

# Welcome to Physical Education Class

## Activity

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

6.5, 7.1, 7.3

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- discuss and demonstrate in play what makes them happy and unhappy, and why
- participate actively as they demonstrate strategies for engaging in cooperative play in a variety of games and activities.

## Equipment

- Hula Hoops or beanbags (one per child)
- [Early Learning Anecdotal Recording Chart](#)

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Set boundaries for activities a safe distance from walls. Remind children to be cautious when moving, and to be aware of personal space.

## Assessment Opportunity

EL-K Team observation of children's demonstrated application of strategies for engaging in cooperative play and active participation and communication of what they enjoy can be recorded on the Anecdotal Recording Chart.

## Welcome to the Gym!

- Children are introduced to the word "gymnasium" and the short form "gym." Discuss safety rules to be followed in the gymnasium:
  - Follow whistle or "freeze" signal.
  - Wear running shoes and appropriate gymnasium clothing.
  - No food or gum or candy.
- Scatter hula hoops or beanbags around the gymnasium. Have each child sit in, on or near a piece of equipment. This is their "own space." Teach a "freeze" position, i.e., the "motorcycle freeze". Have children move on the spot and freeze in response to the stop signal. Practise several times then have children walk carefully around equipment and when the stop signal is given, return safely to their original spot.
- Repeat using other locomotor movements (skip, hop, slide, etc.).

## Notes to EL-K Team

- Freeze signal = stop, look, listen
- When introducing movement, especially indoors or in a small space, remind children to look ahead and avoid collisions. Children should practise saying "Sorry, are you okay?" if they bump someone. Remind children not to scream when they run. Running with a finger on their lips for a few turns helps.
- As a signal to freeze, use a short blast on a whistle, the spoken command, "Freeze" or "3-2-1 Freeze," a musical instrument or music starting and stopping. Practice with children in a variety of ways so they learn to stop quickly and safely when they hear the signal.

- Introduce music. Have children move around their piece of equipment to the music and when the music stops – they freeze – stop, look, listen.
- Motorcycle position: stand with both feet on the floor, shoulder width apart, knees slightly bent, and hands on imaginary handlebars.

## Connection Questions to Expand and Enhance Play

- How do you show respect when participating actively?
- What are some things that help you enjoy being physically active?
- When you are travelling different ways around the gym, what do you need to think about as you move?