

Ready –

Have your outside clothes/gear on.

Use the restroom before you go outside.

Use Line Basics to and from the playground.

Responsible –

Follow playground rules.

Use the equipment according to playground rules.

If you take something out of the bin/cart, put it back.

Use problem-solving skills with other kids.

Respect –

Include others.

Share the equipment.

Listen to the adults who are outside.

Be respectful of equipment and play areas.

We're here to talk about being safe, ready, responsible and respectful on the playground.

Getting to the playground -

Teaching points: Emphasize Ready

Line Basics to and from the playground.

Demonstrate: non-Line Basics: talking, hands on the walls/lockers, looking behind you etc. Volunteer demonstrates Line Basics

Have your outside clothes/gear on.

Use the restroom before you go outside.

Level 1/Green voice (no talking) in the hallway – other classes are learning!

Ramp (Primary Door 3) – Teach walking every time down the ramp. Demonstrate:

Running down the ramp; Volunteer demonstrate walking down the ramp.

On the playground –

Teaching Points: Emphasize Respect

Listen to the adults who are outside and do what they ask you to do right away every time.

Have fun! Use problem-solving skills with other kids if there is a problem.

Level 4/Orange voice! Demonstrate

Playground Rules –

Teaching Points: Emphasize Responsible

Specific Equipment/Materials/Games –

- 1) Wood chips, sand, snow, ice, sticks, rocks:
 - a. Stay on the ground at all times.
 - b. You need to wear shoes/boots on the playground at all times.
- 2) Space Net:
 - a. Climb up/Climb down

- b. Feet and hands on the ropes at all times
 - c. Please don't stand at the top and rock the blue poles back and forth
 - d. Somersaults – save them for tumbling in the gym
 - e. Skater/surfer moves – save them for your skateboard or your next trip to the beach
- 3) Swings:
- a. One rider at a time on all the swings
 - b. Please don't twist the chains
 - c. Please don't jump off or flip around when you are swinging high
 - d. Stay off the swing set poles
- 4) Teeter-totter:
- a. Standing teeter totter only
 - b. Three riders only
- 5) Slide:
- a. One kid at a time; wait for the kid in front of you to get off at the bottom; don't push the kid in front of you down.
 - b. Feet first on your bottom.
 - c. 10 second rule on the blue platform
 - d. Take turns
- 6) Climbing rings:
- a. Maximum of four kids on a ring at a time
 - b. Go to the end; get out of the way
 - c. Take turns.
- 7) Tire Swing:
- a. be seated at all times
 - b. legs need to be on the inside of the tire
 - c. 3 people maximum on the swing at once
 - d. No standing on the tire
 - e. Pushing needs to occur from someone on the outside not from inside the tire.
- 8) Balls, jump ropes, shovels, buckets:
- a. Balls and jump ropes on the blacktop
 - b. Bouncing ball toys on the grass
 - c. Shovels, buckets in the sand
 - d. If you take something out, put it away.
- 9) Four-square:
- a. Make sure everyone knows the rules!
 - b. Follow the rules/play fair.
 - c. Include others - Let everyone who wants to play
- 10) Games on the field/with equipment:
- a. Take turns
 - b. Follow the rules/play fair
 - c. Include others - Let everyone who wants to play
- 11) Tag: Are there any games that kids like to play that don't need any equipment?
- a. Touch tag only, no tackling.

- b. Look out for other kids, especially ones who aren't playing tag when you are running.

Going In –

Teaching Points:

When the whistle blows - Stop playing, line up, get ready to go inside right away.

Wait for your teacher.

Use Line Basics back to your classroom/locker.

Level 1/Green voice in the hallway – other classes are learning!