

Add On



Students begin by moving on the spot.

First student says her/his name and demonstrates a favourite physical activity.

Class does the activity.

Next student chosen says her/his name and selects his/her favourite physical activity.

Class now does the first activity plus the second activity.

Third person now contributes in the same way and so on.

Keep going until all students have contributed or shared an activity.

(Activities can be repeated).

Variation: Use a theme i.e., Star Wars – Yoda stride jump, Chewbacca jumping jacks.

CURRICULUM LINKS:



Health and Physical Education: Fundamental Movement Skills

Grades 4/5/6: Perform locomotion/travelling skills in combination

► **Do this activity in a circle, square or in small groups.**



EQUIPMENT: CD player, DPA CD
CD Track # 7, 8, 13