

RAINY DAY, PLAY ANYWAY

GET UP & GO!

LET'S MAKE SOME MOVES

SMALL SPACE. BIG FUN!

GAME ON



RAINY DAY RECESS

Stuck indoors doesn't have to mean stuck in seats! Turn your classroom into a space for movement! Click through the slides to discover quick, engaging activities that require little to no equipment and are designed to keep elementary students active—all brought to you by Pocket PE™.

WARM-UP

GUIDED IMAGERY: ROLLERCOASTER

Have Students sit on the floor or the edge of a chair, leaning slightly back with their feet off the ground to balance on their seats. Guide Students through the imaginary rollercoaster ride with verbal cues:

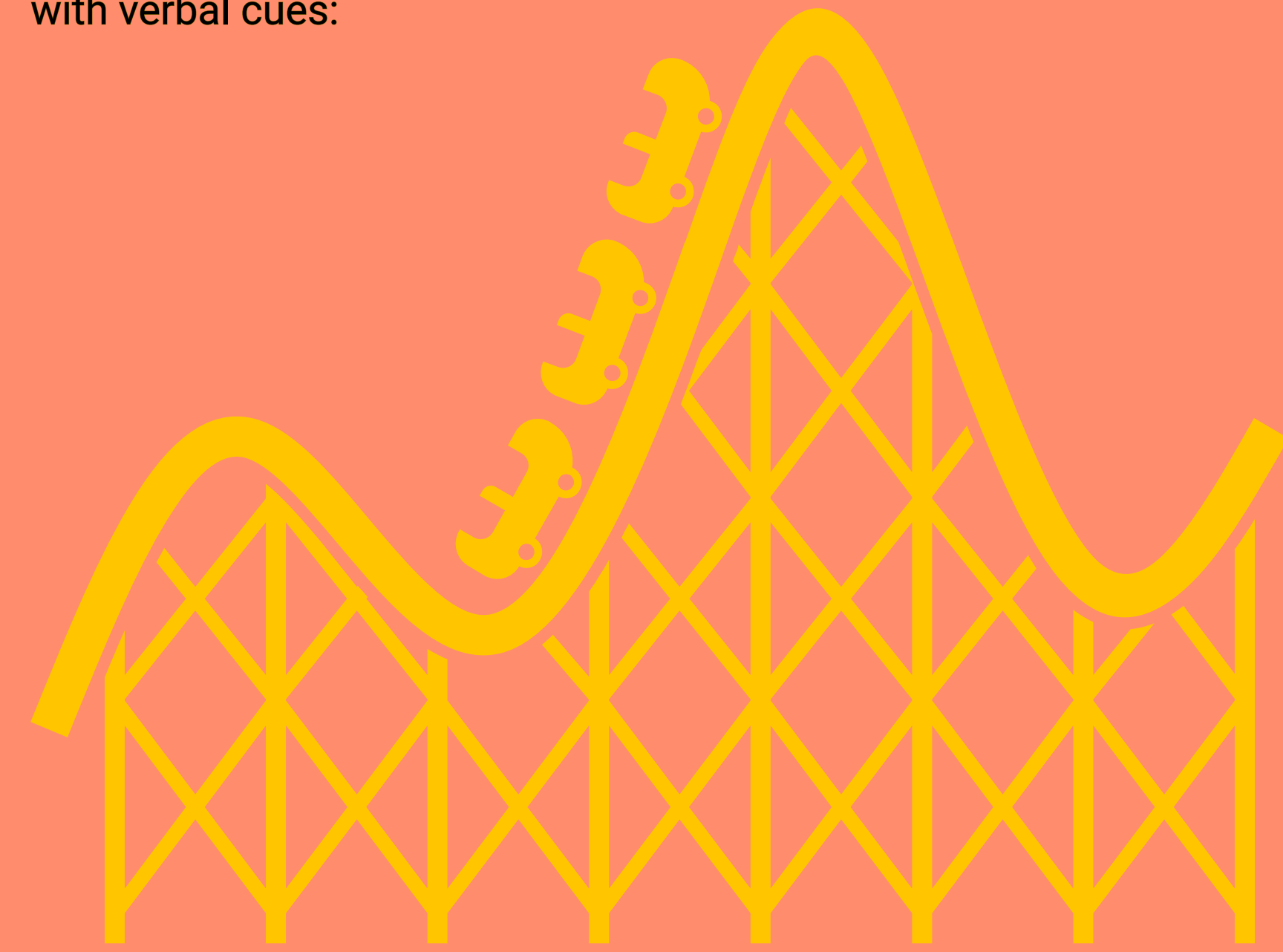


“Buckle up! Pull your lap bar down tight. The ride is starting... Click, click, click... we're climbing the first hill.

Reach up tall! Whoa! Here comes the big drop! Lean back... now forward! Sharp turn left! Lean to the left! Sharp turn right! Lean to the right! Bumpy track ahead!

Bounce gently in your seat. Tunnel! Duck your head down! Hands up! Stretch both arms high! Quick curve! Twist your shoulders left... now right. Spinning section!

Slowly turn your upper body in a circle. Steep climb! Reach high and lean back. Big drop! Tummy tight! Lean forward, then back. Tiny hills! Up... down... up... down. Splash! Pull your knees up to stay dry! We're back at the station. Round of applause riders!”





GAME TIME!



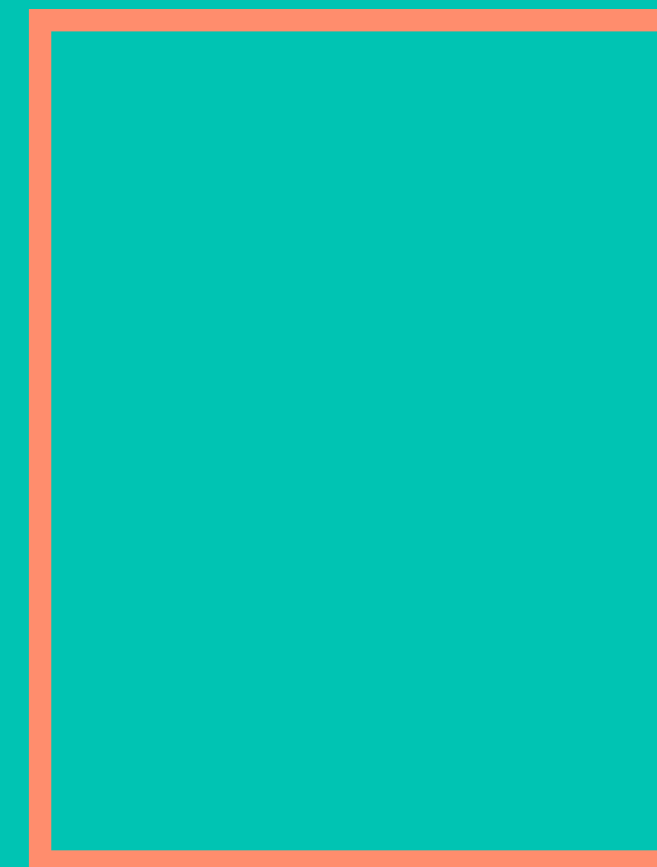
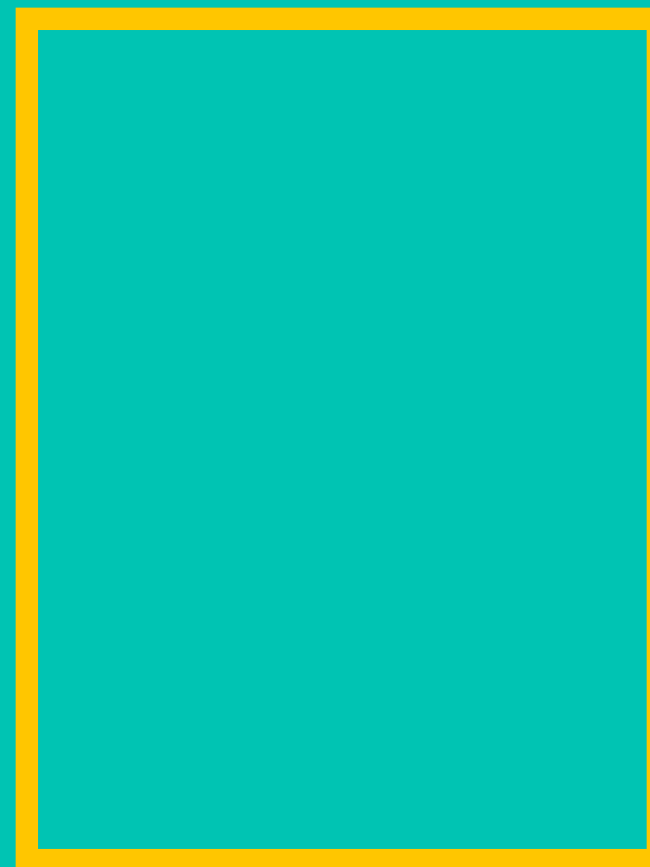
STINKY SHOE RELAY

SETUP:

Place one receptacle or spot marker for every 4–6 students between desk rows or at one end of the classroom. Divide students into groups of 4–6 and have each group line up behind a starting line.

HOW TO PLAY:

1. On "Go!", the first student crab walks to their team's marker, leaves one shoe, then bear crawls back and high-fives the next teammate.
2. Continue until every student has left one shoe.
3. Repeat the relay, this time leaving the second shoe.
4. Repeat two more rounds, returning to the marker to put one shoe back on each trip.
5. The first team with everyone back at the starting line wearing both shoes wins.



COOL DOWN

WAVING TREE

- 1.** Have students spread out with enough personal space to stretch.
- 2.** Reach both arms overhead and stretch as tall as possible.
- 3.** Keeping arms overhead, bend to one side. Return to center and repeat on the other side.
- 4.** Bend forward and let your arms hang toward the floor. Hold briefly, then slowly roll up to standing.
- 5.** Relax arms at your sides and gently twist your upper body from side to side.
- 6.** Finish by taking a few slow, deep breaths.





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