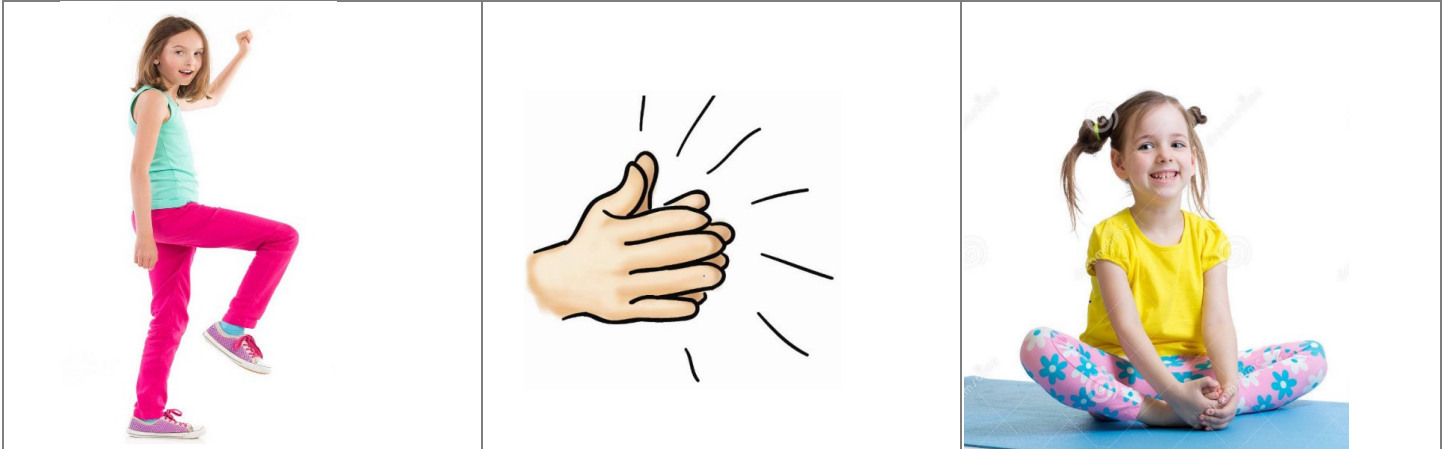


Title: Rainbow Fun Exercises – from the City of Toronto

Age Group: Kindergarten / School Age

Submitted by: **Marlene (Group Centre)**



Type of Activity: Gross Motor

Materials:

No Materials needed! Just yourselves!

How to Do it:

Step One: March on the spot March Slowly on the spot, swing arms at the side of body, raise knees to waist height; march for 30 seconds.

Step Two: Dance around Town Clap your hands while the children dance around; they can stand still when you stop clapping and begin dancing when you start clapping again.

Step Three: Butterfly Stretch Sit with bottoms of feet together, knees bent, hands on ankles; use elbows to gently press knees toward the floor by applying gentle pressure on inner thighs; when a gentle stretch is felt in the inner thighs, hold for 15-30 seconds,

REPEAT

Root Skill / Extension:

Physical Gross Motor: Movement and Expression- Increasing control over own movement skills. Extend the learning: Have children choose the next action – each child has to pick a different muscle group to exercise.

Check out the Rainbow Fun website for more:

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/physical-activity/rainbow-fun/>