**Daily Physical Activity Ideas**

* THE LAW! A minimum of 30 minutes of moderate to vigorous physical activity shall be provided by schools for all North Carolina K-8 students daily. Structured/unstructured recess and other physical activity (such as, but not limited to, physical activity time, physical education or intramurals) shall not be taken away from students as a form of punishment. In addition, severe and/or inappropriate exercise may not be used as a form of punishment for students. So….. what this means is that students may not miss daily physical activity (recess) as a punishment or to make up school work!
* The Focus: Daily Physical Activity should provide opportunities for the student to be active and at the same time to socialize with his/her peers. It is a great time to model appropriate sharing, turn taking and language skills.
* When playing games avoid having students pick teams (i.e. use pre-selected teams).
* Use resources/modifications as appropriate.
* Think ‘outside the box’ when suggesting activities.
* Take advantage of specialized equipment from the APE department – this can also be of interest to other students.
* Be an example for your students by participating actively with them.
* Activity Ideas for Daily Physical Activity: Check with the PE staff in your building to see if an outdoor activity guide has been developed.
* Walking Club: There are several walking/wheeling games and activities that can be done during daily physical activity. Some of the activities have worksheets that are available through the adapted PE department.
* Alphabet Game: Pair up students and walk a designated route. Give students the worksheet at the beginning of the walk. Upon completion, have each pair identify items that correspond with the letters of the alphabet. Classmates can challenge the sighting and the teams must indicate where and when they saw the item.
* Destination Walk: The class determines a specific location on the map (can be local, state or country). Calculate the total mileage to the destination and walk it!
* Group Games: These group games help to engage peers in all activities.
* Krazy Kickball, keep it up balloon toss, or volleyball can be played in small or large groups.
* Jump rope - can be individual or group activity, students can either jump or be the turner for long rope.
* Marbles - draw a large circle, place several playground balls in circle, then give students yarn balls to attempt to knock large balls out of circle.
* Ring toss, horse shoes, toss and catch can be played with two or more students (equipment available from APE department).
* Indoor Activities:
* Energizers are short activities intended for use indoors. Activities are tied to the NC Standard Course of Study. Visit the website listed below:

<http://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf>

<http://ebookbrowse.com/energizers-for-grades-3-5-pdf-d40302171>

* Body part movement - play music with a nice easy beat. The students move a particular body part to the music when the body part is called.
* SMARTBoard activities - visit the following website to find fun and exciting fitness activities: [http://exchange.smarttech.com/search.html?q=fitness+&subject=Health+and+Physical+Education&grade=All+grades&region=en\_US#](http://exchange.smarttech.com/search.html?q=fitness+&subject=Health+and+Physical+Education&grade=All+grades&region=en_US)
* Fitness/dance CDs are available through the Adapted PE Department.