

Teacher's Monthly Guide To Physical Literacy Newsletter

MARCH 2026



Welcome to March!

The spring season approaches and presents a valuable opportunity for you as educators to celebrate movement, joy, and togetherness within your learning environments. This season of light and renewed energy reminds us that movement is not only about sport or structured exercise, it is about fostering connection, building confidence, and nurturing the simple pleasure of being active both at school and beyond.

In this edition of our Physical Literacy Newsletter, we invite you to embrace the spirit of the season while intentionally revisiting the building blocks that support every child's development. At the heart of physical literacy are the fundamental movement skills. The essential foundations that enable lifelong participation in physical activity. This month, we focus specifically on two key categories: locomotor and non-locomotor skills.

Locomotor skills allow learners to move their bodies from one space to another, while non-locomotor skills develop balance, stability, and body control. Together, they form the cornerstone of confident, competent movement.

We encourage you to intentionally embed these fundamental movements into your daily routines and seasonal celebrations through playful games, dance activities, obstacle courses, movement breaks, or creative challenges across the curriculum. By nurturing these foundational skills in engaging and meaningful ways, you play a vital role in helping children develop confidence, competence, and a lifelong love for movement.



Let's welcome the spring by guiding our learners to move with purpose, joy, and connection.

With appreciation, The Learning in Motion Program Team.

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Spring Break is a great time to keep moving and having fun! Whether students are running, jumping, climbing, or playing games outdoors, staying active helps build strong bodies and confident movers. Encourage them to try new activities, enjoy fresh air, and keep growing their physical literacy skills every day.

What's New

Physical Literacy Resources

We are excited to introduce a variety of engaging and culturally responsive physical literacy resources to enrich student learning.

The Amazing-Race-Booklet, Playground Circuits Activity Booklet, promote teamwork, endurance, and creative movement challenges.

Fundamental Movement Cards strengthen essential skills such as balance, coordination, and agility.

Explore cultural movement experiences through the **Métis Jigging Booklet** and videos, celebrating rhythm, dance, and Métis traditions.

Explore Traditional Indigenous games using the **Games Celebrating Indigenous Ways of Knowing Resource**, encouraging students to build respect, cooperation, and an understanding of Indigenous perspectives through active play. These new resources will help foster inclusive, skill-building, and culturally meaningful physical education experiences for all learners.

You can find these resources by visiting the link below.

[Learning in Motion – Physical Activity & Physical Literacy Resources](#)

Content at a Glance

Welcome to the month of March. 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 practise their non-locomotor skills through the month.

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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 droberts@isparc.ca.

Non-Locomotor—Gymnastics

Grades K-7

What are non-locomotor fundamental movement skills?

A non-locomotor fundamental movement skill is a basic movement performed without traveling from one place to another, such as bending, stretching, twisting, balancing, or pushing.



BALANCE

- Stand tall, body straight and eyes up
- Hold arms out wide for stability
- Keep stomach tight, body strong, keep steady
- Focus eyes on one spot to help balance
- Stay still as a statue with no movement



BEND

- Keep feet planted
- Bend at knees, hips, and waist
- Let arms reach down or to the side
- Move slowly and with control
- Return tall to standing position



SQUAT

- Plant feet flat, shoulder width apart
- Bend knees and hips at the same time
- Keep chest up and back straight
- Lower body until legs make a sitting shape
- Keep feet planted, knees do not extend toes
- Return to a standing straight position



PUSH

- Keep feet steady and strong
- Place arms in front, palms open
- Bend elbows ready to extend arms
- Use stomach and back muscles for strength
- Push forward in smooth, steady motion
- Finish with arms straight in front



PULL

- Plant feet steady and strong
- Reach arms forward
- Bend elbows pulling in
- Use back and stomach muscles for strength
- Bring hands close to chest
- Pull slowly with control



REACH

- Keep feet planted and body stable
- Stretch tall, reach up as high as you can
- Reach wide extending arms out to sides
- Reach low bending knees or waist
- Eyes follow hands, look towards reach
- Stretch long with slow, controlled movements



TWIST

- Keep feet planted
- Stomach strong and tight for control
- Twist at the waist, move shoulders and arms
- Eyes follow twist direction
- Move in a controlled and smooth motion
- Return to starting position



TURN

- Rotate body around a fixed point
- Keep body stable and balanced
- Extend arms out to maintain control during turn
- Return to starting position

Gymnastics Warm Up Games

Grades K-7

Equipment/Material

- Mats, saucer cones.

Fundamental Movement Skill (FMS)

- Run, jump, skip, balance, bend, push, squat.

Activity Description

Up and Down—How to Play

- Teacher uses commands to direct the players:
 - » **Up**—get up off the floor onto equipment.
 - » **Down** (supports) Pick one —support their body by front support, half handstand against the wall, knee scale, candlestick, teeter totter—all these must be on floor.
 - » **Freeze** (balances)—Pick one—one foot balance, v-sit balance, three-point balance, candlestick, front scale, knee scale, straddle, tuck, pike balance.
 - » **Wall**—move to wall and do a wall sit.
 - » **Skip**—skip around the equipment- eyes up.



Mingle—How to Play

- The players sing Minggg-gle.. Minggg-gle, Minggg-gle over and over while skipping around the gym.
- The teacher yells out "find a group of 2,3,4,5,6 ...".
- Players cannot sit down until they have the expected number of players.
- If there are left over players without a group, they must do the chosen challenge on the side of the gym (selected area)- jumping jacks, teeter totters, one foot balance, squats, tuck jumps.
- Start a new game while the other players are doing the challenge.

Pizza Tag—How to Play

- All players place a saucer cone onto one hand like carrying a pizza—no cheating by holding it on the hole or pinching together.
- Players run around and try to knock off other players' pizza.
- When the pizza is knocked out of your hand you must perform a challenge of the teacher's choice before you can pick up your pizza and carry on.

Stuck in the Mud—How to Play

- One person is "it" and tries to tag others. When tagged, there are many versions to free a person:
 - » **Get into the L-shape position.** To free a person, you must jump over their feet 3 times.
 - » **Get into a tuck position.** To free a person, you must sidestep around them a full circle.
 - » **Get into a leapfrog position (face down).** To free a person, you must leap over them.
 - » **Get into the shape of your choice.** To free a person, you must MIRROR their shape.

Movement and Music

Grades K-7

Equipment/Material

- Speaker and songs from music source.

Fundamental Movement Skill (FMS)

- Run, jump, hop, skip, leap, push, balance, twist and turn.

Activity Description

How to Play

- Use music to inspire movement by having players listen carefully to the lyrics and respond with matching actions. Players move safely around the gym according to what the song says—for example, when the song says "the floor is lava," players must quickly and safely get up off the floor. Before starting, review safety rules and expectations for personal space and controlled movement.
 - » **The Floor is Lava Song** —The Kiboomers.
 - » **The Floor is Lava** —Jack Hartman.
 - » **The Floor is Lava Song** —Mister Kipley.
 - » **Everybody's Jumpin'** —Fundamentals of Music and Movement .
 - » **Locomotor Moves** —Coach JJ.
 - » **The Airplane Song** —The Laurie Berkner Band.



RPS Banana Split Balance Game

Grades K-7

Fundamental Movement Skill (FMS)

- Balance.

Activity Description

Objective

- Be the person who can balance the longest.

How to Play

- Players are in pairs standing with the heel of one foot touching the toe of their other foot, in front of their partner who is also standing in the same position approximately one-half foot apart.
- **Round 1**
 - » Players will play a round of rock paper scissors.
 - » The player who wins will take their front foot move it behind their back foot, so the toes touch their heel.
 - » The non-winner moves their front foot forward to touch the toes of their opponent.
- **Round 2**
 - » Play another round of Rock, Paper, Scissors.
 - » Winner takes their front foot and places the toes on the back of their other heel .
 - » Non-winner moves their front foot, so their toes meet their partners toes.
- **Wrapping up the game**
 - » Rock, Paper, Scissors banana split continues until one person falls over. The person to remain standing is the winner!



Inclusive Play

Grades K-7

S.T.E.P. for Gymnastics

S SPACE

- Adjusting space helps control difficulty, safety, and confidence.
- Increase personal space between students.
- Use floor-level work instead of raised apparatus.
- Provide clear boundaries with cones or floor lines.
- Create one-way movement pathways for rolls and locomotions.
- Practice near walls for support.

T TASK

- Adjusting the task changes the complexity of the skill.
- Break skills into smaller progressions.
- Reduce number of repetitions.
- Focus on one body part at a time.
- Remove timing or performance pressure.
- Model skills visually or use picture cards.

E EQUIPMENT

- Equipment changes are one of the safest and most effective modifications.
- Use soft mats or wedge/incline mats for assisted rolling.
- Lower height of apparatus.
- Use floor markers for hand/foot placement, arrows, shape cards.
- Provide lightweight or foam equipment.
- Introduce springboards or mini trampolines (with supervision).

P PEOPLE

- Use peer support or buddy system.
- Teacher spotting or adult support.
- Small groups for more supervision.
- Peer modeling demonstrations.
- Use stations in small groups for focus and predictability.



Connecting to the Land

Grades K-7

Sticks in the Fist

Equipment/Material

- 10 sticks (similar in size and shape; collected from nature).
- 1 stick marked purple on one end.
- 2 sticks marked orange on one end.



Activity Description

- One player holds a bundle of ten sticks, with one stick secretly marked in purple on the end facing down so others can't see it.
- The holder offers the sticks to others, who each take turns selecting one, trying to identify the purple-marked stick through careful observation.
- Play continues until the marked stick is drawn. After a few rounds, introduce two sticks marked in a different color (orange).
- Players still aim to draw the purple stick to win, but if they draw an orange one, they must complete a nature-based task assigned by the teacher (e.g., touch something green or find five leaves).

Creeping Coyote

Equipment/Material

- Blindfold plus an object to steal.



Fundamental Movement Skill (FMS)

- Bend, balance, squat, reach, turn.

Set Up

- Find a space with fallen leaves and branches.
- Blindfold a student and have them stand in the middle of the group who are forming a circle.
- Place an object at the foot of the blindfolded student.

Activity Description

- Have the coyotes (the other students forming a circle around the blindfolded student) at some distance.
- Quietly, the coyotes try to get the object and make it back to the outside circle without being heard by the blindfolded student.
- If the blindfolded student hears a noise, they point in the direction of the sound; if the blindfolded student points at a coyote, the caught coyote must return to the outside circle to begin again.
- The winner is the coyote who captures the object unheard.

Moving in the Classroom

Grades K-7

Math in Motion

Fundamental Movement Skill (FMS)

- Skip, jump, run, walk, hop, squat, bend

Set Up

The leader places several sets of cards for each number, one to 10, randomly on the ground.

Activity Description

The leader asks math questions, and players perform various locomotor movement skills when moving to the correct answer.

Example: Hop to the number that comes after eight, jump to the number that comes before six, crab walk to the sum of one plus one.



Literacy in Motion—Spell It!

Use the chart to get your students moving. Get them to spell their name, spell their word lists, or put them in partners and have them spell words while partners guess.



A	=	5 Squats
B	=	6 Jumps
C	=	5 Toe Touches
D	=	4 Hops on left foot
E	=	4 Hops on right foot
F	=	5 Sec. balance on left foot
G	=	5 Sec. balance on right foot
H	=	10 Jumping jacks
I	=	3 Deep breaths
J	=	4 Lunges on left leg
K	=	4 Lunges on right leg
L	=	10 Knee highs
M	=	6 Side stretches

N	=	5 Frog jumps
O	=	6 Side jumps
P	=	5 Desk push-ups
Q	=	4 Shoulder rolls
R	=	4 Right arm circles
S	=	5 Left arm circles
T	=	5 Calf raises
U	=	10 Sit ups
V	=	3 Air punches
W	=	4 Reach to the sky
X	=	4 Air kicks left leg
Y	=	4 Air kicks right leg
Z	=	6 Side stretches

March 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
1	Exercise Superhero Training <ul style="list-style-type: none"> • 20-second power pose • 10 “hero squats” • 10 “speed lunges” • 20-second plank Act out your superhero and have class guess	Exercise Jumping Jack Challenge <ul style="list-style-type: none"> • Who can do the most in 1 minute? • 1 minute on / 30 seconds rest (repeat 3 times) 	YouTube Challenge Me	Exercise Plank Pyramid <ul style="list-style-type: none"> • 10 sec → 20 sec → 30 sec → 20 sec → 10 sec 	YouTube Ninja Run		
8	YouTube Treasure Run	Exercise Solve a Problem <ul style="list-style-type: none"> • Solve a problem → Do that many squats 	YouTube Guess the Winter Sport Sounds	Exercise Wall Sit Content <ul style="list-style-type: none"> • Who can hold the wall sit the longest? 	Exercise Dice Fitness (Teacher Roll) <ul style="list-style-type: none"> • 1 = 10 jumping jacks • 2 = 10 squats • 3 = 20-second plank • 4 = 10 lunges • 5 = 15-second wall sit • 6 = 10 push-ups 		
15	YouTube Leprechaun Run	YouTube St. Patrick's Day Rock Paper Scissors 	YouTube March Madness Brain Break	Exercise 5-4-3-2-1 Reset X 3 <ul style="list-style-type: none"> • 5 deep breaths • 4 shoulder rolls • 3 forward folds • 2 balance holds • 1 positive affirmation 	YouTube Spring Break Brain Break		
22	SPRING BREAK No School.	SPRING BREAK No School.	SPRING BREAK No School.	SPRING BREAK No School.	SPRING BREAK No School.		
29	Exercise Plank & Wall Challenge <ul style="list-style-type: none"> • Who can plank the longest? • Who can wall sit the longest? 	YouTube Zootopia Escape					

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

Grades K-7

Ways to Travel on a Mat

Equipment/Material

- Mats.

Fundamental Movement Skills (FMS)

- Hop, bend, balance, squat, push, reach.

Activity Description

- Explain to the students what the “stretch” is. This is the signal that starts and ends a travel or sequence in gymnastics. Gymnasts use this as a signal to the judges that they are beginning and ending their routine.
- Learn “The Stretch”—Practice walking across your mat like a balance beam, do a stretch before and after.

Movement Activities

Kangaroo Hop—hands out in front, straight arms, jump with 2 feet together across mat.

Clean the Floor—Sit down and scoot across the mat with no hands and arms out straight.

Duck Walk—Grab ankles and walk down the mat (you can also try the “ankle hop”).

Rabbit Hop—Squat with feet outside hands inside, move hands forward and hop to catch your feet up with hands.

Inch Worm—Move across the mat, hands first, then feet, hands, then feet. Don’t move hands & feet at the same time.

Frog Jump—Hopping with feet and hands moving at the same time.

Bear Walk—Walk on hands and feet, move right side, left side, right side, left side.

Knee Walk—Walking on your knees. **Hard version:** Hold feet while walking across the mat on your knees.

Knee Jump—Go to your knees softly, toes curled under, swing arms up, jump up to feet, repeat down the mat.

Seal Walk—Bend down to pushup position with straight legs, walk hands. out, pull feet across mat like a seal’s tail.

