



SPINNING



SLIDING



BALANCING

Experience Play On! on Your Playground!

The Play On! curriculum promotes physical activity and fitness through active play. It also serves as a design guide to ensure your playground incorporates all six essential elements of physical play: Swinging, Sliding, Spinning, Climbing, Balancing and Brachiating. It includes skill assessment worksheets, family and teacher resources and 125 fun activities for children to enjoy on the playground.

Here is a sample of the playground activities in the Play On! program. Try one each day of the week during physical activity, recess, activity breaks, and/or after school activities. Each activity aligns with the National Standards for Physical Education and is appropriate for children in grades K-5.

GameTime systems can be designed to fully implement the Play On! program by incorporating the six key elements of play. Become a model demonstration site and receive a Play On! program at no additional cost. Or order a copy to use with your existing playground at gametime.com/playon



125 Standards-Based Playground Activities that Extends Physical Education Outdoors!



Monday

Basic Training

Together with the children, **devise an obstacle course throughout the playground.** Include each play element: climbing, brachiating, swinging, sliding, spinning and balancing. Some children may wish to be timed to see how quickly they can complete the course-either individually or as an entire class.

PLAY ELEMENTS:

Combo (climbing, brachiating, swinging, sliding, spinning, balancing)

BENEFITS

- Integrates fundamental motor skills and movement concepts in a pleasurable way.
- Develops muscular strength, endurance and flexibility.
- Provides self-challenge, social interaction and a sense of group membership.

TEACHING TIPS

- If necessary, post arrows to help children follow the activity sequence.
- Provide children with plenty of time to practice the activities and sequence.

SAFETY TIPS

- Younger children (K-1) may experience difficulty climbing down equipment; monitor children to assist them with climbing.
- Ensure that there is adequate playground safety surfacing under and around all equipment.
- Spot as needed.

VARIATIONS

- Easier: Children complete several shorter courses that collectively address all play elements; children complete the course with a partner.
- More Challenging: Children complete courses that span the entire playground; children complete the course in reverse.
- Adaptation: The child completes the course with a partner.

Tuesday

Cling to Your Color

Divide children into teams (such as red, yellow, blue) based on the colors assigned to the playground equipment available. Rules: **All teams begin by standing, sitting or hanging on the equipment that is their color.** No parts of the body can touch another color. Children can touch the ground but must hop on one foot. Groups switch colors upon leader's command: "Red team go to blue; blue team go to yellow; yellow team to go red." The length of clinging time for each color can vary. Teams can cling to the same apparatus or different apparatus of the same color.

PLAY ELEMENTS:

Combo (climbing, brachiating, swinging, sliding, spinning, balancing)

BENEFITS

- Develops whole body muscular strength and endurance.
- Promotes spatial awareness and efficient body positioning.
- Cultivates group cohesion, communication and creativity.

TEACHING TIPS

- Remind children to be aware of and respectful toward each other as they move from one apparatus to another.
- Elect or appoint a blue captain, yellow captain, etc. to make sure team members stay on the right color.

SAFETY TIPS

- Spot as needed.

Ensure that there is sufficient playground safety surfacing under and around the equipment.

VARIATIONS

- Easier: Children who need to travel along the surface do not need to only hop.
- More Challenging: Command a color change often.
- Adaptation: A child stays on one color apparatus throughout the game.

Wednesday

Centipede Parade

Teams of three traverse an overhead ladder or other brachiating apparatus. The "head" of the centipede sets the pace, style and rhythm: Whatever that child does, the other two children (the "segments") must also do at the same time. The head calls out commands or otherwise leads the team: "Right hand forward! Skip one rung, grab with left! Swing both legs left, then right!" The second child takes the lead on the way back. Continue until all children have had a turn as the head.

PLAY ELEMENT:

Brachiating

BENEFITS

- Develops core stability, kinesthetic awareness and upper body muscular strength and endurance.
- Fosters cooperation, teamwork and leadership opportunities.

TEACHING TIPS

- The head of the centipede will have to "hang around" for a short time as the two segments take their places.
- Remind children that the centipede needs to move like one integrated organism.

SAFETY TIPS

- Spot as needed.
- Ensure that there is sufficient playground safety surfacing under and around the equipment.

VARIATIONS

- Easier: Begin with two children instead of three.
- More Challenging: Children travel sideways or backward.

Thursday

Synchronized Swinging

Two or more children (depending on the number of swings available in the swing bay) **attempt to swing simultaneously alongside one other.** All parts of their bodies should match each other throughout the swing motion (back extending/ flexing, legs extending/ flexing, arms extending/ flexing, etc.). Children may add their own movement to their swinging performance (fluttering feet at the apex of the swing, turning their head side-to-side, etc.).

PLAY ELEMENT:

Swinging

BENEFITS

- Advances body awareness and matching/ mirroring relationships in rhythmic movement patterns.
- Promotes interpersonal skill development and the inclusion of all children.

TEACHING TIPS

- Children should perform the activity in pairs before progressing to larger groups.
- Highlight the variety of movements observed to encourage the display of imaginative rather than replicated movements.

SAFETY TIPS

- Ensure that there is sufficient playground safety surfacing under and around the swings.
- Ensure that children hold on with both hands while swinging.

VARIATIONS

- Easier: Children swing in rhythm with each other without necessarily mirroring exact leg and arm motions.
- More Challenging: Children mirror (exact opposite) their partner's movements.
- Adaptations: Assign a partner to swing alongside a child who has a vision disability and call out directions; the child who has a vision disability calls out directions and the partner synchronizes with her or him.

Friday

Sport Figures

Children begin by thinking of three poses that depict a favorite sport or athlete. Then, one by one, **children display these poses while standing on a piece of balancing equipment** (balance beam, plank, bench, balance pod, etc.) **while the others attempt to guess** which sport or which athlete the posing child is imitating. The object of this activity is for children to form creative balance poses for at least 15 seconds each. Children switch roles after all three poses or when a pose is guessed correctly, whichever comes first.

PLAY ELEMENT:

Balancing

BENEFITS

- Promotes enjoyment and social engagement through the exploration of movement forms.
- Cultivates appreciation and respect for the decisions of others.
- Enhances spatial awareness and effective body positioning.

TEACHING TIPS

- Give children several minutes to generate poses before the game begins.
- Provide prompts if children cannot think of poses.
- To keep score, give one point for each pose that is guessed correctly.

SAFETY TIPS

- Remind children to exit the equipment if they are having difficulty balancing in their poses.
- Balance beams should not be more than 16 inches off the ground for school-age children.
- Ensure that there is sufficient playground safety surfacing under and around the equipment.

VARIATIONS

- Easier: Children ask yes or no questions if no one can guess the sport or athlete that the posing child is imitating.
- More Challenging: Children display each pose on different piece of balancing equipment.
- Adaptation: Children work with a partner or hold the pose for a shorter period of time.



SWINGING



BRACHIATING



CLIMBING

Research-Driven Design. Recognized Results.



Schools built on Play On! research can earn National Demonstration Site recognition and receive reports proving real impact on student health and academic outcomes.