

10 Rainy and Snow Day Activities for Indoor Recess and PE



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By Melinda Bossenmeyer, Ed.D.

I remember well the dreaded "rainy days" at school. My staff often got as frustrated as the students with indoor activities or a general lack of activities when days of rain held students and staff captive indoors for extended periods of time.

In California, gyms or indoor areas for movement are few and far between and indoor hallways a rarity adding to the pent-up feeling of a world closing in.

Today although a nuisance, there are many positive activities appropriate for rainy days that keep kids active and burn off excess energy allowing students to focus and sit during afternoon lessons.

With the emphasize on physical activity with our First Lady's "Let's Move" Campaign, the National Association of Health, Physical Education, Recreation and Dance Association, created a list of activities designed for indoor activities for getting kids active called Integrating Physical Activity into the Complete School Day.

I've scanned the list for activities that could be conducted for indoor recess or physical education activities on inclement days.

Indoor Activities for Getting Kids Active

1.American Heart Association- In School Activity Breaks

These three-five minute physical activity ideas can be incorporated into any

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classroom. Here are some examples of how to get your students moving. Feel free to get creative and come up with your own!

http://www.heart.org/idc/groups/heartpublic/@wcm/@fc/documents/downloadable/ucm_455767.pdf

2. Energizers: Classroom-based Physical Activities

By: Eat Smart, Move More energizers were developed to get children more physically active during the school day. The goal of the Activity Promotion Laboratory is to promote active lifestyles. The document includes a Healthy Active Children Resource Sheet and tips for Creating a Physically Active Classroom Atmosphere. Energizers are designed for K-5. Some activities include: Heart Smart, Stop, Drop and Roll or Rescue 9-1-1. Energizers are available for a free PDF format download at: Download at East Carolina University- Activity Promotion Laboratory.

<https://www.eatsmartmovemorenc.com/Energizers/EnergizersForSchools.html>

3. Fuel Up to Play 60 In-school activity break ideas.

Physical Activity Breaks: These three- to five-minute physical activity ideas can be incorporated into any classroom. Here are some examples of how to get students moving. Feel free to get creative and come up with your own!

https://www.fueluptoplay60.com/-/media/files/tools-pdfs/futp-60-embedded-tool_in-school-activity-breaks-ideas.ashx

4. Indoor Recess Games-Pro-teacher.

This website has a number of indoor games for recess. Pro-teacher identifies these

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activities as “fun ideas for what to do when recess is in the classroom.” Indoor games can be printed out from the website. They are free resources. Each game idea is an open thread where other teachers write in to add their game ideas and game modifications. http://www.proteacher.org/c/244_Indoor_Recess_Games.html

5. Peaceful Playgrounds 2-Go Games

2-Go Game rugs are available for purchase and allow you to take some of the more popular outdoor games and markings indoors. Six game rugs are currently available including: Alphabet Grid, Number Grid, Hopscotch, Balance Beam, Bean Bag Toss, and Target. All games include a number of academic activities that go with the movement activities. Peaceful Playgrounds 2 Go Indoor Recess Activities Set
<http://www.peacefulplaygrounds.com/2-go-indoor-games-program/>

6. Ten Activities to Encourage Physical Activity in the Classroom - Therapy Source. 10 easily implemented activities that can be conducted during an indoor recess. Roll some brain breaks.

<https://d3eizkexujvlb4.cloudfront.net/2016/04/08194320/Roll-Some-Fun-Freebie.pdf>

7. NBA Fast Break.

Have your students exercise for 2 minutes before a test or quiz to improve scores. Exercise cards are include in the kit.

https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf

8. 21 Awesome ways to get students moving –We Are Teachers

It turns out that you were straight-up brilliant all of those times you had your students do jumping jacks to get their wiggles out. Because while you have always known that your kids learn better when they move

<https://www.weareteachers.com/21-awesome-ways-to-get-your-students-moving->

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[during-learning-center-time/](#)

9. 20 Brain Break Clips: Fight the Fidgeting!

Bevin Reinen a First Grade Teacher from Virginia Beach has a blog called Teach. Train. Love. I especially like her blog entitled: 20 Brain Break Clips: Fight the Fidgeting. You'll have to go online to her blog site where she has identified 20 video clips with music. She states: These videos are sure to get your students (and maybe even you) moving and grooving! Great with SMART Board.

<http://teachtrainlove.com/20-brain-break-clips-fight-the-fidgeting/>

10. Hand games

Remember the old clapping games and songs? The following You Tube Website has about 14 different Hand clap games and songs. Teaching a game every couple of days can keep students busy trying to perfect the routine and engaged both physically and cognitively. Some favorites include: A Sailor, Dr. Pepper, Miss Mary Mack, and Double, Double. <http://www.youtube.com/watch?v=> Written words for the chants can be found here: <http://childstoryhour.com/gamesclapping.htm>

Hope you enjoy these indoor activities for recess and P.E. Watch our website for our next release entitled: 10 MORE Rainy and Snow Day Activities for Indoor Recess and PE.

References

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<http://pediatrics.aappublications.org/cgi/reprint/123/2/431>

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