



Asthma 411

Social distancing classroom activities



Table of Contents

<i>Introduction</i>	2
<i>Social distancing physical activities</i>	3
Cross the river	3
Simon says	4
High wire act	5
Sprinting experiment.....	5
Heart rate experiment.....	5
Line dances.....	6
Shadow tag	6
Relay races	6
Soccer drills	7
Jump rope	7
Hula hoop.....	7
Rock-paper-scissors war	7
<i>Ice breaker ideas</i>	8
Book about me	8
Show-and-tell	8
Make up a story.....	8
Never have I ever	8

Introduction

This activity booklet is filled with ideas of physical activities and ice breakers that meet guidelines of social distancing during this time of learning to coexist with COVID-19. Our goal is to give practical ways of implementing these guidelines while still allowing your students to play, burn energy, and interact with one another and with you! Many of these activities and ice breakers can be done in a large room/gym, outside, or even virtually! We hope that you enjoy these activities and stay safe this year!

Social distancing physical activities

Cross the river



Setup: In a large space, set up Poly Spots randomly on the ground

Activity: Students, one at a time, must try to leap or jump from spot to spot to “cross the river”. If they fall in, they have to go back to the start. Keep going until everyone has crossed. Encourage students to cheer for their classmates and try to collectively find the best pattern to get across.

Add a twist: Space the dots farther apart to be harder to jump or find a pattern; space the dots closer together for a quicker, easier game. Try adding an activity to do once a student misses a dot (e.g. once you fall you have to pretend to row a boat as you go back to line, or 10 jumping jacks at the end of each turn)

Helpful COVID tip: Set up multiple “courses” to avoid long lines of students waiting for their turn.

Simon says

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities.
You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		Pretend to shoot a basketball 10 times.
Wave your arms above your head.	Hop around like a bunny.	Pretend to jump rope for a count of 10.
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.	Bend down and touch your toes 10 times.	Pretend to milk a cow.
Walk on your knees.	Reach behind you and try and hold your right foot with your left hand without falling over.	Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.		Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Do the strangest dance you can think of.
		Scream.



WWW.THEYSMELL.COM

Setup: None!

Activity: Have students stand 6 feet apart. Teacher says "Simon says ____" and the students follow the direction. If the teacher says an instruction without first saying "Simon says", then the students should not follow that direction – if they do, they are out!

Add a twist: Take turns letting students give the instructions to the group.

Helpful COVID tip: Make sure that no activities include touching another student or coming close (e.g. avoid "Simon says hug your neighbor", etc)

High wire act

Setup: Mark off a length of the floor with easily removeable tape.

Activity: Allow students to walk across the balance beam (tape) one at a time. If they fall off or come to the end of the line, they return to wait line for their next turn.




Add a twist: To make it more challenging, have the students do different moves along the tape (e.g. jumping jacks, bunny hops, somersaults, skipping, one-footed hops, crabwalks, kicking a soccer ball, etc). You can also have an activity for the students to do once they fall off the line (e.g. run and touch the back wall and then return to line, 10 push-ups and then return to line, etc)

Helpful COVID tip: If you have a large group, set up multiple lines on the floor to avoid students having to wait for a long time before their next turn.

Sprinting experiment

Setup: You will need a start line and finish line – this can be the walls of a gym, marked with tape, or even signified by trees or other permanent objects.

Activity: This activity teaches students proper running position in a fun way! Have the students lined up across the start line and give them an instruction on how to run to the finish line. The following table shows the instructions to give the students. Ask them at the end which instructions felt like they led to running the fastest.

 ARMS	 HEAD	 LEGS
1. Down by side	1. Looking left	1. Two feet together
2. Above head	2. Looking right	2. High knees
3. 'Hip to lip, never across the zip'	3. Looking straight forward	3. Medium stride length

Add a twist: Feel free to add any other instructions to make this a fun activity (e.g. one legged, jumping, bobbing head, arms straight out front, etc)

Helpful COVID tip: Make sure that the students are about 6 feet apart on the starting line. You may need multiple groups rather than having all of the students run at the same time to give them this space.

Heartrate experiment

Setup: None!

Activity: This can be used as a scientific experiment and/or a physical activity! The students learn how to take a pulse and will record their pulse resting and after 2 minutes of exercise. You can instruct the students to do specific exercises (e.g. a lap around the track, jump rope for 2 minutes, pushups, kicking a soccer ball, etc) or allow them to do any from a list.

Helpful COVID tip: If giving students freedom to do a chosen activity, try to give options of activities that are social-distancing friendly and do not require close contact.

Line dances

Activity: Who doesn't love line dances? Here are several videos of easy line dances that can be taught to students to get them up and moving while maintaining social distancing! This one can even be done in a virtual learning setting!

- [Cotton Eyed Joe](#)
- [Cupid Shuffle](#)
- [Electric Slide](#)
- [Boot Scootin Boogy](#)
- [Watermelon Crawl](#)
- [Copper Head Road](#)
- [Footloose](#)

Add a twist: You can show the video (especially as an option during virtual learning settings) or learn the dance and teach the students! The links given are all beginner-intermediate level. There are also many other great line dances out there. You may even ask if a student would like to teach the class one that they know!

Helpful COVID tip: Make sure to space out students so that they have plenty of room to dance and socially distance. Monitor this at the beginning as well as periodically while teaching different dances as students may get closer as the songs go on.

Shadow tag

Setup: Clarify the boundaries of where students can go during this game – this may be taped out lines, the walls of the gym, the gated playground, etc.

Activity: This game is just like regular tag – one person is it and when they “tag” somebody, that person becomes it. The difference is that instead of tagging a person, “it” will step on somebody’s shadow in order to “tag” that person! No contact required!

Add a twist: You can use this game to discuss how sunlight or electricity can cause a shadow, especially with younger students!

Helpful COVID tip: Make sure that students know that the stepping on shadows is used IN PLACE of physically tagging another student.

Relay races

Setup: You will need a start line and a finish line. This can be tape marked on the ground, the walls of the gym, or even signified by trees or other permanent objects.

Activity: Split students into small teams. Like any other relay race, the students will complete their leg of the race and “tag” the next student to start their leg of the race. Instead of physically “tagging” the next student, try a fun non-contact “tag” such as a dance move (try dab, flossing, woah, etc). The students will have fun with this hand-off and you as the teacher will get bonus points if you show the students that you know what these dances are!

Add a twist: You can have the teams compete in many different relays, having them do a different task (crabwalk, skip, hula hoop, jump rope, jumping jacks, walk, jog, walk backwards, karaoke, etc) and a different dance for the hand-off each time!

Helpful COVID tip: If you choose to have the kids use an object for the relay (e.g. hula hoop, jump rope, basketball), make sure that each kid has their own and that they are not needing to hand-off the object between students.

Soccer drills

Setup: You can use cones, goals, etc.

Activity: Soccer drills are great during COVID because it's one of the few sports that students don't use their hands to pass the ball! You can have them dribble the ball through cones, practice shooting in the goal, passing the ball between other classmates, etc.

Helpful COVID tip: Although soccer drills are great during COVID, a game of soccer would not be advised as the students would end up very close to each other and even touching, even if they aren't using their hands on the ball.

Jump rope

Setup: None!

Activity: You can have students doing basic jump roping or try some [easy jump rope tricks](#)!

Helpful COVID tip: Make sure that each student has their own jump rope and that the ropes are sanitized between different students using them. You can have the students wipe them down or spray them with alcohol spray to save you from having to do all of the work.

Hula hoop

Setup: None!

Activity: Have students do basic hula hooping around the waist for some time to warmup. You can let them try tricks like hula hooping around the neck or arms. Also try hula hoop wars, where students hula hoop around the waist and then try to knock other students' hoops down, using only their hoop (no grabbing hoops allowed) – a student is "out" of this round of war whenever their hoop stops circling the waist (whether it was hit by another students' hoop or not).

Helpful COVID tip: Make sure that each student has their own hula hoop and that the hoops are sanitized between different students using them. You can have the students wipe them down or spray them with alcohol spray to save you from having to do all of the work.

Rock-paper-scissors war

Setup: None!

Activity: Just like classic rock-paper-scissors, each student will have a partner and play "Best 2 of 3" rock-paper-scissors. The winner then goes on to find another winner and this continues tournament style until there is one "ultimate winner". Once a student loses a round, they are "out".

Add a twist: Once a student is "out", you can have them cheer on the students remaining in the game, or you can have them do a physical activity such as pushups, running a lap around the track, etc.

Helpful COVID tip: It is common for students to want to physically contact each other once the rock, paper, or scissors have been played (e.g. a student takes his "paper" hand and covers their partner's "rock" hand). In explaining the rules for this game, make sure to emphasize to avoid touching each other's hands – if they do touch, both students should be "out" and go wash their hands.

Ice breaker ideas for in-person and remote learning

Book about me

Have the students make a book about themselves and share it with the class. The book can include whatever they want, including telling about their family, their pets, their friends, what they want to be when they grow up, their favorite superhero or princess, etc – the ideas are endless.

If doing this virtually, the students should each make this book before the meeting and present it during the virtual meeting. Alternatively, they can answer these questions without making an actual book.

If doing this ice breaker in class, you can give the students a set amount of time to make the book and then present at the end of that time. This is also a fun keepsake for the younger kids to take home to their family!

Show-and-tell

Have students bring 1-3 items from home that are important to them and tell the class why they are so important or a story behind the item.

Make up a story

Have the students sit in a circle or in their desks. Have one student start the story by saying 2-4 words, then the next student in line adds to the story by adding 2-4 words, and this pattern continues until everybody has gone twice, 5 minutes, or until the story comes to an end. This is a fun activity that makes the students think creatively. For extra fun, record or write down the story that the students came up with and print it out to share with them!

Never have I ever

Students each start with 5 or 10 fingers up (10 fingers if you want the game to last longer, 5 for a shorter game). The teacher will say “Never have I ever ____”. If the student has done that thing, they put a finger down. The last person with fingers up wins!

You can have students say “Never have I ever” prompts if you trust your class to keep things appropriate. Here are some ideas for prompts:

- | | | |
|---------------------|-----------------------|--------------------|
| - Broken a bone | - Been on an | - Been camping |
| - Been skydiving | airplane | - Been on a cruise |
| - Been to the ocean | - Been outside of the | - Ran a mile |
| - Watched Star Wars | USA | - Eaten broccoli |
| - Ridden a horse | - Been outside of | - Had a job |
| - Gone scuba diving | Texas (or your | |
| - Eaten sushi | state) | |
| - Been on a train | - Been on TV | |