

Physical and Health Education – Press Here

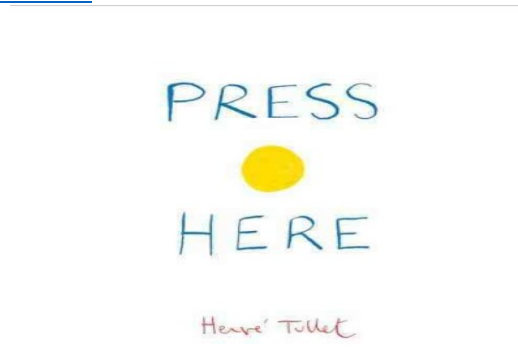
Curriculum: Physical and Health Education	Learning Goals: -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments
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Materials

- Book: Press Here by Herve Tulle <https://www.youtube.com/watch?v=H EdcZgmFYY>
- Construction paper (Red, Yellow, and Blue)
- Scissors
- Safe space indoors or outdoors

Activities

Read: [Press Here by Herve Tulle](#)



Activity:

- Cut construction paper into large dots (1-2 dots per piece of paper)
- Spread out the coloured dots.
- Have student begin by standing on yellow dot.
- Jump to a red dot.
- Move slowly to a blue dot. Jump up and down 5 times.
- Quickly find a red dot. Jump up and down 5 times.
- Find a yellow dot
- Lean to the left and then lean to the right.
- Close and open your eyes. Did the dot change colour?
- Go stand on a different colour dot.
- Clap your hands 3 times.
- Find a yellow dot to end on.

Extension:

- Have student create their own Press Here movement game. They will set up the coloured dot and give the instructions to someone in their home.

Lesson adapted from Hastings Museum Press Here Movement Game