

<h2>Paper Play</h2>	Time 20 minutes	Facility <input checked="" type="checkbox"/> Classroom <input checked="" type="checkbox"/> Multipurpose <input checked="" type="checkbox"/> Gymnasium <input type="checkbox"/> Outdoors	
Equipment Two scrap pieces of paper per student		Physical Activity Level <input checked="" type="checkbox"/> Moderate <input checked="" type="checkbox"/> Vigorous	
Safety <ul style="list-style-type: none"> ● Remind students to be cautious when moving and to be aware of the personal space of others. ● Review rules and limitations for throwing paper balls. 			
Warm-up <ul style="list-style-type: none"> ● Give each student two sheets of paper. Have students place both sheets on the floor and put one foot firmly on each sheet. Challenge students to move or “skate” around the activity area in different directions, gradually increasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). Activity 1: Paper Skate <ul style="list-style-type: none"> ● Have students experiment with the following movements: <ul style="list-style-type: none"> ○ <i>Twist</i>: Twist back and forth on the paper. ○ <i>Wax on, wax off</i>: Brush one foot in a circle, then the other. ○ <i>Scissors</i>: While standing in one place, slide one foot forward and one foot back, then switch feet, in a continuous motion. ○ <i>Scooter</i>: Slide on one foot and push with the other. ● <i>Skate tag</i>: Designate 2–4 students to be “it”. Once a student is tagged, he or she also becomes “it”. Once all the students are tagged, the game starts again. ● <i>Cross-country ski relay</i>: Place students in groups of 2–4. Have them move across the activity area and back in a relay. While one person skis across the activity area on the paper, the second person in line walks on the spot, the third person in line jogs on the spot, and the fourth person in line runs on the spot (this is not done on the paper). Once the skier returns, the students each move up a place in line and change the level of activity. Activity 2: Spotless (Adapted from: Opeha, <i>PlaySport</i> , 2004) <ul style="list-style-type: none"> ● Have students crumple up all the scrap paper used as skis and place the paper inside a hoop in the middle of an activity area. ● Have 2–3 students stand around a hoop and throw the crumpled papers, one at a time, towards the edges of the activity area. Have the students around the outside run to retrieve the crumpled papers and return them to the hoop in the middle. ● Have students continue this for 45–60 seconds and then designate different students to stand in the middle. Cool-down <ul style="list-style-type: none"> ● Have students take two sheets of paper and flatten them out. Have students place both sheets on the floor and put one foot firmly on each sheet. Have students move or “skate” around the activity area in different directions, gradually decreasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). 			
Variations <ul style="list-style-type: none"> ● Use larger pieces of paper. 			
Notes for Teachers <ul style="list-style-type: none"> ● Use paper from the school’s recycling bins. ● Discuss with students how they can use simple items to help them be physically active (e.g., paper skates). 		Planning Notes and Reflection	