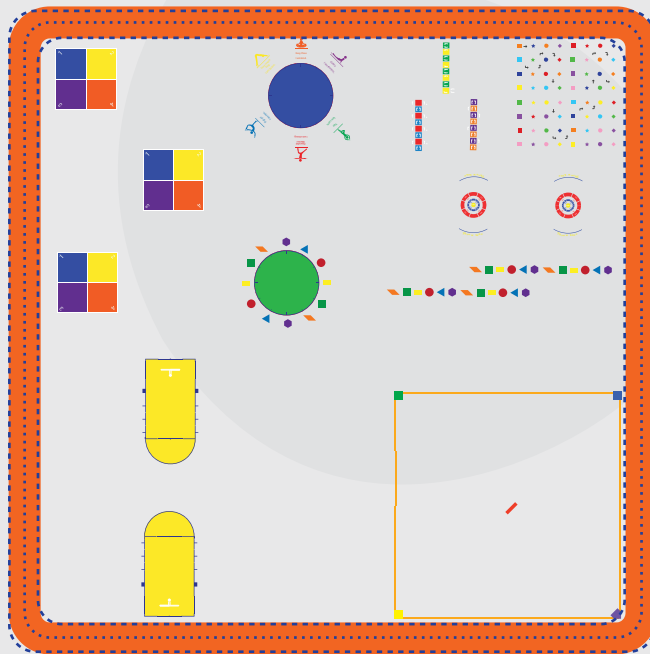


PE Shape Up Stencil Package

Game Ideas

Includes: Four Square (Large)
Circle-Up (Large)
Basketball Court Key
Geometric Shapes
Yoga Poses
Fitness Agility Ladder
Kickball Set
Race track
PE Spot & Arrow Set
Bullseye

PLEASE NOTE THAT THE LAYOUT SHOWN BELOW IS ONLY ONE OF NUMEROUS APPLICATIONS POSSIBLE



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GAME IDEAS FOR THE YOGA POSES

Product Number: 16-2W-049

This game can be used on the playground or during PE class, or used for events using temporary paint.

Yoga is a great way for kids to become focused and fit. Practicing Yoga postures helps to build strength, flexibility, and concentration. The physical practice of Yoga, called “Hatha”, is non-denominational and can be enjoyed by anyone.

When practicing these postures, pay attention to your breathing and see if you can hold each pose for 3-5 breaths. It is the emphasis on breathing that makes Yoga unique, helping to eliminate distractions and strengthen our focus.

We have offered a sample of some of the most popular Yoga postures along with an affirmation for each one.

Downward Dog

Affirmation: I am brave

This posture stretches the shoulders, hamstrings, and calf muscles, and strengthens the arms, legs, and core. Come onto hands and knees. Place your hands on the ground a little in front of your shoulders. Lift your hips and make an upside down “V” shape. Hold for 3-5 deep breaths.

Peaceful Warrior

Affirmation: I am strong

This posture strengthens the arms and legs, and stretches the hips and thighs. Holding this posture builds stamina and focus. Stand with your feet a little wider than shoulder width apart. Turn both feet a little to the right. Bend your right knee as you hold your arms out to the sides, focusing on your right hand. Hold for 3-5 deep breaths, and then repeat the same thing on the left side.

Tree

Affirmation: I am calm

This posture strengthens the hips, thighs, and ankles, and builds balance and focus. Stand with your feet together. Pick up your right foot and place it either on your left inner shin, or for a challenge, your left inner thigh (never place the foot directly on the opposite knee).

Place your palms together in front of your heart, or for more of a challenge, reach your arms overhead to make “branches” for your tree. Hold for 30 seconds if you can! Repeat on the other side.

Dancer Affirmation: I am free

This challenging posture builds balance and focus, along with flexibility in the spine, shoulders, and legs. Stand with your feet together. Pick up your right foot and hold your instep behind you in your right hand. If you are able, lift the leg up higher behind you while reaching your left arm forward and up. Hold for 30 seconds if you can! Repeat on the other side.

Cobra Affirmation: I am fearless

This posture stretches the abdomen and chest while creating flexibility in the spine and strengthening the back and arms. Lie on your belly with your palms flat on the ground beneath your shoulders. Press your palms into the ground to lift your head and chest up, while keeping your legs on the ground. Hold for 3-5 deep breaths.

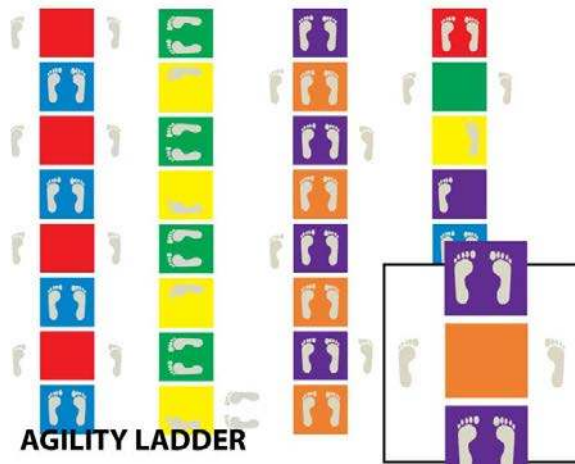
Easy Pose Affirmation: I am kind

This simple cross legged seated position is very useful when you need a quiet break or want to feel more grounded. It stretches the hips and thighs, and teaches good posture as you try to sit up tall. Sit on the ground with legs crossed. Stretch up tall through the crown of your head and take deep breaths for as long as you like.

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GAME IDEAS

FOR THE

FITNESS AGILITY LADDER

Product Number: 13-1W-041

FIRST Completely read “Considerations for Your Stencils” that is located in the Fit and Fun Playscapes folder or can be found on the Fit and Fun Playscapes CD. Obtain all paint supplies and prepare work area as instructed in accordance with the “Considerations for Your Stencils” guidelines.

This stencil is great for many sports that require spontaneous footwork and moving in varying directions swiftly like football, soccer and tennis. Various foot patterns can assist in building endurance and flexibility, and different patterns of footwork are part of the challenge and fun.

Try these variations:

- 1) At the end of each ladder, have students perform a set of jumping jacks or push-ups.
- 2) Have timed races.
- 3) Paint ladder stations to work different parts.
- 4) Try ladders backwards!
- 5) Perform movements with swinging arms and high knees.
- 6) Search internet for videos on how to use the fitness agility ladder.

Any questions? We're here to help – call us at (800) 681-0684!



Fit and Fun Playscapes, LLC does not provide paint or painting materials, and is not responsible for the performance of any paint or painting materials recommended in these instructions. All paint and painting materials should be determined after consulting with your local hardware store and/ or paint manufacturer.

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GAME IDEAS

FOR THE

BULLSEYE

Product Number: 17-2W-059

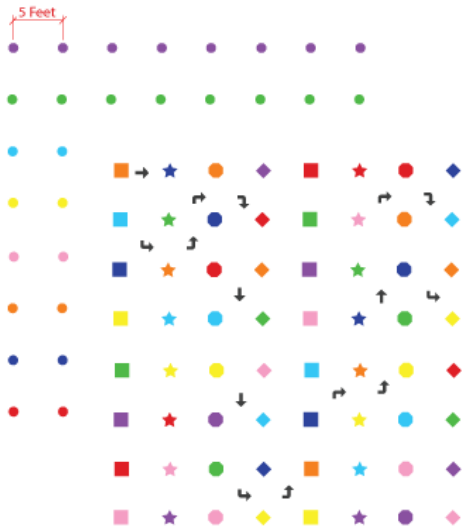
This stencil can be used at recess time, during PE class, math class and more! The following are some ideas.

1. Target Play: Child stand behind Throw Line. Use bean bags, Game Discs or other markers to toss onto target. The child with the highest score wins.
 - a. Recess Time: Use these stencils at recess time for fun
 - b. PE Class: Use these stencils during PE class to strengthen and evaluate coordination and motor skills.
 - c. Math Class: Keeping score of points reinforces addition skills. Use tallies to practice counting skills. Use chalk on pavement to keep score.
2. Fundraising or Family Fun Events: Use at these events – land on center of target to win. Use on wall for pin the tail on the target.
3. Parties: Use with washable paint on driveway.

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GAME IDEAS

FOR THE

PE SPOT & ARROW SET

Product Number: 17-1W-58

This game can be used during PE class or ideas extended to recess time. Activity ideas/ lessons below are provided by PE Central.org with links below and instructions attached.

1. Magic Ball: Grades K-2
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=308#.WXVReYgrdU>
2. Alligator Alley: Grades 1-2
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=338#.WXVRzogrdu>
3. Shark Attack: Grades 1-2
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=340#.WXVSAIgrdU>
4. Pancake Express: Grades K-2
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=622#.WXVS4grdU>
5. Throw and Run Challenge: Grades 3-5
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=729#.WXVTOIgrdU>
6. Dribbling Maze: Grades 4-5
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=747#.WXVTYIgrdU>

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GAME IDEAS

FOR THE

CIRCLE UP - LARGE

Product Number: 11-2W-010

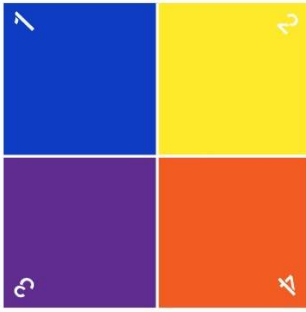
This game can be used in PE class, math or social studies class or at recess time. The following are some ideas.

1. PE Class Group Exercise: PE teachers can use this circle stencil over and over again for group warm-up exercises and games.
 - a. Circle Dodgeball: The class should be divided into 2 teams. One team stands randomly inside the circle and the other half spread out around the outside of the circle. The inside team is allowed to run around the inside of the circle, but cannot go outside the line. Using a rubber ball, the outside team throws the ball at the inside team, instructed to do so only below the waist. If a ball is thrown and hits someone above the waist, the thrower has to stop playing. If a child on the inside team is hit, they are out and become part of the outside team. The game is over when only one child is left inside the circle, becoming the winner.
 - b. Warm-Up Calisthenics: The PE teacher can stand at the center of the circle, and direct the children to perform various calisthenics such as jumping jacks, stretches, push-ups, etc. Use the Shape-Up Shapes stencil around the circle to create individual warm-up spots for each child.
 - c. Hot Potato: Children line up around the circle and can either sit or stand. Using a bean bag or ball as the potato, children pass the object to the adjacent child while music is being played or sung. When the music stops, the child holding the object is the winner. This is more interactive if more than one object is being passed around at once.
2. Doors and Windows: Children line up around the circle, holding hands and spreading them out far enough that everyone's arms were straight out, to form large spaces between the children. These are the windows and doors. The game begins when one child is chosen to be "it". The child would start running, weaving in and out between the children lined up around the circle. As they did this the children in the circle would randomly drop their arms down trying to touch or trap the child weaving. Once the person was caught or touched by the arms of someone, they were out. They would then choose which person would be next to be it.
3. Assembly Opportunities: Use the Circle Time stencil to organize children for outdoor assemblies.
4. Educational Ideas:
 - a. Place the USA Map with Capitals in the center of the circle to maximize play area.
 - b. Paint the Circle Time stencil 2-3 times to create large-scale Venn diagrams that can be used reinforce mathematical skills.

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GAME IDEAS

FOR THE

FOUR SQUARE - LARGE

Product Number: 11-2W-015

The object of the game is to eliminate players in higher numbered squares so you get to the top-ranking, 4th square.

1. New players enter into the number 1 square and the ball is served out of the number 4 square. During play, the ball may be hit with one or two hands, from the elbow down to the hands, open or closed fist.
2. The player in the number 4 square, the server, serves the ball to the player, the receiver, in the number 1 square. The serve is delivered from the back corner of the square. The receiver must return or hit the ball back into any other square before it bounces again.
 - a. First serves are meant to place the ball fairly into play and must be returnable by the receiver.
 - b. Faults are allowed only once for both the server and the receiver if deemed unreturnable by the receiver or if the receiver hits the ball out of bounds, into their own square or on an inside court line.
 - c. If a fault is called, the server performs a second serve. If the player faults a second time, then they are out.
3. Each time the ball enters any square, the player in that square must return the ball into another square to stay in the game.
 - a. Inside Lines: The ball is not permitted to hit the inside lines of a square. Inside lines are those lines that separate the squares and cross at the center.
 - b. Outside Lines: The ball is permitted to bounce on an outside line but not beyond an outside line. The outside lines are those lines that form the perimeter of the court.
4. The game continues until a player 1) allows the ball to bounce twice or more before returning it; 2) hits the ball out of bounds; or 3) or breaking a rule. Players are not allowed to touch the player or ball within another square.
5. Each time a player is out, that square becomes available and the remaining players move up to a higher numbered square to make the number 1 square available to the incoming player.
6. Players that are out must go to the end of the line, to the side of the game and wait their next turn to play.

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GAME IDEAS

FOR THE

RACE TRACK

Product Number: 11-2W-019

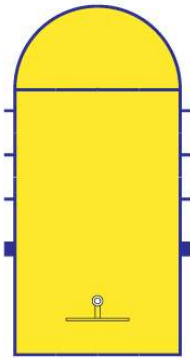
The Racetrack can be arranged in many different configurations and can be used in a variety of ways using small bikes, trikes, wheelchairs or just by walking or running. These systems can be used for races, creative play, to introduce children to road and traffic safety, support educational concepts and much more. The following are some ideas:

1. **Let the Races Begin:** Determine a **START** and **FINISH** line on the roadway and the number of times the race would go around. Using chalk, draw the line across the road. Two children stand at the **START** line, one on each side. A third would shout, "On your mark, get set, **GO!**" The children could race around the agreed number of times until they reach the **FINISH** line. This game can be further enhanced by drawing pictures of "obstacles" and "destinations" on the pavement that the children have to overcome and visit, and then return to the **FINISH** Line. Another version could be utilized in physical education class by keeping time and creating a virtual obstacle course.
2. **Towns & Cities:** By children drawing buildings, bridges, parks and rivers, the children can create their own towns and cities. The children can walk, race or ride around the roadway system stopping off at each destination to visit or collect some imaginary item. For example, a child could pretend that they need to mail a letter then visit the grocery store, then school, etc.
3. **Traffic Sign Recognition** – With chalk or washable paint, draw safety signage on the pavement.
4. **Around the Playground** – Apply stencil around the perimeter of the playground with games applied inside.
5. **Fundraising Ideas** – Use with permanent or washable paint for walk-a-thons or trike-a-thons.
6. **Family Fun Nights** – Use with permanent or washable paint for Family Fun Nights indoors or outdoors.

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GAME IDEAS

FOR THE

BASKETBALL COURT KEY

Product Number: 11-4W-035

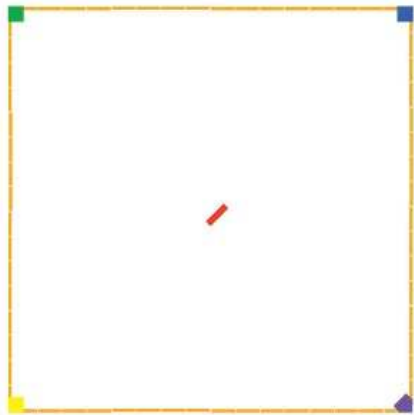
This stencil can be used on the playground, in the gymnasium or on the driveway. These are some variations:

1. **H-O-R-S-E:** Organize a group of children to play. Choose one player to take the first shot from anywhere. If player one makes the shot, the second player in line must attempt the same shot. If the second player misses, he gets the letter H and the next player becomes the shooter. If player two makes it, the third player also must try. When a player misses a shot, the next player gets a free shot that, if made, must be imitated by the next player. If all players in the group make the initial shot, the player who shot first shoots again from anywhere. Every time a player misses a shot that is an imitation of the prior player's shot, he gets another letter. The last player who hasn't earned all five letters in H-O-R-S-E is the winner.
2. **Knockout:** Have a children line up at the foul line in a straight line and give the first and second players basketballs. Blow the whistle and have the first player in line shoot. As soon as he lets go of the ball, the second player in line can take a shot. If the first player makes his shot, he must grab the basketball and pass it to the third player in line, who can then shoot. If the first player misses, he must grab his own rebound and make his shot before the next player makes his shot. If he fails, he is out of the game, but still gives the third player the ball. Players who make their shots in time go to the back of the line. This pattern continues until one player wins.
3. **Twenty One:** Organize a group of children to play. Choose one player to take the first shot from anywhere outside of the key. If she makes the shot, she wins two points. If she misses, all players try to rebound and the one who gets the ball must clear it by dribbling out beyond the court key before attempting a shot. Players should agree on how far out. All other players defend against her. Every shot made beyond key is worth two points. After a shot is made, the player goes to the foul line and takes as many free throws as she can make in a row. Each foul shot is worth one point. If a player misses a foul shot, everyone can attempt to rebound and gain possession of the ball. The ball must be cleared after every missed shot. The first player to 21 wins.

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GAME IDEAS

FOR THE

KICKBALL SET GAME IDEAS

Product Number: 17-1W-056

The object of the game is for a team of players to try to score more runs than the opposing team by rounding the bases and crossing home plate as the most.

1. The kickball field should consist of 3 bases, a home plate and pitcher mound being marked on the ground with an outfield beyond the bases. Sizes are recommended as follows:
 - a. 4-5 years: 30 ft base paths
 - b. 6-8 years: 40-50 ft base paths
 - c. 9-14 years: 50-60 ft base pathsNote: The base path length can vary depending on source.
2. Each team typically has 9 positions and other equipment needed is a kickball.
3. Here are some links to learn about positions, how to play and rules:

<http://www.kids-sports-activities.com/how-to-play-kickball.html>

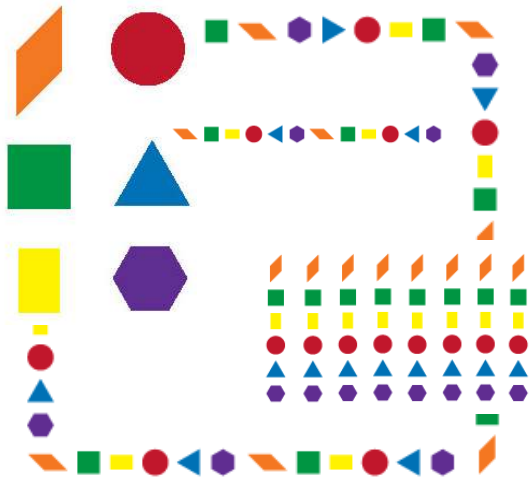
<http://www.wikihow.com/Play-Kickball>

Please note that "official" kickball rules vary per league and can be researched on internet.

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GAME IDEAS FOR THE GEOMETRIC SHAPES

Product Number: 16-1W-054

This game can be used in physical education class, used as stepping “stones” or as a tool to learn about color theory and geometry. The following are some ideas.

1. **Playground Round-up:** Arrange the shapes to define teams or players for races, group exercise, leap frog, and more. Have players and teams of different shape compete in a fun and organized manner.
2. **PE Stations:** Arrange prints in a repeating linear manner during PE class for timed drills, jumping, stepping or tip-toeing across patterns.
3. **So Many Shapes:** The children can learn basic shapes in accordance with Common Core Standards as included in the pack. Children can create additional shapes with chalk such as: the hexagon, octagon, etc.
4. **Color Theory:** Children can learn about the meaning of primary, secondary and tertiary colors in a hands-on way. Paint the shapes in all the following configurations and the children will learn to recognize the differences:
 - a. Three primary colors: red, yellow and blue.
 - b. Three secondary colors: orange, green and purple. Orange is made by mixing red and yellow. Green is created by blending yellow and blue and purple is made with blue and red.
 - c. Six tertiary colors: made by mixing the secondary colors with the adjacent primary colors as follows: red and orange, red and violet, yellow and green, yellow and orange, blue and green and, blue and violet.
5. **Practice Circumference:** Children can try to guess which of the shapes has the largest and the smallest circumference. Then they can take string and measure on their own.
6. **The Third Dimension:** Each shape is painted in an arrangement approximately 4 feet apart or as desired. Children can take chalk to transform the 2 dimensional shape into a 3 dimensional figure.
7. **Hopping Around the Shapes:** Paint the shapes multiple times to create hopscotch, shape lines and randomly placed shapes. Enhance with numbers and letters.

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