.
- The next player in line hits the birdie back.
- The goal is to keep the rally going for as many consecutive hits as possible.

SCORING

- The team with the most consecutive hits per rally is the winner.

HEALTHY HABITS



THAT FEELING WHEN HAPPY

Feeling happy often arises when you make a connection with someone or something. So to feel happy, try making strong social connections, doing something that gives you a sense of purpose, accomplish something, and take care of yourself to increase your well-being!

What made you feel happy?

How did you show you were happy?

What was the NEED that was being fulfilled?

WHAT YOU CAN DO WHEN YOU FEEL HAPPY

- 1 SMILE OR LAUGH**
It feels good to express our feelings!
Just like you cry sometimes when you're sad, smiling or laughing is happiness coming out!
- 2 SHARE IT WITH SOMEONE**
Sharing your happiness with someone can spread the love and make them happy too!
- 3 DANCE**
Doing a happy dance is another way to feel your happy emotion throughout your body and amplify it!
- 4 PAY IT FORWARD**
Do something for someone that will make them happy! You'll feel even happier and so will they!





EQUIPMENT

- Net.
- Balls of various sizes.
- Paddles or raquets.
- Pool noodles for taggers.
- Balloons.

WARM UP GAME

TAG-A-WORD LETTER

Give the players a letter/sound, affix, or vocabulary word. This can be done orally, or the players can be given a card with letter/sound, affix, or word.

Equipment

- Cards with a letter/sound (optional).

How to Play

- When tagged you must say a word or spell a word to get free again.

Variation

- Also, get players to make the shape of the letter with their body or use popsicle sticks on the side to make the letter.

SKILLS, FOCUS & CUES

Toss Underhand

- Eyes looking at the target.
- Step forward with the opposite foot of your tossing hand.
- Swing your arm back then forward in a smooth motion toward the target.
- Follow through by extending your arm aiming at the target, while shifting your weight from your back foot to your front foot.

Catch

- Keep your eyes on the ball.
- Reach out by extending your arms towards the ball.
- Relax your hands to absorb the catch.
- Catching above the waist—fingers up, thumbs together and facing down.
- Catching below the waist—fingers down, pinkies together—thumbs up.
- Bend your elbows and bring the ball towards your body.

Strike—Forehand

- Keep your eyes on the ball.
- Turn your body sideways, with your non-dominate shoulder facing the target.
- Pull your arm back to prepare for swing.
- Step with your front foot and swing from low to high.
- Follow through in the direction of the target.

Strike—Backhand

- Keep your eyes on the ball.
- Turn your body sideways with your dominate shoulder facing the target.
- Pull your arm back to prepare for swing.
- Step with your front foot and swing across your body from back to front.
- Follow through in the direction of the target.

GAME STRATEGY & SCORING

Strategy Tips

The following are strategy tips for this game:

- Aim where your opponent isn't (corners, drop shots).
- Stay in a ready position to react quickly.
- Fake throws or anticipate your opponent's moves.

Scoring and Rotation

Score a point if your opponent:

- Lets the ball bounce twice.
- Catches it before it bounces.
- Throws it out of bounds or into the net.
- If no one scores after 10 throws, the King is out, and the challenger moves up.
- A new challenger rotates in whenever point is scored.

Variations

- Use a reaction ball for extra challenge.
- Try playing in doubles with a partner.
- Add racquets once ready.



CHOOSING THE PROPER EQUIPMENT

Effective equipment to use:

Foam Paddles

- Lightweight and safe for kindergarten to Grade 2 students.

Balloons

- Slow-moving and easy to track, perfect for beginners.

Junior Racquets

- Smaller, lighter racquets designed for younger students.

Birdies

- Oversized birdies for beginners; regular birdies as skill improves.

Balloon Pump

- A useful tool for inflating balloons.



GAME PLAY

Check it out on YouTube:

Toss Ten- Catch and Toss Game

(advance with racquets but start with toss and catch first).

Game Description

- Set up a small court with a "King Side" and a "Challenger Side." The rest of the players line up on the Challenger sideline.
- The challenger always serves with an underhand throw from behind the back line.
- Once the ball is tossed, the opponent lets the ball bounce once before catching.
- Players can only pivot on one foot after catching—no steps allowed.
- Once ball is caught, the player tosses the ball back.
- If a ball hits the line or the net and goes over, it is in.


Variations

- Use a reaction ball for extra challenge.
- Try playing in doubles with a partner.
- Add racquets once ready.





MARCH 2025

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	YOU TUBE Would You Rather?	3 EXERCISE A,B,C Toss Form a circle. One players starts with the ball. Pass it around without dropping it, saying A, B, C with each toss. If dropped, start over at A.	4 YOU TUBE Book Character Races- Kids Brain Break	5 EXERCISE Alphabet Action Stand in a circle or spread out. The teacher calls a letter and action. Players perform the action. See list below.	6 YOU TUBE Slime Stomp	7
8						
9	YOU TUBE Pot of Gold Run	10 EXERCISE Wall Sit Challenge How long can you hold a wall sit?	11 YOU TUBE Spring Break! Would You Rather	12 EXERCISE Squat Challenge How many squats can you do in a row?	13 YOU TUBE Escape into Spring	14
15						
16	SPRING BREAK No School 	17 SPRING BREAK No School	18 SPRING BREAK No School	19 SPRING BREAK No School	20 SPRING BREAK No School	21
22						
23	SPRING BREAK No School	24 SPRING BREAK No School	25 SPRING BREAK No School	26 SPRING BREAK No School	27 SPRING BREAK No School	28
29						
30	YOU TUBE Sit and Stretch	31				

ABC ALPHABET ACTION

Get ready to move and groove with Alphabet Action—a fun-filled game where every letter comes to life with exciting actions.

- A Animal pose.** Act out an animal that starts with "A" (e.g., alligator crawl).

B Balance. Hold a yoga balance pose (e.g., Tree Pose or Warrior).

C Crab walk. Move like a crab across the room.

D Dodge. Weave around imaginary obstacles (like dodging a ball).

E Eagle wings. Spread arms out and flap like an eagle.

F Freestyle dance. Create your own dance move for "F".

G Gallop. Gallop like a horse around the room.

H High jump. Jump as high as you can!

I Imitate a motion. Choose any action that starts with (e.g., Ice skating or Inchworm).

J Juggle. Pretend to juggle invisible objects.

K Knee touch. Touch opposite knee with opposite hand as quickly as possible.

L Lunge. Perform lunges while spelling out a word.

M Move like a mountain. Stand still and make slow, controlled movements to represent a mountain.

N Ninja move. Perform a silent "ninja", jump or crouch.
- O Obstacle course.** Create a small course where students have to crawl under, jump over, or move through objects.

P Push-up challenge. Perform push-ups or hold a plank position.

Q Quick step. Rapidly step in place or side to side.

R Roll. Perform a body roll or rolling action.

S Spider crawl. Crawl on hands and feet like a spider.

T Twirling. Spin in place several times.

U Under the bridge. Duck down and move as if going under a low bridge.

V V-Sit. Sit on the ground in a "V" shape and hold the position.

W Windmill arms. Swing arms in large circles like a windmill.

X X-jumps. Jump with legs and arms forming an "X" in the air.

Y Yell out a vocabulary word. Shout a word that starts with "V" and perform a fun movement related to it.

Z Zigzag run. Run in a zigzag pattern around the room.

