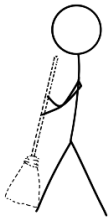
First Grade - Physical Education | Sweep the Plankhouse

How to Play: Students begin by *Sweeping the Plankhouse* as they move safely around the space. When the teacher calls an action, students quickly form the matching group and pose in the described way. After each grouping, students return to the *Sweep the Plankhouse* action unless the teacher chooses to call another action right away.

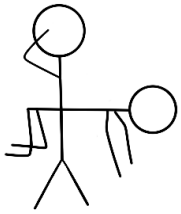
Sweep the Plankhouse - Individual Movement

Everyone walks around the space pretending to sweep the floor. All students are "in" during this movement.



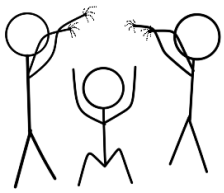
Look Over Your Horse - Groups of 2

- One student crouches on hands and knees to be the "horse."
- The second student stands close by and "looks over the horizon" with a hand over their eyes.
  Students left without a partner are out for that round.



Build a Fire - Groups of 3

- One student squats to form the fire pit.
- Two students stand beside them and make upward "fire" motions with wiggly hands.
  Up to two students may be out during this round.



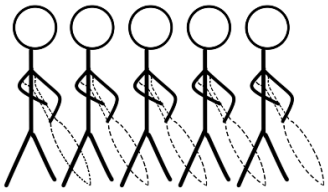
Do the Round Dance - Groups of 4

- Students make a small circle (holding hands if permitted)
- They dance or step around together.
  Up to three students may be out during this round.



Paddle the Canoe — Groups of 5

- Students stand in a straight line.
- Everyone makes a single-sided "canoe paddling" motion (not a rowboat motion).
  Up to four students may be out during this round.



Game Flow & Pace Options

Teachers may:

- Return to *Sweep the Plankhouse* between each action so all students rejoin.
- Call actions back-to-back without sweeping to increase the pace.
- Mix up the order of the calls or vary the speed.
- Let "out" students help call the next action as a way to stay engaged.