**P.E. Activities for Preschoolers**

RELAYS

NOTES: Relays do not always have to be RACES. Teaching children how to line up and take turns is beneficial. Sometimes the relay can be over when everyone has had one turn, but I often do relays that are continuous and end when I tell them to stop. (example: Color Sorting relay - when using lots of cards, etc.). Or, the relay may be over when the team has completed it’s goal (ex. Puzzle Relay).

For relays, I like each team to have no more than 5 students in line, so that no one is waiting for a long time for a turn. Put a cone, or tape a line on the floor to show where each team is to line up and wait for their turn.

1) PUZZLE RELAY

Give each team an empty puzzle board and place all the puzzle pieces in a bucket on the opposite side of the room. When it’s their turn, the student runs down to the bucket, pulls out one puzzle piece, and runs back to their team. They can try to find where the piece goes, or you can tell kids to wait until they have all their puzzle pieces to put the puzzle together.

Video of Puzzle Relay : <http://carly3.blogspot.com/2011/03/pe-basketball-volleyball-and-relay.html>

2) COLOR SORTING RELAY or (SHAPE SORTING RELAY)

(Before playing, discuss colors with students and point out objects of certain colors.)

Laminate colored paper and cut into cards, so they look like flashcards. Place cards into a bucket in the middle of the room (or if playing with more than 10 students I would use 2 or more buckets of cards in the middle of the room). On the far end of the room place empty buckets labeled with the name of the color (Ex. Red, Green, Blue, etc.) OR, just tape a colored card on the outside of the bucket for kids to see.

Line up the teams on the opposite side of the room. When it’s their turn, players run to the middle bucket, pull out one card, then run to the far wall and place the card in the correct bucket (sorting by color). They run back to their team and the next player takes a turn. Continue playing until you run out of cards, or for a certain time limit (4-5 minutes).

When finished with the relay, have children sit down and discuss colors. Which color is their favorite? Least favorite? Check the sorted buckets - did the children sort correctly or make some mistakes? If they made mistakes show the class how to fix it (“Oops, this GREEN card was in the RED bucket....who can tell me where this one goes?)

NOTES: You could cut out shapes and have kids sort by shape also!

3) MATCHING RELAYS / ABC RELAY

Give each team a “game board” with the letters of the Alphabet written on it. Place it on the floor behind where they will be running, so no one slips on it. Place buckets of letters in a container on the opposite side of the room. You could use flashcards with letters on them, magnetic letters, letter puzzle pieces, etc. (anything kind of letters you have!).

Players have to run down to the containers, pull out one letter, then run back to their game-board and match their letter to the letter on the game-board.

NOTES: You can adapt this relay for students to match a variety of things such as colors, numbers, words, pictures, etc. I like to make Holiday Matching Games and print pictures of holiday items (Christmas - trees, presents, wreathes, baby Jesus, Santa, etc.) for students to match.

4) FEED THE REINDEER RELAY

Reindeer Relay: In this game, students worked in groups of 3 to "feed the reindeer". One player rode on the scooter (the sled) and collected reindeer food (balls). The person in the hula hoop had to toss the food (the balls) into the reindeer's bucket. The player behind the bucket was the catcher. We took turns playing each position.

For a video of this relay, visit this webpage:

<http://carly3.blogspot.com/2010/12/pe-class-2nd-week-of-december-parachute.html>

Notes: Instead of riding on scooters, players could just walk or run to go collect the reindeer food. Please note this relay is for groups of 3 players. So, everyone is involved at all times, no waiting in lines for taking turns.

5) EASTER EGG HUNT

Please visit this webpage for a description of this relay:

<http://carly3.blogspot.com/2011/04/pe-easter-egg-hunt.html>

Notes: This game can be adapted if you do not have the space and equipment for hiding eggs (under cones/domes/gym mats). Even if you can’t hide the eggs you could put a bunch of eggs in Easter baskets on the opposite side of the room and tell players to collect one egg (or tell them which color to collect) and bring it back to their team’s Easter basket.

Preschool Activities

Centers/Skills Practice

1) Please visit this web page for a few pictures and a video clip of a few center ideas:

<http://carly3.blogspot.com/2011/10/kindergarten-pe-center-activities-mile.html>

2) Basketball Shooting- I use the soft foam (rhinoskin) balls for shooting hoops. This way when the ball bounces off of the rim it won’t land and hurt a student.

3) Kicking - Students place a ball on a poly spot (or line, carpet square, etc) and kick it into the net. If you don’t have a net they could just practice kicking it to a target such as the wall, a tree (if playing outside), a hula hoop, etc.

4) Bean Bag Toss - as seen in the link, I tape different colored lines on the gym floor and students have to stand behind the lines and toss bean bags into a bucket. I give each child 3 bean bags to practice with. To make this easier, students could toss bean bags into a hula hoop laying on the floor. This creates a bigger/easier target.

5) Obstacle Courses - I love setting up obstacle courses for my students! I combine a variety of items to make up my courses. Examples include:

1- Walk across balance beam

2 - jump over a hurdle (or lay a jump rope across the floor for them to jump over)

3 - crawl through a tunnel

4 - set up on a mat and jump off, landing on two feet (emphasize landing on feet and not falling)

5 - bounce on trampoline 5 or 10 times

6) Bowling - Just as in the bean bag toss, set the bowling pin up and mark a few different lines of varying difficulty for students to stand. I give one pin per child and give them one ball for rolling. I also mark an “x” on the floor to show where the pin should be set up after knocking it down. You could also put the pin on a poly spot if you have them.

7) Rolling - Log Roll, Pencil Roll, and somersaults on gym mats.

Log Roll = Lay on your back with your legs together and arms crossed over your chest. Roll along the mat so your body is straight like a log.

Pencil Roll = Same as log roll, but lift hands up over your hand and touch hands together, with arms covering your ears. Your body will look like a pencil as you roll.

Somersault - Squat down like a frog with hands on the mat by the sides of your legs. Tuck your chin to your chest. Flip your body over by pushing with your feet off of the mat. Use hands to lift your body as your flip over and roll on your back (not you head!).

8) Bean Bag Activities: I use a cd called “Dinonastics” which has some fun songs with activities.

Ideas - Tell students to balance the bean bag on their head, shoulders, arms, foot, etc. Touch different body parts with beanbag to practice body awareness and following directions. Practice tossing and catching the bean bag at a low, medium and eventually high level.

When they are getting better at catching and are ready for a challenge, introduce some “stunts”. a) Toss, Clap, Catch - toss it up, clap your hands and catch it.

b) Toss, Kneel, Catch - toss it up, kneel on floor, catch it.

c) Toss, Sit, Catch -

d) Toss, spin around, catch