

# TOOLKIT

Example physical activity plan (full day), week 2:

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 (trail/path and yard) &amp; inside (class room space)</i></p> <p>What Activities: <i>Walk and talk (OD) Push around (OD) Cloud catching (ID) Freeze dance (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 (classroom)</i></p> <p>What Activities: <i>Rocket launch (OD) Knock down (OD) Rainbow scatter (ID) Helicopter (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) Bocce (OD) Over the river (ID) My friend beanie (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>Tag (OD) Rolling wheels (OD) Yoga poses (ID) Cloud catching (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>Catching cups (OD) Volcanoes and craters (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>Field &amp; Classroom</i></p> <p>What Activities: <i>Field (with "sport" gear, balls, bats, hockey sticks, etc.) &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>Yard &amp; Classroom</i></p> <p>What Activities: <i>Yard (running, jumping, kicking, throwing, bouncing) &amp; classroom (portable indoor 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>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> <i>1. Cloud catching</i></p> <p><i>2. Push around</i></p> <p><b><u>Locomotion</u></b> <i>Walk and talk</i></p> <p><b><u>Balancing</u></b> <i>Freeze dance</i></p>	<p><b><u>Coordination</u></b> <i>1. Rocket launch</i></p> <p><i>2. Hit the target</i></p> <p><b><u>Locomotion</u></b> <i>Helicopter</i></p> <p><b><u>Balancing</u></b> <i>Rainbow scatter</i></p>	<p><b><u>Coordination</u></b> <i>1. Bocce</i></p> <p><i>2. Over the river</i></p> <p><b><u>Locomotion</u></b> <i>Obstacle course</i></p> <p><b><u>Balancing</u></b> <i>My friend beanie</i></p>	<p><b><u>Coordination</u></b> <i>1. Rolling wheels</i></p> <p><i>2. Cloud catching</i></p> <p><b><u>Locomotion</u></b> <i>Tag</i></p> <p><b><u>Balancing</u></b> <i>Yoga poses</i></p>	<p><b><u>Coordination</u></b> <i>1. Catching cups</i></p> <p><i>2. Volcanoes and craters</i></p> <p><b><u>Locomotion</u></b> <i>Bubble chase</i></p> <p><b><u>Balancing</u></b> <i>Simon says shape shifting</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