

Contents

Forewords	iv
About <i>Ready-to-Use P.E. Activities for Grades 5–6</i>	vi
How to Prepare Lessons Using These P.E. Activities	xvi
Description of the Activities • xvi	
<i>Warm-up Activities (Introductory Activities, Fitness Activities) • Core Activities (Movement Awareness for K–4, Rhythms and Dance, Gymnastics, Game Skills) • Special Games • Closing Activities</i>	
Activity Organization • xviii	
<i>Number Key • Descriptive Title • Equipment • Focus • Organization • Description of the Activity • Variation</i>	
Preparing the Yearly/Weekly Plan • xix	
<i>Developing the Yearly/Weekly Unit Plan • Developing the Daily Lesson Plan • Gathering the Equipment • Recording the Activities Taught • Sample Yearly/Weekly Plan Chart • Blank Yearly/Weekly Plan Chart (reproducible) • Class Record Sheet (reproducible)</i>	

Section 1 INTRODUCTORY ACTIVITIES 1

IA-1 Organization Signals • 2	IA-18 Four-Corner Warm-Up • 14
IA-2 Formation Signals • 3	IA-19 Corners • 14
IA-3 Movement Signals • 4	IA-20 Exercise Hunt • 15
IA-4 Signals Game • 5	IA-21 Heart Attack Game • 16
IA-5 Starting Positions • 6	IA-22 Partner Beanbag Chase • 16
IA-6 Fortune Cookie • 7	IA-23 Team Colors Tag • 17
IA-7 Meet and Greet Warm-Up • 8	IA-24 Number Tag • 17
IA-8 Run-Walk Warm-Up • 8	IA-25 Shoes • 18
IA-9 Copy Cat • 9	IA-26 Grab Bag • 18
IA-10 Leader of the Pack • 9	IA-27 Joker's Wild • 19
IA-11 British Bulldog • 10	IA-28 Slap and Run • 20
IA-12 Rhythm Running • 11	IA-29 Drop 'n Run • 20
IA-13 Snowball Run • 11	IA-30 Hoop Aerobics • 21
IA-14 Scorpion Tag • 12	IA-31 Matercise • 21
IA-15 Pass 'n Sting • 12	IA-32 Partner Shuttle • 22
IA-16 Beanbag Agility Run • 13	IA-33 Circle Partner Tag • 22
IA-17 Junk Run • 13	IA-34 Three Times Three • 23

IA-35	Push-Up Tag • 23
IA-36	Willie, Billie, Moe, and Joe • 24
IA-37	St. George and the Dragon • 24
IA-38	Astronaut Run • 25
IA-39	Grass Drills • 25
IA-40	The Fruit Salad Game • 26
IA-41	Hook-On Tag • 26
IA-42	Amble Scramble • 27
IA-43	Beanbag Bench Pass • 27

IA-44	Germ Bug • 28
IA-45	The Blob! • 28
IA-46	Snowball Tag • 29
IA-47	Kings and Queens • 29
IA-48	The Weave Warm-Up • 30
IA-49	Jackaroo Tag • 30
IA-50	Geronimo • 31
IA-51	Paper Route • 31

Section 2 FITNESS ACTIVITIES 33

FA-1	Organizational Breaks • 34
FA-2	Equipment Breaks • 35
FA-3	Tempo Change Breaks • 36
FA-4	Partner Breaks • 37
FA-5	Stunt Breaks • 38
FA-6	Cooperative Stunt Breaks • 39
FA-7	Bone Signals • 40
FA-8	Muscle Signals • 41
FA-9	Measuring the Heart Rate • 42
FA-10	Twelve-Minute Workout 1 • 43
FA-11	Twelve-Minute Workout 2 • 44
FA-12	Twelve-Minute Workout 3 • 45
FA-13	Twelve-Minute Workout 4 • 46
FA-14	Twelve-Minute Workout 5 • 47
FA-15	Twelve-Minute Workout 6 • 48
FA-16	Twelve-Minute Workout 7 • 49
FA-17	Twelve-Minute Workout 8 • 50
FA-18	Design a Workout • 51
FA-19	Limber and Loosen • 52
FA-20	Aerobic Circle • 53
FA-21	Aerobic Snake • 53
FA-22	Swim Routine • 54
FA-23	Sweat Shop Routine • 55
FA-24	Sting Routine • 55
FA-25	Continuous Aerobics • 56

FA-26	Aerobic Mixer • 57
FA-27	Aerobic Wave Mixer • 58
FA-28	Aerobic Hoops • 59
FA-29	Aerobic Ropes • 60
FA-30	Ropercise • 61
FA-31	Twelve-Minute Walk-Run Test • 62
FA-32	Bench-Step Test • 63
FA-33	Milk Routes • 64
FA-34	Prediction Run • 65
FA-35	Cross-Country Run • 65
FA-36	Upper Body Strengtheners • 66
FA-37	Tummy Tougheners • 67
FA-38	Seat Shapers • 68
FA-39	Hip Honers • 69
FA-40	Leg Shapers • 70
FA-41	Cool-Down Stretches 1 • 71
FA-42	Cool-Down Stretches 2 • 72
FA-43	Steeplechase Course • 73
FA-44	Outdoor Steeplechase • 74
FA-45	Fitness Track • 74
FA-46	Charlie Brown's Circuit • 75
FA-47	Charlie Brown's Circuit Recording Card • 76

Section 3 RHYTHMS AND DANCE 77

RD-1	Rhythms and Group Shapes • 79
RD-2	Exploring Symmetry and Asymmetry • 80
RD-3	Exploring Symmetrical and Asymmetrical Shapes • 80

RD-4	Exploring a Mirroring Relationship • 81
RD-5	Contrasting Body Actions • 81
RD-6	Karate! • 82
RD-7	Fireworks! • 82

- RD-8 Focal Point and Gesturing Rhythms • 83
- RD-9 Meeting, Traveling Together, and Retreating • 83
- RD-10 Group Rhythms (in Canon) • 84
- RD-11 Movement Conversations and Phrases • 84
- RD-12 Bird Dance • 85
- RD-13 Bunny Hop • 85
- RD-14 Alley Cat • 86
- RD-15 The Twist • 86
- RD-16 The Hustle • 87
- RD-17 Grand March and Variations • 88
- RD-18 The Conga • 89
- RD-19 The Limbo • 89
- RD-20 Salty Dog Rag • 90
- RD-21 Jingle Bell Rock • 91
- RD-22 Slosh • 91
- RD-23 Pop! Goes the Weasel (folk dance) • 92
- RD-24 Tennessee Wig Walk • 92
- RD-25 Troika • 93
- RD-26 Danish Family Circle Dance • 94
- RD-27 Oh Susanna • 94
- RD-28 La Raspa • 95
- RD-29 Grapevine-Step • 96
- RD-30 Mayim • 97
- RD-31 Longways Set, Casting Off, Sashays • 98
- RD-32 Virginia Reel • 99
- RD-33 The Schottische and Variations • 100
- RD-34 The Two-Step and Polka-Step • 101
- RD-35 Ace of Diamonds • 102
- RD-36 Tantoli • 102
- RD-37 Klappdars • 103
- RD-38 Square Dance Signals • 104
- RD-39 Stars and Circles • 105
- RD-40 Greensleeves • 106
- RD-41 Basic Square Dance Formation • 107
- RD-42 Solomon Levi • 108
- RD-43 Red River Valley • 109
- RD-44 Chains and Curtsy Turns • 110
- RD-45 Pop! Goes the Weasel (square dance) • 110
- RD-46 It's a Small World • 111
- RD-47 Dance-Making • 111
- RD-48 Rhythm Ribbons • 112
- RD-49 Rhythm Shakers • 113
- RD-50 Tinikling—Basic Steps • 114
- RD-51 More Tinikling Steps • 115
- RD-52 Advanced Tinikling Pole Patterns • 115
- RD-53 Rhythm Sticks • 116
- RD-54 Rhythm Balls • 117
- RD-55 Rhythm Balls Routines • 118

Section 4 GYMNASTICS 119

SUPPORTING AND BALANCING

- G-1 Pyramid Building in Twos • 121
- G-2 Pyramid Building in Threes • 122
- G-3 Pyramid Building in Fours • 122
- G-4 Pyramids in Fives and Sixes • 123
- G-5 Safety Falls • 124
- G-6 Back Bends • 125
- G-7 Back Walkovers • 126
- G-8 The Splits • 126
- G-9 Inverted Balances • 127
- G-10 Headstand—Stunts • 128
- G-11 The Handstand • 129
- G-12 Handstand—Variations • 130
- G-13 Balance Bench—Stunts • 131
- G-14 Balance Bench—Stations • 132
- G-15 Introduction to Balance Beam • 133
- G-16 Balance Beam—Mounts and Dismounts • 134
- G-17 Balance Beam—Walks • 135
- G-18 Balance Beam—Balances • 136
- G-19 Balance Beam—Turns • 136
- G-20 Balance Beam—Stunts • 137
- G-21 Balance Beam—Jumps • 137
- G-22 Balance Beam—Routine-Building • 138
- G-23 Balance Beam—Designing a Routine • 138

ROTATION AROUND THE BODY AXES

- G-24 Introducing Body Axes • 139
- G-25 Longitudinal Rotations • 139
- G-26 The Forward Roll • 140
- G-27 The Backward Roll • 141
- G-28 Roll and Balance Combinations • 142
- G-29 Roll Combinations • 142
- G-30 Forward Rolls on Apparatus • 143
- G-31 The Dive Roll • 143
- G-32 Partner and Group Rolls • 144
- G-33 The Cartwheel • 145
- G-34 The Round-Off • 146
- G-35 The Front Walkover • 146
- G-36 Line Shuttles • 147
- G-37 Tumbling Routines • 147

SPRINGING AND LANDING

- G-38 The Shoot-Through • 148
- G-39 The Headspring • 149
- G-40 The Handspring • 149
- G-41 Springing Stunts • 150
- G-42 Springboard—Running Approach • 151
- G-43 Springboard—High Springs • 152

- G-44 Springboard—Sequence-Building • 153
- G-45 Introduction to Box Horse—Mounts • 154
- G-46 Box Horse—Basic Vaults • 154
- G-47 Box Horse—Face Vaults • 155
- G-48 Box Horse—Stunts • 155

CLIMBING, HANGING, SWINGING

- G-49 Using the Climbing Ropes • 156
- G-50 Climbing Techniques • 156
- G-51 Rope Climbs • 157
- G-52 Basic Rope Swings • 157
- G-53 Climbing Ropes—Swings and Turns • 158
- G-54 Swinging Games • 158
- G-55 Two Climbing Ropes Challenges • 159
- G-56 Horizontal Bar—The Grips • 160
- G-57 Horizontal Bar—Hangs and Swings • 161
- G-58 Horizontal Bar—Circles • 162
- G-59 Introduction to Parallel Bars • 163
- G-60 Parallel Bars—Supports and Swings • 164
- G-61 Gymnastic Obstacle Course • 165

Section 5 GAME SKILLS 167

HOOP PLAY

- GS-1 Hoop Spinning Fun • 171
- GS-2 Partner Hoop Rolls and Spin Tasks • 171
- GS-3 Hoop Toss and Twirl Fun • 172

JUGGLING

- GS-4 Juggling Scarves—Cascade Pattern • 173
- GS-5 Scarf Juggling Variations • 174
- GS-6 Beanbag Juggling • 175

FRISBEE™ PLAY

- GS-7 Frisbee™ Toss • 176
- GS-8 Frisbee™ Tricks • 177
- GS-9 Frisbee™ Fun • 177

SCOOP PLAY

- GS-10 Throwing and Catching • 178

- GS-11 Scoop Passing and Fielding • 179
- GS-12 Scoop Bucket Ball • 180
- GS-13 Endline Scoop Ball • 180

SCOOTER PLAY

- GS-14 Single Scooter Tasks • 181
- GS-15 Double Scooter Tasks • 181
- GS-16 Scooter Ball Stunts • 182
- GS-17 Scooter Keep-Away Games • 182
- GS-18 Scooter Relays • 183
- GS-19 Scooter Dodgeball • 184
- GS-20 Scooter Volleyball • 184
- GS-21 Scooter Softball • 185
- GS-22 Scooter Ball • 185

PARACHUTE PLAY

- GS-23 Parachute Fun • 186
- GS-24 Inflation Fun • 186

- GS-25 More Inflation Fun • 187
- GS-26 Parachute Workout • 187
- GS-27 Parachute Games • 188
- GS-28 Bring Home the Bacon • 189
- GS-29 Advanced Parachute Activities • 189

ROPE PLAY

- GS-30 Short Rope Jumping • 190
- GS-31 Basic Rope Tricks 1 • 191
- GS-32 Basic Rope Tricks 2 • 192
- GS-33 Intermediate Rope Tricks • 193
- GS-34 Partner Jumping Using One Rope • 194
- GS-35 More Partner Jumping Using One Rope • 195
- GS-36 Partner and Group Jumping • 196
- GS-37 Long Rope Jumping • 197
- GS-38 Front and Back Door Patterns • 198
- GS-39 Long Rope Stunts • 199
- GS-40 Long Rope Challenges • 200
- GS-41 Formation Jumping Stunts • 201
- GS-42 Introducing Double-Dutch Jumping • 202
- GS-43 More Double-Dutch Tricks • 203
- GS-44 Rope Jumping Circuit • 204

COMBATIVES

- GS-45 Play Wrestling • 205
- GS-46 Dual Contests • 206
- GS-47 Partner Tugs and Reaction Challenges • 207
- GS-48 Group Tugs • 208

FOOTBALL

- GS-49 Football Footwork • 209
- GS-50 Running and Dodging Games • 210
- GS-51 Forward Passing and Catching • 211
- GS-52 Hoop Football • 212
- GS-53 End-Zone Passing Game • 212
- GS-54 Interception • 213
- GS-55 Lateral Passing and Catching • 213
- GS-56 Passing and Catching Games • 214
- GS-57 Flicker Ball • 215
- GS-58 Snapping the Ball • 216
- GS-59 Punting • 217
- GS-60 Goal Line Football • 218

- GS-61 Kick-Off Return • 218
- GS-62 The Hand-Off • 219
- GS-63 The Three-Point Stance • 219
- GS-64 Name the Positions • 220
- GS-65 Line-Up • 220
- GS-66 Blocking • 221
- GS-67 Six-Second Football • 221
- GS-68 Bordenball • 222
- GS-69 Flag Football • 223

TOURNAMENTS AND DRAWS

- GS-70 Double Elimination Tournaments • 225
- GS-71 Single Elimination Tournament • 225
- GS-72 Round Robin Tournament • 226
- GS-73 Ladder and Pyramid Tournaments • 226

VOLLEYBALL

- GS-74 Ready Position • 227
- GS-75 Memory Drill (Circuit) • 227
- GS-76 Overhead Pass (The Set) • 228
- GS-77 Partner Setting Tasks • 229
- GS-78 Setting Games • 230
- GS-79 The Forearm Pass (The Bump) • 231
- GS-80 Individual and Partner Bumping Tasks • 232
- GS-81 Bumping in Small Groups • 233
- GS-82 Bumping and Setting Tasks • 233
- GS-83 Setting Up the Ball • 234
- GS-84 Court Positions • 234
- GS-85 Underhand Serve • 235
- GS-86 Underhand Accuracy Serving • 236
- GS-87 Serve Reception • 236
- GS-88 Overhand Serve • 237
- GS-89 Serve and Bump Game • 237
- GS-90 Spiking • 238
- GS-91 Blocking • 238
- GS-92 Defensive Formations • 239
- GS-93 Station Volleyball • 239
- GS-94 Newcombball • 240
- GS-95 Regulation Volleyball • 241
- GS-96 Modified Volleyball • 242
- GS-97 Blindman's Volleyball • 242
- GS-98 Sideline Volleyball • 243
- GS-99 Four-Square Volleyball • 243

BASKETBALL

- GS-100 Ball Handling • 244
- GS-101 Dribbling • 245
- GS-102 Dribbling Variations • 246
- GS-103 Dribbling on the Run • 247
- GS-104 Speed Dribbling • 248
- GS-105 Dribble Games • 249
- GS-106 Bodywork/Footwork Fundamentals • 250
- GS-107 Passing and Receiving Skills • 251
- GS-108 Chest Passing and Catching Games • 252
- GS-109 The Bounce Pass and the Push Pass • 253
- GS-110 Partner and Group Passing • 254
- GS-111 Passing Off the Dribble • 255
- GS-112 Lead Passing • 255
- GS-113 Baseball Pass • 256
- GS-114 Overhead Pass • 256
- GS-115 Three-Person Passing Weave • 257
- GS-116 Bombardments • 257
- GS-117 The Lay-Up • 258
- GS-118 Lay-Up Drills • 259
- GS-119 Pass, Dribble, and Lay-Up Drills • 260
- GS-120 Free Throw, Set Shot • 261
- GS-121 The Jump Shot • 262
- GS-122 Man-to-Man Defense • 263
- GS-123 Blocking Out and Rebounding • 264
- GS-124 Sideline Hoop Basketball • 265
- GS-125 Three Passes • 265
- GS-126 Basketball Rules • 266
- GS-127 Half-Court Basketball • 267

FLOOR HOCKEY

- GS-128 Stick-Handling Skills • 268
- GS-129 Shooting the Puck • 269
- GS-130 Stick-Handling Games • 270
- GS-131 Passing the Puck • 271
- GS-132 Partner and Group Passing Tasks • 272
- GS-133 Goaltending • 273
- GS-134 Facing Off • 273
- GS-135 Defensing-Offensing • 274
- GS-136 Zone Hockey • 274
- GS-137 Sideline Hockey • 275

- GS-138 Mad Ball Hockey • 275
- GS-139 Floor Hockey, the Game • 276
- GS-140 Four Stations Hockey • 277

PADDLE PLAY

- GS-141 Hand Paddle Play • 278
- GS-142 Using a Paddle or Racquet • 279
- GS-143 Stroking the Ball • 280
- GS-144 Serving the Ball • 281
- GS-145 Forehand and Backhand Games • 282
- GS-146 Introducing Badminton • 283
- GS-147 Paddle Tennis • 284
- GS-148 Goodminton • 284
- GS-149 Tennis Balls and Tennis Cans Play • 285

SOCCER

- GS-150 Control Dribbling • 286
- GS-151 Trapping the Ball • 287
- GS-152 Basic Soccer Kicks • 288
- GS-153 Target Kicking Challenges • 289
- GS-154 Kicking Games • 290
- GS-155 Tackling • 291
- GS-156 Goalkeeping • 292
- GS-157 Goal-Kicking Games • 293
- GS-158 The Throw-In • 293
- GS-159 Heading a Ball • 294
- GS-160 Punt Kicking • 295
- GS-161 Volley Kicking • 296
- GS-162 Soccer Station Work • 297
- GS-163 Soccer Obstacle Course • 297
- GS-164 Many-Goal Soccer • 298
- GS-165 Zone Soccer • 298
- GS-166 Four-a-Side Soccer • 299
- GS-167 Six-a-Side Soccer • 299
- GS-168 Soccer Rules • 300

SOFTBALL

- GS-169 Throwing and Catching Skills • 301
- GS-170 Overhand Throwing Tasks • 302
- GS-171 Sidearm Throw • 302
- GS-172 Throwing and Catching Games • 303
- GS-173 Fielding Grounders and Fly Balls • 304
- GS-174 Base Running • 305
- GS-175 Pitching and Back Catching • 306
- GS-176 Batting • 307

- GS-177 Softball Stations—Performance Checks • 308
- GS-178 Semicircle Softball • 309
- GS-179 Freeze the Runner • 309
- GS-180 Knock-Pin Softball • 310
- GS-181 Whack-O • 310
- GS-182 Double Scrub • 311
- GS-183 Slo-Pitch • 311
- GS-184 Cricket Softball • 312
- GS-185 Decove Rounders • 312
- GS-186 Softball Rules and Regulations • 313

TRACK AND FIELD

- GS-187 Sprinting • 315
- GS-188 Striding • 315
- GS-189 The Sprint Starts • 316
- GS-190 The Sprint Acceleration and Finish • 317

- GS-191 Wind Sprints • 318
- GS-192 Shuttle Relays • 318
- GS-193 Relay Racing • 319
- GS-194 Continuous Relay • 319
- GS-195 Middle Distance Runs • 320
- GS-196 Long Jumping • 321
- GS-197 Triple Jumping • 322
- GS-198 Triple Jump, More Practice • 323
- GS-199 Hurdles • 324
- GS-200 Scissors-Style High Jumping • 325
- GS-201 Straddle-Style High Jumping • 325
- GS-202 Flop-Style High Jumping • 326
- GS-203 Shot Putting • 327
- GS-204 Track and Field Stations • 328
- GS-205 Track and Field Sports Tabloid • 329

Section 6 SPECIAL GAMES 331

RELAYS

- SG-1 Equipment Shuttles • 333
- SG-2 Three-Legged Relay • 334
- SG-3 Spoke Relay • 335
- SG-4 Chariot Relay • 335
- SG-5 Four-Stunt Relays • 336
- SG-6 Siamese Twins • 337
- SG-7 Wheelbarrow Relay • 337
- SG-8 Around-the-World Relays • 338
- SG-9 Tunnel Relay • 338
- SG-10 Run, Roll, and Set Relay • 339
- SG-11 Box Ball Relay • 339
- SG-12 Snowshoe Race • 340
- SG-13 Grecian Flurry Relay • 340
- SG-14 Bench Relays • 341
- SG-15 Obstacle Relay • 342

LOW-ORGANIZED GAMES

- SG-16 Everyone for Yourself • 343
- SG-17 Ghost Zappers • 343
- SG-18 Spud • 344
- SG-19 Duel Ball • 345
- SG-20 Jump the Shot • 345
- SG-21 Conspiracy • 346
- SG-22 Chinese Wall • 347
- SG-23 Fording the Stream • 347

- SG-24 Swedish Dodgeball • 348
- SG-25 French Cricket • 349
- SG-26 Quadrant Dodgeball • 349
- SG-27 Touchdown • 350
- SG-28 Royal Court • 351
- SG-29 Spaceships • 351
- SG-30 Corner Ball • 352
- SG-31 Steal the Sticks • 353
- SG-32 Doctor, Doctor • 354
- SG-33 Invasion • 355
- SG-34 Pin Ball • 356
- SG-35 Balloon Handball • 357
- SG-36 Blanketball • 357
- SG-37 Bump and Scoot Ball • 358
- SG-38 Base-Ket-Ball • 358
- SG-39 Hoof Ball • 359
- SG-40 Iceberg! • 360
- SG-41 Cooperative Rounders • 361
- SG-42 Beachball Golf • 362
- SG-43 Ricochet • 362
- SG-44 Whip It! • 363
- SG-45 Flickerball • 364

TABLOID SPORTS

- SG-46 Introducing Tabloid Sports • 365
- SG-47 Setting Up a Tabloid • 365

- | | | | |
|-------|--|-------|---|
| SG-48 | Station Ideas 1, 2, 3, and 4 • 366 | SG-52 | Olympic Tabloid—Station Ideas 1 and 2 • 370 |
| SG-49 | Station Ideas 5, 6, 7, and 8 • 367 | SG-53 | Olympic Tabloid—Station Ideas 3, 4, and 5 • 371 |
| SG-50 | Halloween Tabloid—Station Ideas 1, 2, 3, and 4 • 368 | SG-54 | Olympic Tabloid—Station Ideas 6, 7, and 8 • 372 |
| SG-51 | Halloween Tabloid—Station Ideas 5, 6, 7, and 8 • 369 | | |

Section 7 CLOSING ACTIVITIES 373

- | | | | |
|-------|----------------------------|-------|------------------------------|
| CA-1 | Self-Esteem Builders • 374 | CA-25 | Sharks and the Minnow • 389 |
| CA-2 | The Eye Relaxer • 375 | CA-26 | Blow-Ball • 389 |
| CA-3 | “Ole Mother O’Leary” • 376 | CA-27 | Tarantula • 390 |
| CA-4 | Memory Game • 376 | CA-28 | Centipede • 390 |
| CA-5 | Laughter Game • 377 | CA-29 | Balance Feathers • 391 |
| CA-6 | Chuckle Belly • 377 | CA-30 | Skin the Snake • 392 |
| CA-7 | Beachball Fun • 378 | CA-31 | The Human Log Roll • 393 |
| CA-8 | Musical Mats • 379 | CA-32 | Snail Roll • 393 |
| CA-9 | Tweetie • 380 | CA-33 | Trust Falls • 394 |
| CA-10 | The Impersonator • 380 | CA-34 | Bumper-to-Bumper Tug • 394 |
| CA-11 | Limb Isolations • 381 | CA-35 | Walking Chair • 395 |
| CA-12 | Tall to Small • 382 | CA-36 | Winding-Down Stretches • 396 |
| CA-13 | Big Foot • 382 | CA-37 | Human Knot • 397 |
| CA-14 | Slow-Poke • 383 | CA-38 | Tug-o-Peace • 397 |
| CA-15 | Posture Tag • 383 | CA-39 | Hook-On Tag • 398 |
| CA-16 | Ooh’s and Aah’s • 384 | CA-40 | The Mad Zapper • 398 |
| CA-17 | Concentration • 384 | CA-41 | Wing and Roll • 399 |
| CA-18 | Frappez • 385 | CA-42 | Dog and a Bone • 399 |
| CA-19 | Orbit Ball • 385 | CA-43 | Progressive Relaxation • 400 |
| CA-20 | Blindman’s Bluff • 386 | CA-44 | Trust Walk • 401 |
| CA-21 | Rattlesnake • 387 | CA-45 | Silent Birthdays • 401 |
| CA-22 | Two Deep • 387 | CA-46 | Circle Stretches • 402 |
| CA-23 | Roller Derby • 388 | CA-47 | Yoga Cool-Down • 403 |
| CA-24 | Shu-Swap • 388 | | |