

Teacher's Monthly Guide To Physical Literacy Newsletter

APRIL 2026



Welcome to April—Let's get outside rain or shine!

Outdoor play offers the perfect setting to introduce and strengthen fundamental movement skills in fun, natural ways. Whether children are running through puddles, jumping over sticks, or tossing and catching balls in the fresh air, they are building essential locomotor skills like running, jumping, and skipping, alongside manipulative skills such as throwing, catching, and kicking. Embracing all kinds of weather not only keeps movement exciting and varied, but also helps children develop confidence, resilience, and a lifelong love of being active outdoors.

With appreciation, The Learning in Motion Program Team.

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Hello Spring! The days are getting brighter, flowers are beginning to bloom, and it's the perfect time to get moving, explore the outdoors, and enjoy fresh, healthy foods. Let's welcome the new season together!



What's New

Track and Field on Playbuilder

Track and field content on PLAYbuilder is designed to support educators in delivering engaging, inclusive, and skill-focused instruction. The platform features a comprehensive collection of lesson plans, games, and activities tailored to help students develop fundamental movement skills while building confidence and enjoyment in athletics.

Enhanced Lesson Plans

PLAYbuilder track and field lesson plans provide step-by-step guidance for teaching core events such as running, jumping, and throwing. Each lesson is structured with clear learning objectives, warm-ups, skill progressions, and assessment opportunities, making it easy to plan and deliver high quality instruction for a variety of grade levels and abilities.

Games-Based Learning

To keep students motivated and active, we've added a wide range of fun, skill-building games that reinforce track and field concepts. These activities focus on teamwork, coordination, and friendly competition, helping students practice techniques in a dynamic and supportive environment.

Skill Development Activities

PLAYbuilder also includes targeted drills and activities that break down essential skills like sprint starts, long jump take off and throwing mechanics. These are designed to support differentiated instruction and allow teachers to meet students where they are in their learning journey.

Teacher-Friendly Resources

All content is easy to access, adaptable, and aligned with curriculum expectations. Whether you're introducing track and field for the first time or enhancing an existing unit, Playbuilder offers more tools than ever to support effective and engaging teaching.

Explore the track and field content today and bring energy, structure, and fun to your athletics unit!

You can find these resources by visiting the link below.

[LIM \(Learning in Motion Program\)PLAYBuilder.](#)

Content at a Glance

Welcome to the month of April. We are excited to share this month's featured content, filled with new ideas, resources, and activities to support your teaching and student engagement to practice their locomotor and non-locomotor skills throughout the month.

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Learning in Motion Website

Ready to energize your classroom? Explore the [Learning in Motion](#) physical activity and physical literacy website for fun, practical tools and inspiring ideas that bring movement into your teaching. It's an easy way to boost student well-being, spark engagement, and create a more active, vibrant learning environment.

We Value Your Feedback

Integrating Physical Literacy For Life

It is important to us to achieve our goals of supporting teachers within First Nations schools, and B.C. elementary school educators (K-7). Submitting your feedback is vital to the growth of the program, to assist fellow teachers, and to guide the program to success. Let's make it happen together. We look forward to hearing from you. Please send your feedback to drobot@isparc.ca.

Teaching Cues

Grades K-7

Running Cues

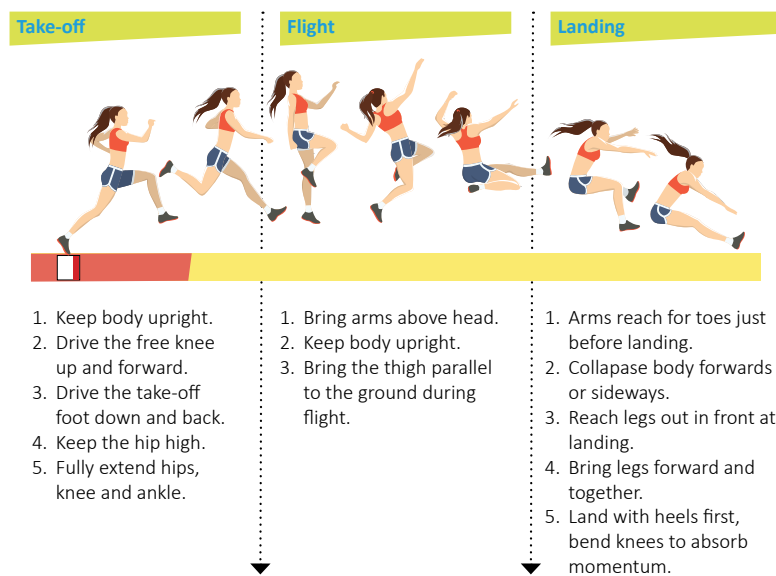
- Eyes forward, bend elbows, move relaxed hands from hip to lip, arms move in opposition to legs.
- Stay on balls of feet, land softly.

Ball Throw Cues

- Side to target, arm back.
- Step with opposite foot, follow through.

Long Jump Cues

Watch the video: [Long Jump](#)



Long Jump Practice

Grades K-7

Record Jump

Fundamental Movement Skill (FMS)

- Run, jump

Purpose

- Builds jumping distance and coordination through progressive skill development.



Activity Description

Standing Long Jump

- Students start at a marker and jump forward using two feet to take off and land.
- Mark landing spot and try to beat personal best each attempt.

Running Long Jump

- Demonstrate: run → jump off one foot → land on two feet.
- Students take a short run-up, jump at their marker, and track their distance.
- Repeat, aiming to improve each time.

Ball Throwing Practice

Grades K-7

Fundamental Movement Skill (FMS)

- Throwing overhand and underhand.

Purpose

- Develop and practice the skill of throwing.

Equipment

- Soft throwing balls (foam balls or tennis balls).
- Cones, hula hoops, buckets, bowling pins, poly dots, measuring tape or distance markers.



Activity Description

Distance Throw

- Students stand behind the throwing line.
- On the teacher's signal, students throw the ball using proper technique, no one retrieves balls until the teacher gives the signal.
- Measure or visually mark the best throw for each student.

Target Throw

Set Up

- Place hula hoops, buckets, bowling pins, and poly dots at different distances.
- Each team stands behind a cone.

How to Play

- On "Go," first student in each line throws at the same time.
- No one retrieves balls until the teacher gives the signal.
- If a student hits or lands in/on a target, they bring that object back to their team.
- The ball must land in or on the target for the object to count.

Scoring

- Hula hoop = 1 point.
- Poly dot = 2 points.
- Knock down a bowling pin = 5 points.
- Ball lands in the bucket = 10 points.

Safety Rules

- Throw only on the teacher's signal.
- No retrieving balls until everyone has thrown.
- Stand behind cones while waiting.
- Use soft balls only.



Running Practice

Grades K-7

Listen and React Warm-up

Fundamental Movement Skill (FMS)

- Run.

Purpose

- Develops reaction time, listening skills, and quick changes in speed—key components of sprinting.

Set Up

- All students line up along a starting line.

Activity Description

- When the leader calls "Jog", students begin jogging forward.
- When the leader calls "Sprint", students quickly turn and sprint back to the starting line as fast as they can.



50–100 Meter Sprint Progressions

Fundamental Movement Skill (FMS)

- Run.

Purpose

- Builds understanding of sprint mechanics, pacing, and confidence through gradual progression.

Set Up

- Divide students into groups of 3, each group lines up behind a cone.
- Place a second cone approximately 50 meters away.

Activity Description

- **Walk-Through (Introduction)**
 - » Explain that a 50m sprint is run at maximum effort from start to finish.
 - » On "Go," the first student walks toward the far cone and continues 10 feet past it for safety.
 - » The second student begins walking once the first passes the cone, the third follows in the same way.
- **Jog Progression**
 - » Repeat the sequence at a jogging pace, focusing on posture and control.
- **Sprint Phase**
 - » Students now run the full distance at sprint speed.
 - » Repeat several times to build confidence and effort.
 - » Increase distance to practice for the 100-meter sprint.

Explore PLAYBuilder Website

Looking for fun ways to get students moving? Visit [PLAYbuilder](#), our online database of easy-to-use games and activities that bring energy and creativity to the classroom, outdoors, and the gym.

Inclusive Play—S.T.E.P.

Grades K-7

S.T.E.P. for Track and Field

S SPACE

Adjust the space to support success and safety:

- Move throwing lines closer for students who need more success.
- Widen target areas or create multiple throwing lanes.
- Allow students to throw from a seated or standing position.
- Use clear boundary cones to reduce distractions and improve focus.
- Use consistent target placement to support spatial awareness.

T TASK

Adjust the task while keeping the same skill focus:

- Allow underhand, overhand throws or ramp assisted rolling.
- Reduce the number of throws (e.g., 1–2 throws instead of 3).
- Focus on hitting any target rather than scoring points.
- Give technique cues one at a time (e.g., “step and throw”).
- Allow students to aim for larger or closer targets.

E EQUIPMENT

Modify equipment for accessibility and success:

- Use ramps so students can roll the ball down toward targets.
- Provide larger, lighter balls for easier control.
- Use brightly coloured or textured balls for visibility and grip.
- Add auditory targets for visually impaired students: Bells inside buckets, Targets that make noise when hit (pins with bells, metal pans, sound tubes).
- Use larger targets (wide buckets, large hoops) placed on the ground.
- Allow students to choose equipment that best supports their success.

P PEOPLE

- Use pairs or small teams of 2–3.
- Assign roles:
 - » Thrower or roller.
 - » Target guide (gives verbal direction).
 - » Retriever or scorekeeper.
- Pair students strategically for peer support.
- Allow cooperative scoring (team total instead of individual).

Connecting to the Land

Grades K-7

Camouflage Caterpillars

Equipment/Material

- Strands of wool in various colours.
- Open outdoor space.

Fundamental Movement Skill (FMS)

- Run and jump.

Objective

- Develops understanding of camouflage and adaptation in nature while reinforcing counting and simple math through active outdoor play.



Activity Description

- Divide students into two equal groups.
- Divide your designated area in two equal spaces.
- Use wool colours to vary degree of difficulty in camouflaging (e.g. orange wool is easiest to find, green is more difficult).
- Give each student in a group one “caterpillar” (pieces of wool) to hide in their half of the designated area.
- Groups switch areas and search for the other team’s caterpillars.
- Set a time limit for students to search for the caterpillars.
- Groups return to teacher and count the number of caterpillars found.
- If students did not find all hidden caterpillars, send students back to their designated area to retrieve caterpillars that were not found.

Teaching Tips

- Ask students if they know the definition of camouflage.
- Get students to name things that camouflage in nature.
- Discuss strategies for hiding (e.g., blending into surroundings).
- Ensure clear boundaries for safety and organization.

Check for Understanding

- Which colours were easiest or hardest to find? Why?
- How does camouflage help animals survive?
- What colours might animals adapt to in this environment?

Extension

- Explore a simple food chain: plant → caterpillar → bird → predator.



Moving in the Classroom

Grades K-7

Muscle Mix-up

Fundamental Movement Skill (FMS)

- Walk, reach, bend.

Purpose

- Stretch your body while reinforcing knowledge of major muscle groups.

Set Up

- Students move safely within a designated general space.

Activity Description

- Students begin by walking around the activity area.
- The leader calls out a body part or muscle group (e.g., hamstrings, calves, shoulders).
- When students hear the cue, they:
 - » Stop where they are and perform an appropriate stretch for that body part.
 - » Hold the stretch for 20–30 seconds.
- After the stretch, students resume walking until the next cue is called.



Teaching Tips

- Model or review stretches before starting, especially for younger players.
- Encourage students to identify the muscle they are stretching.
- Promote controlled movements—no bouncing.
- Use a variety of body parts to ensure a full-body stretch.

Extension

- Invite students to take turns calling out body parts and demonstrating stretches.



Muscle Mix-up Examples



Upper Body

Shoulders—Deltoids
Biceps (front of upper arm)
Triceps (back of upper arm)
Chest—Pectorals
Upper Back—Trapezius
Lower Back—Latissimus Dorsi
Neck



Lower Body

Quadriceps (front of thigh)
Hamstrings (back of thigh)
Bottom—Glutes
Calves—Gastrocnemius
Shins—Tibialis Anterior

Core

Abdominals—
Rectus abdominis
Side Abdominals
—External Obliques

April 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			Exercise 1 Class Participation • As a class, come up with a stretching routine of 10 different moves that will stretch your body from your head to your toes.	YouTube 2 Bunny Stomp	GOOD FRIDAY 3 No School. 	4
S P R I N G B R E A K*						
5	EASTER MONDAY 6 No School. 	YouTube 7 Easter Chase	Exercise 8 How many jumping jacks can you do in 60 seconds OR <ul style="list-style-type: none"> • Elbow to knee • Toe touches • Squats • High knees • Shuffle/jump shot 	YouTube 9 Human Tetris	Exercise 10 Balance Pose (Hold for 20 seconds) <ul style="list-style-type: none"> • Tree pose • Child's pose • Downward facing dog • Warrior pose Repeat 3 times	11
12	Exercise 13 Play Rock-Paper-Scissors <ul style="list-style-type: none"> • Make 3 bases and a home plate in your class • Start at home—win move up a base, lose stay at same base and try again 	YouTube 14 Partner Human Tetris	Exercise 15 <ul style="list-style-type: none"> • Make a paper ball and have the class stand in a circle • Passing the ball say the A,B,C's forward and backwards • Skip count to 50 	Exercise 16 2 Song Dance Party <ul style="list-style-type: none"> • Play 2 favorite songs and groove or try the Fortnite Dance Battle. 	YouTube 17 Toy Story Warm-up	18
19	Exercise 20 <ul style="list-style-type: none"> • 20 Squats • 20 Knee highs • 20 2-foot jumps • 20 Hops on the right foot • 20 Hops on the left foot • 20 Twists 	YouTube 21 Dance Mode	Exercise 22 Circle Fitness <ul style="list-style-type: none"> • Stand in a circle and take turns leading a movement • Everyone performs the same move together 	Exercise 23 <ul style="list-style-type: none"> • 20 second Fast Feet • 10 chair squats • 10 wall pushups • 20 second of high knees • 30 second stretch 	YouTube 24 Ninja Run	25
26	YouTube 27 Would you rather? Spring Edition	Exercise 28 <ul style="list-style-type: none"> • 10 Desk push-ups • Wall sit challenge Hold as long as possible • 60 sec invis. jump rope • 10 Toe-heel walks • 10 Silent speed skaters —side-to-side jumps • 10 Chair squats 	YouTube 29 The Floor is ANTS!	Exercise 30 Rock-Paper-Scissors Fitness <ul style="list-style-type: none"> • Winner gets a point, Loser does 5 squats and then find a new challenger 		

**Please note: Spring Break varies within school districts.

Linking Indigenous Cultural Sports and Activities to Physical Literacy

Grades K-7

Linking Indigenous cultural activities to physical literacy provides a meaningful, experiential way for educators to connect movement with the First Peoples' Principles of Learning through games, questions, and shared experiences.

It is important to understand students' exposure to traditional activities, as many Indigenous students may not have had access. Creating space for open discussion helps build awareness, inclusion, and connection within the class.

Use the reflection questions on the cultural activity photo cards to guide conversations and inspire movement. Encourage fun and creativity through student-led games, shared learning, mentoring wroles, and activity exploration.

Each fundamental movement skill is described with technique cues and an icon, paired with cultural activities and a follow-up movement-based activity.

Incorporate music and outdoor play when possible, and focus on making the experience enjoyable and engaging. Access the Indigenous activity card resource to support continued learning and participation.

Play some music, get some fresh air if possible and most importantly, have fun!

Indigenous Activity Cards: [Link here](#) to download the Indigenous Cultural Sports and Activities to Physical Literacy.



REACH

Reaching and stretching can improve posture and improve range of motion. It can also help prevent injury and muscle soreness.

Reaching for Balance:

Write words on objects like rocks, wood pieces or even Post-it notes and place them high up in trees or on the wall for students to reach and touch. This can be cross-curricular and use traditional language. Have fun with it!



SQUAT

A squat is a leg focused movement that requires the major lower muscles to work together.

- 1 Stand straight with feet hip width apart.
- 2 Tighten your stomach muscles.
- 3 Lower yourself down as if sitting on an invisible chair.
- 4 Straighten your legs to lift yourself back up.

Variation: Chair squat – raising yourself up from a chair without arm support.



LUNGE

Lunges increase muscle mass to build up strength especially the core muscles, glutes and legs, and improves posture and range of motion.

Knee Hug and Lunge Exercise:

This is a variation of a walking lunge, performed on both sides.

- 1 Lift up one knee, grasp with both hands, and pull to chest.
- 2 Take a big step with the same leg and descend into a lunge.
- 3 Ensure the knee is over the toes and the trunk remains vertical.
- 4 Ensure trailing knee does not touch the ground in lunge position.
- 5 Stand up, take a couple of normal steps, and repeat with opposite leg.
- 6 Aim for lunges of equal depth and length, right and left sides.