INDIVIDUAL ACTIVITIES

Here are some ideas for individual activities to be done in PE class. These are merely suggestions and feel free to modify or delete any that do not meet your needs. If you have any questions please call me. Thanks, Robin

1. **Movement Center Ideas** - see attached sheets. You can cut these so they have one activity per sheet and have peers assist with materials.

2. **Shuttle Run Color Matching** - to reinforce colors, use polyspots, bean bags, hoops, boxes, etc. of the same color. Place the beanbags either in a box or on a spot. (this helps to define the activity so the student can see how many beanbags they are to use). Have them throw the beanbags into something of the same color. Red beanbag is throw into the red hoop. This could also be done as a movement activity- run the red beanbag into the red hoop across the gym. Begin with one color per student. As they advance, give each student an assortment of a few colors and they match the beanbags accordingly.

3. **Bowling** - you do not need to use all 10 pins. Place tape or spots on the floor where the pins should be set. A ball, beanbag, koosh ball (for those without latex allergies) can be used to knock down the pins. Have students take turns both throwing the ball and setting up the pins. If you have foam pins these can be stacked and then knock them down.

4. **Body Bowling** - have students lie on a mat, place bowling pins around them a bit out of their reach so they are to roll and move to knock the pins down. Identify body parts to be used to knock them down (arms only, feet, knees, elbow…)

5. **Twister** - can be used like the #2 activity above- have students match different colored objects to the colored circles on the mat. You can identify different body parts to be placed on each circle- try this with 2-3 body parts and then have them stand and begin again. A dice, cards or spinner with different body parts would be helpful for some students to help identify body parts.

6. **Bean Bag Fun** - begin with body identification. Touch the bean bag to different body parts (make sure to include shoulder, elbow, wrist, ankle, neck). Try to have them touch 2 body parts to each other. Can you make the beanbag touch your shoulder to your ear, elbow to waist, toes to toes, nose to knees. Have students come up with others.
   - Toss and catch a beanbag to self, with a partner is more difficult.
   - Use milk carton scoops- have a partner toss the beanbag and have the student try to catch it in the milk jug. Make sure they toss it back using their hands.
   - Balance beanbag on different body parts
   - Balance the beanbag and move with it on different body parts
   - Kick the beanbag around the room - play "soccer"
7. **Limbo**

8. **Chicken Dance**

9. **Hokey Pokey**

10. **Musical hoops, spots or carper squares**- instead of having the child removed from the game, allow them to share hoops. Eventually, you will have the entire group sharing one spot.

11. **Kickball**- variations on following sheets

12. **Scooters**- sit and move forward and backwards. Lie prone and move forward and backwards. Play scooter bowling- body bowling with the scooter.

13. **Tag games**- use a piece of foam pipe insulation as a tag extender. The person who is it touches another student with the pipe insulation. This works very well for students in wheelchairs.

14. **Parachute**

15. **Hot potato**

16. **Relaxation exercises at the end of class**