

Physical and Health Education – Spin and Move!

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

- Construction paper (Red, Yellow, Green, and Blue)
- Scissors
- Blank paper
- Two paper clips
- Tape
- Safe space indoors or outdoors

Activities

- In the game Twister, the players spin a spinner and follow the directions of the spinner. There are coloured dots on the players mat (red, yellow, green, and blue) and each point on the spinner will tell you the directions to follow. Watch this video for an explanation of the game - <https://www.youtube.com/watch?v=80cC4Y9hf6o>
- Your goal will be to create your own version of this game to encourage different physical movements.
- On a piece of blank paper draw a circle for your spinner. Draw the colours in each quadrant. Instead of using body parts you will pick a physical movement for each quadrant (jump, twist, squat, push-up, etc.).



- Create your own spinner <https://www.youtube.com/watch?v=XoKSuaLZk0A>
- Cut the red, yellow, green, and blue construction paper into circles.
- Find a safe space indoors or outdoors. You will decide where to place each coloured circle in your game space.
- Spin the spinner to begin your game!

Extension:

- Play this game with someone in your home.
- What other movement games can you create using coloured circles and a spinner?