



Quality Physical Activity Programming Checklist (ages 5-10)

When writing your lesson plan, try to meet as many of the following criteria to ensure quality physical activity experiences. Once you're done programming, tally the total numbers of boxes checked and write your score on your lesson plan.

Have fun:

- ☐ Games allow for explorative play
- ☐ Variety of equipment available for free play (ie. Scooter boards and ball)
- ☐ Games don't focus on standings or results

Everyone included and participant centered:

- ☐ Sufficient equipment for everyone that is suitable size and weight for size and strength of kids
- ☐ Kids are always involved in game and are never eliminated (jumping jacks to get back in game)
- ☐ First game after FMS prioritizes individual activities to focus on skill development
- ☐ Small group games to encourage teamwork and social interaction

With purpose:

- ☐ Games are different than those planned in previous weeks
- ☐ 2-3 cues for the Fundamental Movement Skill of the day are prepared

Always moving:

- ☐ High frequency of repetition of skills in games (ie. waiting in line time is kept at min.)
- ☐ Brief instruction which includes physical demonstration (3 rules)
- ☐ Introduce progressions throughout game rather than playing new game

Progressive and challenging:

- ☐ Progress through levels of games throughout lesson plan (if second time doing skill with group, start back at level 1)
- ☐ 1 up/1 down planned for each game (in order to challenge/reduce frustration)