

# TOOLKIT

Example physical activity plan (full day), week 1:

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>ELP Led</u></b></p> <p>Number of Minutes: <i>60 minutes (15 minutes each)</i></p> <p>Location: <i>Outside (field) &amp; inside (class room space)</i></p> <p>What Activities: <i>Tag (OD) Soccer (OD) Catching cups (ID) Creative balances (ID)</i></p>	<p><b><u>ELP Led</u></b></p> <p>Number of Minutes: <i>60 minutes (15 minutes each)</i></p> <p>Location: <i>Outside (yard) &amp; inside (multi-purpose room)</i></p> <p>What Activities: <i>Hit the target (OD) Bean bag golf (OD) Freeze dance (ID) Animal walk (ID)</i></p>	<p><b><u>ELP Led</u></b></p> <p>Number of Minutes: <i>60 minutes (15 minutes each)</i></p> <p>Location: <i>Outside (playground) &amp; inside (classroom)</i></p> <p>What Activities: <i>Obstacle course (OD) Volleyball Spikes (OD) Goalie (ID) Yoga poses (ID)</i></p>	<p><b><u>ELP Led</u></b></p> <p>Number of Minutes: <i>60 minutes (15 minutes each)</i></p> <p>Location: <i>Outside (playground) &amp; inside (classroom)</i></p> <p>What Activities: <i>Bounce it (OD) Knockdown (OD) Freeze dance (ID) Hopscotch (ID)</i></p>	<p><b><u>ELP Led</u></b></p> <p>Number of Minutes: <i>60 minutes (15 minutes each)</i></p> <p>Location: <i>Outside (field) &amp; inside (classroom)</i></p> <p>What Activities: <i>Stilt walking (OD) Rolling wheels (OD) Simon says shape shifting (ID) Bubble chase (ID)</i></p>
<p><b><u>Active Free Play</u></b></p> <p>Number of Minutes: <i>60 minutes (30 minutes at a time)</i></p> <p>Location: <i>Playground &amp; Classroom</i></p> <p>What Activities: <i>Playground (jumping, sliding, exploring) &amp; Classroom (dress up, make believe)</i></p>	<p><b><u>Active Free Play</u></b></p> <p>Number of Minutes: <i>60 minutes (30 minutes at a time)</i></p> <p>Location: <i>Playground &amp; community space</i></p> <p>What Activities: <i>Playground (jumping, sliding, exploring) &amp; indoor play with community centre equipment</i></p>	<p><b><u>Active Free Play</u></b></p> <p>Number of Minutes: <i>60 minutes (30 minutes at a time)</i></p> <p>Location: <i>Gym/multi-purpose room &amp; Classroom</i></p> <p>What Activities: <i>Gym (running, jumping, kicking the ball, bouncing) &amp; classroom (cups/cones for jumping, balls, music)</i></p>	<p><b><u>Active Free Play</u></b></p> <p>Number of Minutes: <i>60 minutes (30 minutes at a time)</i></p> <p>Location: <i>Yard &amp; Classroom</i></p> <p>What Activities: <i>Yard (running, exploring, playing with equipment) &amp; classroom (indoor play equipment, soft balls, music, dress up)</i></p>	<p><b><u>Active Free Play</u></b></p> <p>Number of Minutes: <i>60 minutes (30 minutes at a time)</i></p> <p>Location: <i>Playground &amp; Classroom</i></p> <p>What Activities: <i>Playground (jumping, sliding, exploring) &amp; Classroom (dress up, make believe, pretend play)</i></p>
<p><b><u>Coordination</u></b></p> <ol style="list-style-type: none"> <li>1. <i>Catching cups</i></li> <li>2. <i>Soccer</i></li> </ol>	<p><b><u>Coordination</u></b></p> <ol style="list-style-type: none"> <li>1. <i>Hit the target</i></li> <li>2. <i>Bean bag golf</i></li> </ol>	<p><b><u>Coordination</u></b></p> <ol style="list-style-type: none"> <li>1. <i>Goalie</i></li> <li>2. <i>Volleyball spikes</i></li> </ol>	<p><b><u>Coordination</u></b></p> <ol style="list-style-type: none"> <li>1. <i>Bounce it</i></li> <li>2. <i>Knockdown</i></li> </ol>	<p><b><u>Coordination</u></b></p> <ol style="list-style-type: none"> <li>1. <i>Rolling wheels</i></li> <li>2. <i>Bubble chase</i></li> </ol>
<p><b><u>Locomotion</u></b></p> <p><i>Tag Soccer</i></p>	<p><b><u>Locomotion</u></b></p> <p><i>Freeze dance</i></p>	<p><b><u>Locomotion</u></b></p> <p><i>Obstacle course</i></p>	<p><b><u>Locomotion</u></b></p> <p><i>Freeze dance Hopscotch</i></p>	<p><b><u>Locomotion</u></b></p> <p><i>Stilt walking Bubble chase</i></p>
<p><b><u>Balancing</u></b></p> <p><i>Soccer Creative balances</i></p>	<p><b><u>Balancing</u></b></p> <p><i>Animal walk</i></p>	<p><b><u>Balancing</u></b></p> <p><i>Yoga poses</i></p>	<p><b><u>Balancing</u></b></p> <p><i>Freeze dance Hopscotch</i></p>	<p><b><u>Balancing</u></b></p> <p><i>Simon says shape shifting Stilt walking</i></p>
<p><i>Additional Comments (i.e. Weather conditions, special events, etc.):</i></p>				

Please use this template for planning your weekly physical activity. **Tick off or circle** what was completed. Cross out what was not completed and if possible, state the alternative. This will be submitted to your co-ordinator every two weeks.

\* OD = Outdoors ID= Indoors