

Let's Get Moving Together

Activities that encourage cooperation,
teamwork, and strong, healthy bodies!



Let's Get Moving Together

On the following pages are some team building exercises that involve physical activity. I love doing these at the beginning of the year to encourage cooperation and teamwork.

These are also great activities to do indoors on rainy days.

To prepare, simply laminate and cut each sheet. Use a hole punch to punch a hole where indicated in each card. Bind all cards together with a metal ring.

Tips

You have the option to time these activities. I usually start with 30 seconds and slowly build up to 2-3 minutes for each round of activity.

Some kids will naturally want to turn these exercises into a competition between themselves and other pairs/teams. When this happens, I try to refocus the pair/group so that they are competing only with themselves. I encourage them to try to beat their own personal records.

Because time is tight, I sometimes incorporate academics during our P.E. time. For example, each time the kids do a sit-up, they can count by 2, 5, or 10's. Each time they do a squat, they can shout out a noun, adverb or say a letter in one of their spelling words. It is a great way to connect movement and learning. Your students will love it!

Silly Squats



Type of Activity: Partners (this works best if both partners are of a similar height)

Equipment Needed: a small ball (volleyball or soccer sized ball) for each pair; a watch or timer (optional)

Activity: Partners place the ball between their foreheads, and count how many times they can squat down and touch the ground, without touching or dropping the ball.

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Twist and Shout



Type of Activity: Partners

Equipment Needed: a small ball for each pair; a watch or timer (optional)

Activity: Partners stand back-to-back, and twist and turn to pass the ball without breaking contact. Partners can keep count of each time the ball is correctly passed.

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Sit-Up Buddies



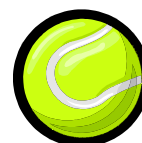
Type of Activity: Partners

Equipment Needed: a small ball for each pair; a watch or timer (optional)

Activity: Partners lay on their backs, with the toes of their shoes touching. Partners can keep count of each time they sit up and correctly pass (not throw) the ball between each other.

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Catch a Bag



Type of Activity: Partners

Equipment Needed: a small bean bag, or ball, for each pair

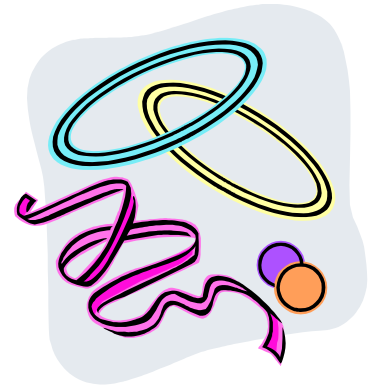
Activity: Partners stand across from each other, approximately one yard apart. Partners toss the bag to each other, taking one, small step back, each time they catch the bag. (Each time the bag is dropped, partners can either take one step closer, or just stay where they are.) The goal is to increase the distance between partners with each round played.

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Hula Hoop Hula

Type of Activity: Small or Whole Group

Equipment Needed: one hula hoop



Activity: Have all students in the group stand in a circle and join hands. Temporarily break the circle to place a hula hoop on the arm of one student. Have students join hands again. Then, have students count how many times they can move the hula hoop around the entire circle, without letting go of each others' hands.

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Up and Over

Type of Activity: Partners

Equipment Needed: a small ball for each pair; a watch or timer (optional)



Activity: Partners stand back-to-back (just slightly apart), and pass the ball up and over their heads, and then down under and through their legs. Partners can keep count of each time the ball is correctly passed.

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