

Massive Atom

Activity

Resource: Ideas for Action

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

What Is it All About?

As a whole school or class, students travel around the activity area and form groups based on the call of the group leader.

Why Do It?

Build community by getting the whole school active and have fun by forming groups of various numbers and moving together.

How Do We Do It?

During noon hour, recess, or a special mid-day break, encourage the entire school to be active by having students travel around the activity area using a variety of locomotor and fundamental movements.

The student leader calls out a number every 45 to 60 seconds, and students form groups of that number.

In their groups, students perform a physical activity (e.g., jogging on the spot, stride jumps) or a fundamental movement skill (e.g., skipping, hopping, slithering, crossovers). If there are extra students after groups are formed, they can perform the activity with a group making the formation or circle around the "extra" student(s).

The leader calls out another number to continue the game.

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 how students move in their groups (e.g., hop, skip, or crab walk faster or more slowly).

Take photos of the whole school being active and appropriately share on social media.

Invite local media, neighbourhood celebrities, or local sports teams to participate.

Try using a different language to call out the numbers, inspiring students to co-ordinate their efforts by translating as needed.