

THE NEWSPAPERS



Topic: Physical activity and fitness



Key terms: warm-up, unconventional walking activities, jumping, catching, running

What we need: old newspapers

Estimated time: 10 - 15 minutes

Methods: game, explanation, discussion

Activity description:

Possible objectives: To perform physical activities in an unconventional way
To strengthen children's physical vitality.

Activity:

Aim of the activity:

To perform movements considerably according to the instructions of the teacher.

Background context:

Exercising can often seem tedious or boring to most children. Using games and unconventional activities whenever possible may help to motivate children to take part in more physical activities.

Introduction to the activity:

Children, do you know what I have in my hand? What are newspapers used for? What do you use them for at home?

During the activity:

1) Newspaper warm-up:

Children are divided to pairs, with the children facing each other. One child is forming and reshaping old newspapers, the objective of the second child is to imitate the newspaper; their body becomes the newspaper that their partner is folding, squeezing etc.

2) Newspapers activities:

- Fold the newspapers over your left/right arm. Subsequently, participants try to walk or run with the newspapers, straight ahead or in different directions.

- The newspapers could be placed on the head, chest or around the waist and children could run/jog, ensuring the newspapers do not fall off.

- The newspapers are placed on the ground and the children need to step over them in order to move straight ahead. The newspapers could form a row or be scattered around and the children need to step over them or only walk on them, run around etc.

- Each child gets newspapers and tries to move as a turtle:

a) Transporting the newspaper only by their feet

b) Transporting the newspapers only by their palms in a plank or squatting

c) Transporting the newspapers by all limbs.

Possible evaluation questions for children:

What else can we do/play using newspapers? Which activity did you like the most and why?

Curriculum links:

Movement and physical vitality

Sources: © This activity sheet was created by The Take Me Out Partnership

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