

8 Whatevers

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Throughout the day the student leader calls out “8 Whatevers” and working in small groups or individually, students participate in or lead a group through their favourite on-the-spot physical activity.

Why Do It?

This is a great way to get those bodies moving after a long time being sedentary during a student council meeting, as a student-led daily physical activity (DPA), or while sharing an activity with parents or the community.

How Do We Do It?

Students form groups of 5–6. (Be prepared to help with this. We want to make sure no student is left out.)

The leader begins with an on-the-spot physical activity for 8 beats/counts. Everyone in the group follows.

Students take turns leading physical activities. If a student does not have an idea for a move, they can say “Whatever” and all students in the group perform any move they choose for 8 beats.

After the leader has completed leading 8 repetitions of a movement, or “Whatevers”, they call out a student’s name and this student is the new leader. Make sure each student gets a turn.

After everyone in the group has led the on-the-spot physical activity for 8 beats/counts, everyone begins to jog, dance, or move on the spot, waiting for the next student leader's instructions.

What Else Do We Need?

- Nothing we can think of! Feel free to be creative.

How Do We Get Creative?

- Increase or decrease the intensity of the activity.
- Make the groups larger or smaller.
- Add some music.
- Add a theme to the activity like winter activities, Olympic events, or super heroes.