

second edition

Everybody Move!



**a multimedia package for
daily physical activity**

CIRA Ontario



**Includes
DVD and CD
featuring:**



- 80 minutes of music for activities, routines, and circuit training
- 93 minutes of video showing routines and instructional tips
- 235 reproducibles for circuits and other activities

SECOND EDITION

Everybody Move!

**A Multimedia Package for
Daily Physical Activity**

CIRA Ontario



Human Kinetics

Library of Congress Cataloging-in-Publication Data

Everybody move! : a multimedia package for daily physical activity / CIRA Ontario ; John Byl ... [et al.] -- 2nd ed.
p. cm.

Previous ed. not in LC.

Includes bibliographical references.

ISBN-13: 978-0-7360-8231-0 (soft cover)

ISBN-10: 0-7360-8231-X (soft cover)

1. Physical education for children--Curricula. 2. Movement education--Curricula. 3. Exercise for children--Curricula.
I. Byl, John. II. CIRA Ontario.

GV443.E89 2009

613.7'042--dc22

2009014463

ISBN-10: 0-7360-8231-X

ISBN-13: 978-0-7360-8231-0

Copyright © 2010, 2006 by CIRA Ontario

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

The Web addresses cited in this text were current as of August 13, 2009, unless otherwise noted.

Authors: John Byl, Marie Burland, Mary Dyck, Michelle Hearn, Kirstin Schwass, Milena "Mel" Trojanovic

Acquisitions Editor: Judy Patterson Wright, PhD

Developmental Editor: Bethany J. Bentley

Assistant Editors: Anne Rumery and Elizabeth Evans

Copyeditor: Patricia L. MacDonald

Permission Manager: Dalene Reeder

Graphic Designer: Fred Starbird

Graphic Artist: Patrick Sandberg

Cover Designer: Bob Reuther

Art Manager: Kelly Hendren

Associate Art Manager: Alan L. Wilborn

Illustrator (interior and cover): Stephanie Webb

Printer: United Graphics

Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

The paper in this book is certified under a sustainable forestry program.

Human Kinetics

Web site: www.HumanKinetics.com

United States: Human Kinetics

P.O. Box 5076

Champaign, IL 61825-5076

800-747-4457

e-mail: humank@hkusa.com

Canada: Human Kinetics

475 Devonshire Road Unit 100

Windsor, ON N8Y 2L5

800-465-7301 (in Canada only)

e-mail: info@hkcanada.com

Europe: Human Kinetics

107 Bradford Road

Stanningley

Leeds LS28 6AT, United Kingdom

+44 (0) 113 255 5665

e-mail: hk@hkeurope.com

Australia: Human Kinetics

57A Price Avenue

Lower Mitcham, South Australia 5062

08 8372 0999

e-mail: info@hkaustralia.com

New Zealand: Human Kinetics

Division of Sports Distributors NZ Ltd.

P.O. Box 300 226 Albany

North Shore City

Auckland

0064 9 448 1207

e-mail: info@humankinetics.co.nz

How to Use This Book, DVD-ROM, and Music CD

Let's move! Active lifestyles help all people, especially school children, to optimize their health and enjoyment of life. On the flip side, we have all read and heard the statistics on growing obesity and the amount of sedentary time people spend in front of television and computer screens. Too much sitting around numbs the mind, making it all the more important to emphasize that everybody move!

This resource was initiated by teachers who are committed to keeping students active and are concerned about the health of children in their schools. These teachers experienced success with various daily fitness breaks for their students and also with seniors and wanted to share their ideas with you. This resource has three components: this book, a music CD, and a DVD-ROM that shows demonstrations of the choreography for some of the activity breaks, shows demonstrations of funky moves described in the book, and also includes 235 reproducible forms and activity cards that you can easily print out for use in your own classrooms. Regardless of your expertise, this entire turnkey resource will help you begin a program of daily physical activity breaks.

Part I of the book provides the rationale for the project and instructions on using *Everybody Move!* at your school or facility. Part II provides information on engaging in fun fitness activities using various themes in a room, in locations throughout a larger building, or outdoors. Routines for music and some generic and funky moves to add delight to your program are found in part III. Part IV presents some samples and ideas to get your program moving and suggestions for dealing with assessment.

The *Everybody Move!* music CD included with this resource helps you get started with some great tunes. Some of the tunes are for dance routines, others can be used when doing a circuit in 30-second time blocks, and all can inspire movement when used as background music while doing any of the physical activities described in this resource.

The *Everybody Move!* DVD-ROM allows you to visualize the routine instructions; remember that activity rather than perfect form is the key. Once you start, you can develop other motivational activities and gather other music that will energize your participants. The DVD-ROM also includes 235 activity cards that you can easily print out to use with activities in the book. A thumbnail of each card is shown with the activity in the book for your reference. Note that in instances where there are a large number of pages for a set of cards, we have shown just a sampling of what is included on the DVD-ROM.

Whether you are leading younger or older children, this resource helps you make a positive difference in their lives. Your efforts, through the help of this resource, will make great strides in helping everybody move!

Acknowledgments

This resource has been developed by CIRA Ontario to advance its mission of promoting fun, active participation for all through intramurals and recreation. It is important to briefly discuss the resource's history and to thank the many people who made this project possible.

Marie Burland, from Robert Little Public School, provided the original inspiration for this project. She was doing aerobic dances with her young students and a group of local senior citizens. Marie shared these dance initiatives on the CIRA Ontario listserv. Many people e-mailed her asking for more information. She thought the best way to help everyone was to write a resource on moving to music. She contacted me, and I was persuaded to begin preparing this resource immediately. Once the project was on its way, Marie provided incredible enthusiasm, energy, a positive attitude, dedication, and her dancing experience with students and seniors.

We could not have done this resource on our own. Three other teachers were also actively encouraging movement to music and promoting daily physical activity: Michelle Hearn, Kirstin Schwass, and Mel Trojanovic. Michelle, from Highland Public School, our dance and fitness expert, contributed significantly to the dance choreography for the DVD-ROM and the book. She always brought a positive attitude and had a knack for creating routines. Watching Michelle get up and demonstrate some funky moves or dance routines made everyone want to get up and join in the fun. Kirstin, from Morton Way Public School, is known for her energetic work on active assemblies. She brought enthusiasm, energy, and expertise to this project and did amazing work on the dance section. She provided a key role in double-checking all the music on the CDs and the dances and funky moves on the DVD-ROM, ensuring consistency in the dance formats (she was the chief editor of the funky moves). Kirstin models by leading an active lifestyle on a daily basis and puts her own children first. Mel, from C.H. Norton Public School, always encouraged us in the project and made the resource engaging for senior elementary students. Mel brought high energy, great humor, bright sunshine, endless resources, awesome ideas, and fun, fun, fun. Some people may wonder how to motivate intermediate students or boys specifically to participate in dance routines. Mel managed to do both and was a voice for what's cool for kids. Under Mel's direction, "Dream Machine" was choreographed by her class of eighth-grade boys.

Two other people also joined our creative writing and dancing team: Myra Stephen and Mary Dyck. Myra, from Valley Park Middle School, took the lead and did amazing work with the CBC in producing the CD and also worked tirelessly on the production side for the DVD-ROM. She brought a lot of experience to the table and paid meticulous attention to detail. Her feedback was always correct, and she encouraged us with lots of laughs and efficient, careful work. She always wanted to make sure the book would come alive for teachers, recreation leaders, and participants. Mary Dyck, my colleague from Redeemer University College, now at the University of Lethbridge, took the lead on the games chapter; reedited chapters 1, 2, 10, and 11; and also looked sharply at the specific details of the book to make sure it worked effectively for everyone. She encouraged inclusiveness and reminded us that the resource must meet the needs of many different people. Mary applied a logical and hardworking approach. She was thorough in her editing reviews and a voice for those who love being active but shy away from that D word (dance!).

The most amazing aspect of this publication is that all the work was completed by these folks on a volunteer basis. They each saw the vision of this project and wanted to make a difference in the lives of people. The hours and energy spent developing this resource and refining it were substantial. We thank each one of you for your awesome contributions!

Members of the CIRA Ontario executive have a passion for children: They saw the value of the proposed project in June of 2004. They agreed to invest money in the project as a means of encouraging CIRA Ontario's mission. The Ontario Ministry of Tourism and Recreation assisted us with substantial funds to develop a great, original product and train and support others in the goal of helping people, especially children, live active and full lives.

Jacqueline Donkersloot did our initial layout in the summer of 2004. We benefited immensely from her efficient and careful work in preparing an initial draft on which to build. We refined and improved the content of the book in the fall of 2004. Hannah Braam was then hired to creatively lay out and precisely edit the book, and she did a marvelous job pulling together all of our e-mails and phone calls into a final product. The project was one of occasional meetings and mountains of e-mail! The writers communicated almost entirely by e-mail, and Hannah is to be congratulated for sorting through and determining the changes that were needed. Judith Farris did some final edits to ensure we had written everything correctly. When Human Kinetics agreed to publish this second edition, Bethany Bentley ably took on the role of editing and reformatting this resource into a product that was even more effective.

The Ontario Physical and Health Education Association (Ophea) has long been an advocate for active, healthy children. We used and adapted some of their great ideas. We thank them for creating these ideas and generously granting us permission to share them with you. In particular, we want to thank Steve Soroko for his helpful critique and suggestions near the end of our writing.

Barbara Brown from the CBC gave us a huge start by guiding us in finding motivating music for the CD. She also assisted us in obtaining copyright permissions and in putting many different pieces of music onto one CD. We want to thank Dave Bayley and Sean French for providing us with original music: "Smile" and "Motion Motion."

This resource is meant for people of all ages. We want to thank the children who inspire each of us. We also want to thank the children who worked hard at refining their routines and allowed us to record them for this learning resource. We want to thank some individual children, such as Mel's students Kira Barey and Nadia Barey, who assisted with some of the game ideas for the book. Thanks to Sheela Bharath, acting vice principal of Morton Way Public School, for sharing her African dance experience and helping to choreograph Ethno Tension.

We also want to thank the folks around us who supported us in this venture. Kelly Hare and Michelle Harkness in the CIRA Ontario office were personally supportive of the project and were quick to provide administrative assistance and advice whenever that was needed. We were also supported by family members and friends who saw less of us when we were writing and leading Everybody Move! workshops. Your encouragement means a lot to each of us.

We also want to thank Judy Wright, Jake Rondot, and others from the Human Kinetics team who believed in this project and made this publication a reality. The lives of many people are changed through decisions like yours.

My own role was initially as a facilitator and writer. As the scope of the project increased, my role also included being the grant writer, general manager, and editor. Informally I became known as "the SD" (Slave Driver). I look back on the list of amazing contributors, and I am reminded how each one of us can make a positive difference in this world. One person's enthusiasm (Marie) for helping children be active grew into an amazing web of people who produced this resource. To all of you, thank you. To you, the user of this resource, your thanks will come when you use these materials and ideas and you see happy smiles on the flushed faces of active participants. Each one of us makes a difference in the lives of those around us. Use your lives to make a difference for the good of all.

Thank you everyone! Now let's get moving!

John Byl
CIRA Ontario president

Contents

Activity Finder v

How to Use This Book, DVD-ROM, and Music CD xiv

Acknowledgments xv

Part I GET READY!

Setting Up a Daily Physical Activity Program I

Chapter 1 Why Should Everybody Move? 3

Chapter 2 Developing a Daily Physical Activity Program 13

Part II GET MOVING!

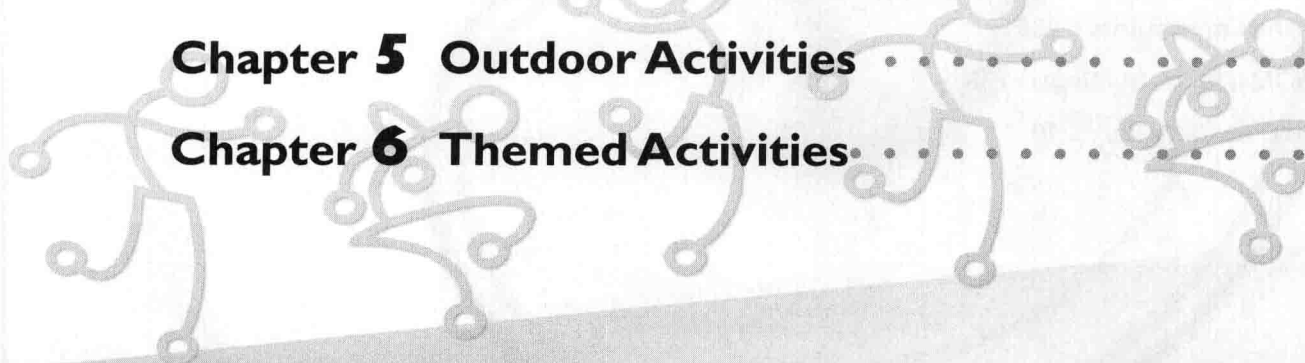
Fun Fitness Activities 29

Chapter 3 Fun Fitness Activities in the Classroom 31

Chapter 4 Activities for Spaces In and Around the Building 69

Chapter 5 Outdoor Activities 85

Chapter 6 Themed Activities 95



Part III GET MOVING TO MUSIC!

Funky Moves and Group Routines • • • 119

**Chapter 7 Move It to the Beat—
Actions for Music • • • • • 121**

**Chapter 8 Ready-to-Use Routines—
Dances and Routines
on the DVD-ROM • • • • • 133**

Chapter 9 Routines for Accessible Music • • • • • 167

Part IV GET EVERYBODY ON BOARD!

**Gaining Program Support
and Assessing Your Program • • • • 205**

Chapter 10 Supporting Your DPA program • • • 207

Chapter 11 Assessing Your DPA program • • • • 213

Appendix A Glossary of Fitness Activities 221

Appendix B Sample Newsletter 223

Appendix C Success Stories 227

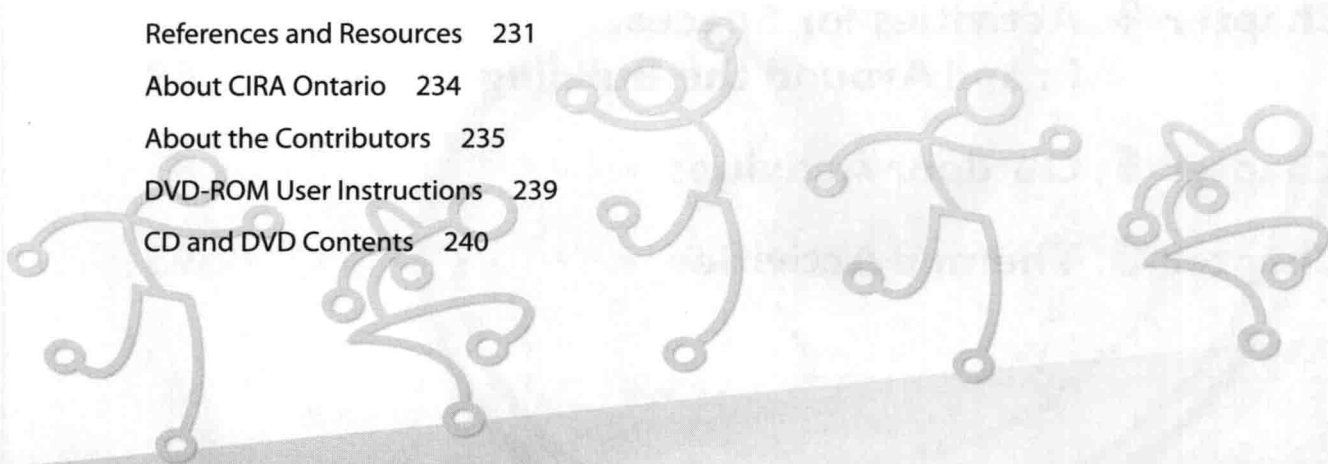
References and Resources 231

About CIRA Ontario 234

About the Contributors 235

DVD-ROM User Instructions 239

CD and DVD Contents 240



Activity Finder



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
30-Second Exercises	38	Classroom	Index cards and pens or pencils	Elementary or high school circuit	
Aerobics	146	Classroom or large open space	CD player and music CD	9. Aerobics	Cue sheet
Agadoo	188	Classroom, though a larger open space is preferred	CD player and music CD		
Amazing Race	56	Classroom	4 pylons, 4 skipping ropes, 20 tennis balls, 1 small pail, 4 beanbags, 4 pool noodles	Elementary or high school circuit	Station cards
Animal Walks	37	Classroom	None required		
Around the World Fitness Relay	116	Playground or gymnasium	Scorecards and pencils, hoops or rope for airplanes		Air Traffic Controller Card Scorecards
Athletic Moves	40	Classroom	None required	Elementary or high school circuit	
Balloon Keep-Up	61	Classroom	1 balloon per group		
Beanbag Tag	92	Field or large open room	1 beanbag per player, a pool noodle for each "it," 4 pylons to mark playing area		
Bicycle Races	34	Classroom	2 desks or tables placed closely together	21. Stadium Rock	
Boxercise	149	Classroom, though a larger open space is preferred	CD player and music CD	10. Boxercise	Cue sheet



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
Bring It All Back	174	Classroom, though a larger open space is preferred	CD player and music CD		
Bye-Bye	51	Classroom	Desks or hula hoops		
Capture the Flag	89	Large field	Flags, 2 sets of different-colored pinnies, 8 pylons		
Celebrate Winter	103	Classroom	Recycled paper		Winter circuit
Chair Aerobics	65	Classroom	1 chair for each person	Any of the get-moving songs or the cool-down songs	
Chicken Dance	193	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Chuck the Chicken	83	Field or large open room	1 rubber chicken		
Classroom Foosball	62	Classroom	Masking tape, 1 chair per player, Gator Skin ball or Nerf soccer ball, 4 pylons		
Classroom Triathlon	60	Classroom	Chairs to sit on (optional)		
Climbers and Sliders	58	Classroom	1 Climbers and Sliders board per group, 1 die and 1 marker per board; have players imagine when equipment is suggested (or provide it: skipping ropes, basketballs, hula hoops, and so on)		100 Activities Chart Playing board



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
Cotton-Eyed Joe	184	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Cupid's Arrow	109	Classrooms	Fitness card arrow		
Dance to the Music	185	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Disc Golf Race	87	Large outdoor area	1 disc per pair of players; recording sheet (optional)		Recording sheet
Doghouse	88	Field or large open room	Popsicle sticks (equal numbers of 4 colors), 4 pylons		
Dream Machine	144	Classroom, though a larger open space is preferred	CD player and music CD	7. Dream Machine	Cue sheet
Eddie the Razor	135	Classroom, though a larger open space is preferred	CD player and music CD	2. Eddie the Razor	Cue sheet
Ethno Tension (African Routine)	161	Classroom, though a larger open space is preferred	CD player and music CD	8. Ethno Tension	Cue sheet
Fall Frenzy	102	Classroom, though a larger open space is preferred	Construction paper, a pair of gloves, balloons	Elementary or high school circuit	
Fitness Circuit	80	Room of sufficient size for stations for small groups	Station instruction cards printed from DVD-ROM	Elementary or high school circuit	1 of 3 circuits
Fitness Roll	39	Classroom	Scrap paper, 15-20 pairs of dice		



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
Fitness Spelling	54	Classroom	Poster board of the ABCs of fitness		Alphabet cards
Follow the Fish	86	Large open space	1 rubber bass (or chicken or ball) per group		
Follow the Leader	194	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Get Ready for This	169	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Grab Bag Improvisation	49	Classroom	Bag filled with various objects: toy vehicles, plastic animals, egg beaters, tops, or springs	26. Crazy Farm 27. Chicken Ribs	
Gringo (Latin American)	140	Classroom, though a larger open space is preferred	CD player and music CD	5. Gringo	Cue sheet
Hallway Speedskating	84	Hallway or large room	Each team or individual needs at least 2 sheets of scrap paper; extra paper may be given in case the paper tears during the race		
Hampsterdance	180	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Havin' a Party	198	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
Healthy Simon Says	44	Classroom	A list of health and active living questions		
Heart Fitness Circuit	112	Classroom or large room	Red paper, scissors, pencils		Heart Fitness Circuit cards
Heart Smart	118	Classroom or large room	Pictures of food groups with suggested activities	Any of the get-moving songs or either of the circuits	Food Group Exercises
Hey Baby	172	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
I Will Survive	200	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Jump the Answer	48	Classroom			
Jumping Beans	35	Classroom	A large chart listing the bean names and corresponding activities (optional)	Any of the get-moving songs	
Keep It Up Team Challenge	72	Open space	3 pylons per team, 1 balloon per team, 20 scrap-paper balls		
Kokomo	186	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Latin Mix	152	Classroom, though a larger open space is preferred	CD player and music CD	11. Mambo Jumbo 12. Cumbia Urbana 13. Reggaeton Tripiac 14. Lucky 6	Cue sheet



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
Latinique	142	Classroom, though a larger open space is preferred	CD player and music CD	6. Latinique	Cue sheet
Line 'em Up	73	Open space the size of a volleyball court	1 pool noodle per bulldog, large empty room with lots of lines on the floor		
Line Jump	33	Classroom	Masking tape or string to make lines	4. Marching Circus 21. Stadium Rock	
Lollipop	190	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Magnetic Force Field	46	Classroom	None required		
Marching Circus	138	Classroom, though a larger open space is preferred	CD player and music CD	4. Marching Circus	Cue sheet
Math Match	52	Classroom	Question and answer cards		Math cards Verb cards Locomotor cards
Mission Possible	70	Any room	Mission cards for every 3 players, 6 skipping ropes (players can pretend if you do not have any), 6 hula hoops (players can pretend if you do not have any)	20. Mission Improbable	Mission list
Motion Motion	136	Classroom, though a larger open space is preferred	CD player and music CD	3. Motion Motion	Cue sheet



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
Move This	197	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Pass the Bass	32	Classroom	1 rubber bass (or rubber chicken or other rubber animal or a beanbag or tennis ball) per group	Any of the get-moving songs or the cool-down songs	
Pinball	63	Classroom	1 chair per player, 1 Gator Skin ball or Nerf soccer ball		
Popcorn	182	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Practice Tag	47	Classroom	None required, although a pool noodle for each "it" is safer and more fun		
Reach	177	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Robin's Nest	78	Large open space	1 hula hoop per group, 8-12 small objects (balls, stuffed animals, clothespins)		
Rock Around the Clock	196	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Scarf Patterns	50	Classroom	1 scarf per player, index cards and pens or pencils, and chalk and board	37. Shammusa	



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
Smile	162	Classroom, though a larger open space is preferred	CD player and music CD	1. Smile	Cue sheet
Smile Yoga	163	Classroom, though a larger open space is preferred	CD player and music CD	1. Smile	Cue sheet
Speed Simon Says	42	Classroom	None required		
Speed-Walk Shuffle	41	Classroom	30-40 marbles (or trashballs, beanbags, math manipulatives, popsicle sticks . . .)	Lively music like: 16. Rock Shot 17. Rock and Roll	
Spelling Relay	64	Classroom	200 popsicle sticks (buy from most dollar stores)		
Spring Energy/ Chinese New Year/ Easter Egg Hunt	113	Classroom or gymnasium	Plastic eggs or Chinese New Year envelopes, small pieces of paper with activities written on them	6. Latinique	List of activities
Spring: One-Minute Survivor Fitness	110	Classroom or gymnasium	Beanbags, pylons, skipping ropes	Lively music like: 21. Stadium Rock	Survivor Fitness sheets
Stair Step-Ups	74	Stairs	None required	16. Rock Shot	
Summer Olympics	100	Field or large open room	Station sheets printed from DVD-ROM, balls or beanbags, baton, beach ball, scooter boards	21. Stadium Rock	12 station sheets
Train Tag	93	Field or large open room	4 pylons to mark playing area		
Trashball Tricks	36	Classroom	1 piece of scrap paper per player, or several sheets of newspaper and masking tape, or Hacky Sacks, tennis balls, or any other small balls		



Activity	Page number	Space needed	Equipment	Accompanying track on CD	Accompanying activity cards on DVD-ROM
Triangle Tag	77	Field or large open room	1 pinny per group		
Uncrate the Sun	106	Gymnasium	2 hula hoops, 1 beach ball, bucket of sand, 1 spoon, broom, golf putter, golf ball, golf target, 3 scooters, 1 Wiffle ball, some string, dress-up clothes, 4 flying discs	36. Jammin' Mon	Uncrate the Sun station cards
Up	192	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Vita Parcours	90	Outdoor area or inside a building	Laminated cards		Station cards
Walk Across Your Country	96	Walking or jogging route marked for distance	Map of country		
We Like to Party	202	Classroom, though a larger open space is preferred	CD player and music CD		Cue sheet
Who's Coming?	53	Classroom	None required	6. Latinique 21. Stadium Rock	
Winner's Olympics	98	Classroom or large room	Station cards printed from DVD-ROM	21. Stadium Rock	20 station cards