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| Everybody Move Workshop  Dr. John Byl  **Want More?**  [JOHNBYL50@gmail.com](mailto:JOHNBYL50@gmail.com)  [www.canadago4sport.com](http://www.canadago4sport.com)  [www.gophersport.com](http://www.gophersport.com)  Twitter & Instagram => @canadago4sport (Tuesday posting of a new game)  Helpful resources:   * Everybody Move   + <https://www.ciraontario.com/product-page/everybody-move>   + <https://canada.humankinetics.com/collections/schoolwide-physical-activity/products/everybody-move-2nd-edition?_pos=1&_sid=ea461899b&_ss=r>   + <https://www.gophersport.com/pe/movement/everybody-move> * Teaching Groove   + <https://www.ciraontario.com/product-page/teaching-groove-for-understanding> |  |

**Making Daily Vigorous Physical Activity in small spaces fun and easy to implement.**

1. Getting started
   1. Ready Set Shoot
   2. RPS HaHa
   3. Fitness Eggs (with activity inside when dropped) \*\*Fitness Eggs
   4. Varied Ball Pass (have group create other variations) \*\*One ball per group of six
      1. Over and Under with turn both ways
         1. <https://www.canadago4sport.com/Warmups/-Over-Under>
      2. Over both ways
      3. Under both ways
      4. Left then right then left… hip
      5. Roll length and back
   5. Exeropoly
      1. <https://www.canadago4sport.com/Warmups/Exeropoly>
   6. Over-Under-Around
      1. <https://www.canadago4sport.com/Warmups/-Over-under-around>
   7. Copy Cat activities
   8. 7-minute workout app
   9. Four-Square Fitness
   10. Pushup Hockey
2. Move to music--short (18-24)
   1. Grab bag \*\*A few toy animals
   2. Move to animal picture \*\*Six different animal pictures
   3. Copy Cat Dance
   4. Just Dance Kids on YouTube
      1. <https://www.youtube.com/results?search_query=just+dance+kids>
3. Move to music--longer
   1. Circuits \*\*Circuit charts
   2. Learn a dance:
      1. Marching Circus \*\*Dance charts
   3. Line jump (12/17)
   4. Cards \*\*Dance cards
   5. Groove (three-to four basic dances and add to it)
      1. Escape to Egypt
   6. Groove interpretation (create one with some music—animal movement, Cinderella…)
4. Games Getting started
   1. Groove
      1. Night in the Museum (Egypt) p.19
      2. Play the Drums (Marching Circus)
      3. It’s a Jungle out There--Tag with Gliderz \*\*Gliderz and hoops
   2. Desk volleyball \*\*D-lite ball
   3. Circle delight (2-4 circles?) \*\*One ball per eight players
5. Everybody Move
   1. Bass the bass \*\*Six rubber fish
   2. Simon Says
   3. Mission possible (16) \*\*Mission possible sheets
   4. Fit Roll \*\*One dice and one instruction sheet per groups of four
   5. Climbers and Sliders \*One board, one dice, one marker per groups of four

Equipment List

* One dance chart for Marching Circus
* One dance chart for Eddie the Razor
* Dance cards
* One Climbers and Sliders board
* One Climbers and Sliders marker per groups of four
* Fitness Eggs
* Paint Palette templates

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