

## Physical and Health Education – Press Here

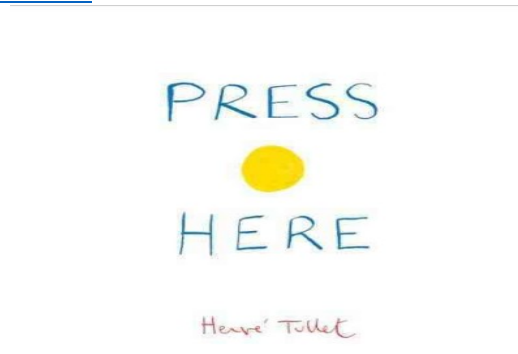
<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments
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###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

- Book: Press Here by Herve Tulle [https://www.youtube.com/watch?v=H\\_EdcZgmFYY](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*