ACTIVITIES FOR A SMALL SPACE

Newspaper Activities- Use large sheets of newspaper to teach throwing, catching, kicking, fine motor activities- crushing and rolling into a ball.

Use a full sheet on newspaper.
Fold it into the quarter paper size (it's easiest to follow the fold lines)
  • Place the paper on the floor- this is your house
  • Can you: step onto your house
  • Jump off your house (two feet together)
  • Jump over your house
  • March around your house
  • Gallop around your house
  • Get under your house
  • Make a bridge over your house
  • Hold the paper over your head and shake it, listen to the rain.
  • Hold it over your head and shake like an umbrella
  • Hold it behind your neck and let it fly like you are wearing a super cape
  • MAGIC TRICK- put the paper on your chest, lift your chin so it is not touching the paper, put your arms out to the side and run. Did the paper stay "glued" to your chest? What magic!!
  • Scrunch the paper into a ball
  • Can you toss the ball into the air and catch it?
  • Can you toss it up and clap before you catch it?
  • Can you toss and catch with someone else?
  • Put the paper on the ground and soccer dribble the ball- Little kicks.
  • Can you toss it into the trash can?

Fishing game- paper fish or fish made out of craft foam, glue juice lids on the back of the fish, the pole can be made from a dowel with a string and magnet on the end.

Grocery Bags (plastic)- GREAT free pieces of equipment. REMEMBER NEVER TO PUT THE BAG OVER YOUR HEAD OR ANYONE ELSE'S
  • Scrunch the bag into your hand and pull out a little piece between your thumb and forefinger (as you look at your fist). This is a little turtle inside it's shell.
  • Toss the scrunched bag in the air and catch it
  • Hold the bag between your hands and clap (the bag is between your hands). Clap fast and slow.
  • Clap the bag in a circle.
  • Clap the bag high and low
  • Put your arms through the bag (like you are putting on your coat), the bag should be on your back. Pretend you are SUPERGIRL or SUPERBOY and fly around the room.
  • Sit down, place both feet in the bag and perform sit-ups. Make sure you keep your knees bent
  • Sit down, place both feet in the bag and kick. Listen to the different sounds as you kick fast and slow.
  • Fill with several blown up balloons and use as a volleyball.
**Rhythms**

- Pantyhose: sticky people. Put one hose leg on your hand and attach it to your foot. Do a creative movement. Have 2 people hook themselves together-attach hand to the others foot.
- Lummi sticks
- Scatter square dance-call out the moves and students do them by themselves
- Scatter Beach Party
- Feather act-body identification, blow off different body parts, face away from the group and blow across the room, line up-lay on the ground and give one big blow and see who can blow it the furthest. Blow and keep it up in the air. Tape them onto a piece of paper and create a picture. Play Turkey in the Hay music.
- 1/2 tennis balls-use them to practice throwing-they don't move very far
- Balance puzzles-monkey puzzles (I have these)