



Holicrazz

Days

IMPLEMENTING

Unique Holiday Activities in Elementary Physical Activity Settings — Part 1

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Physical education programs delivered by certified physical education teachers and aligned with the SHAPE America National Standards for K–12 Physical Education (SHAPE America – Society of Health and Physical Educators, 2014) show the most promise for providing developmentally appropriate content, effective instruction, and equitable learning experiences for all students. Even the most qualified teachers, however, may struggle with consistently keeping content fresh and students

engaged year after year. PE Central (www.pecentral.org) is one source for novel content, including lessons focused on traditional holidays such as Easter, Halloween and Christmas. These lessons not only create a festive environment in the gym but also address the National Standards, particularly Standard 5 which focuses on valuing physical activity for enjoyment, challenge, self-expression, and/or social interaction.

Although not as widely publicized, there are also resources for activities that can be used in physical activity settings to celebrate unique, nontraditional holidays. The purpose of this article is to organize and provide ideas from a variety of sources for teachers to use in physical activity settings during the months of January to May. Two activities or stations per holiday are

presented. Associated music and/or choreography that align with the holidays can be found in Table 1.

Unique Holiday Learning Activities

January 19: National Popcorn Day

Activity 1: Sticky Popcorn (Shelby, 2010). In this activity, students begin by “popping” around the gym like pieces of sticky popcorn, searching for other pieces of popcorn. When two pieces of popcorn meet, they stick together. Once stuck together, they continue to pop around together, sticking to more pieces until they end up in a big popcorn ball. To mod-

Table 1. Associated Music and Choreography

Unique Holiday	Song	Album/Source	Links to Choreography/Movement/Music
January 19 National Popcorn Day	“Popcorn”	<i>Crazy Hits</i> by Crazy Frog	Choreography: Chen, Schilling, & Rowland (2017)
January 20 Penguin Awareness Day	“Penguin Shuffle”	<i>We Share the Earth</i> by the Bee’s Knees	Choreography: Chen, Schilling, & Rowland (2017)
	“Penguin Song”	<i>Brain Breaks Action Songs: Let’s Move!</i> by The Learning Station	Choreography: http://www.learningstationmusic.com/blog/2014/12/31/penguin-song-dance-songs-children/
	“Celebrate”	<i>Penguins of Madagascar</i> by Pitbull	Choreography: https://www.youtube.com/watch?v=G1076NP9KoM
January 31 Backwards Day	“The Mack Chicken Dance Medley”	<i>Big Fun</i> by Greg and Steve	Choreography: See article
	“The Freeze”	<i>Kids in Motion</i> by Greg and Steve	Movement: Freeze when the music is going and move when there is no music and it says “Freeze.”
February 7 Wave All Your Fingers at Your Neighbor Day	“Hands Up”	<i>Greatest Ever Party Album</i> by Black Lace	Choreography (2 variations): https://www.youtube.com/watch?v=ELOsf2VjXUY https://www.youtube.com/watch?v=iY13sc23LUk
	“U Can’t Touch This”	<i>Please Hammer, Don’t Hurt ‘Em</i> by MC Hammer	Choreography: https://www.youtube.com/watch?v=1Y9btmDYg94
February 11 Make a Friend Day	“You’ve Got a Friend in Me”	<i>Toy Story</i> by Randy Newman	Music: https://www.youtube.com/watch?v=Zy4uiiy0qgA
	“I’ll Be There for You”	<i>L.P.</i> by The Rembrandts	Music: https://www.youtube.com/watch?v=q-9kPkS0IfE
February 26 Carnival Day	Various songs	<i>Kids Carnival Songs</i> by Kids Carnival DJs	Music: https://www.amazon.com/Kids-Carnival-Songs-Circus/dp/B008Y2PZZG
March 1 Peanut Butter Lover’s Day	“Peanut Butter Jelly Time”	<i>Peanut Butter & Jelly</i> by The Buckwheat Boyz	Choreography (2 variations): https://www.youtube.com/watch?v=QI3Eww5nkrC https://www.youtube.com/watch?v=i3tWfQjErqY
March 19 Poultry Day	“The Mack Chicken Dance Medley”	<i>Big Fun</i> by Greg and Steve	Choreography: https://www.youtube.com/watch?v=l5sIspLfmXM
	“Boom Chicka Boom”	<i>#1 Best Kid’s Songs!</i> by The Learning Station	Movement: https://www.youtube.com/watch?v=F2XVfTzel8E

(continued)

Table 1. (Continued)

Unique Holiday	Song	Album/Source	Links to Choreography/Movement/Music
March 28 Something on a Stick Day	“Fire Burning”	<i>Kidz Bop Dance Party</i> by Sean Kingston (original)	Choreography: Chen, Schilling, & Rowland (2017)
	“Macarena”	<i>Macarena</i> by Alvin and The Chipmunks	Choreography: Chen, Schilling, & Rowland (2017)
	“William Tell Overture: Finale”	<i>Classical Music Library, Volume 5: Power Classics</i>	Choreography (2 variations): https://www.youtube.com/watch?v=TMcJu4BDJCE https://www.youtube.com/watch?v=wF5Bs2yh2T0
April 20 National High Five Day	“Whip Nae Nae”	<i>Kidz Bop 30</i> by Silento (original)	Choreography: https://www.youtube.com/watch?v=6b-2wEkhOnk
	Not applicable	<i>ldsSplash.com</i>	Movement: https://www.youtube.com/results?search_query=ldsplash.com+hand+games
April 23 Take a Chance Day	“Take a Chance (Kolsch Remix)”	<i>Take a Chance</i> by Flume (feat. Little Dragon)	Music: https://www.youtube.com/watch?v=UuvmjdWfxC4
May (first Friday) Space Day	“Space Jam”	<i>Space Jam</i> by Quad City DJs	Choreography (2 variations): https://www.youtube.com/watch?v=nJjgVvNqvq8 https://www.youtube.com/watch?v=Pm3pGYg8FqU
May (Saturday closest to 10 th) National Train Day	“C’Mon Ride the Train”	<i>Get on Up and Dance</i> by Quad City DJs	Choreography (2 variations): Chen, Schilling, & Rowland (2017) https://www.youtube.com/watch?v=VRAH0xOpGeg
	“Santa Claus is Comin’ (In A Boogie Woogie Choo Choo Train)”	<i>Have Yourself a Tractors Christmas</i> by The Tractors	Choreography: Chen, Schilling, & Rowland (2017) https://www.youtube.com/watch?v=TaKyd97_B9U
May 13 Frog Jumping Day	“Jump”	<i>Everybody Dance Now</i> by Crazy Frog	Choreography: Chen, Schilling, & Rowland (2017)

ify the activity, students “pop” around by performing different locomotor movements. When they “stick together,” they can connect to others by holding hands, hooking elbows, or touching shoulders.

Activity 2: Popcorn Basketball (modified from PHYSED GAMES, n.d.). Equipment includes the same number of poly spots and basketballs as students, and a portable basketball hoop. The teacher places the basketball hoop in the middle and scatters the poly spots around the hoop with a basketball on top of each poly spot. The activity begins with students on their own poly spot with a basketball in hand. On the signal, they move from poly spot to poly spot taking shots into the hoop. They may pick up any basketball in the general space but can only shoot from a poly spot. This activity reinforces shooting technique as students continuously shoot the basketballs from any poly spot like a popcorn machine. To modify, the type and size of balls, distance to the hoop, and size of the target can be changed.

January 20: Penguin Awareness Day

Activity 1: Penguin Tag (modified from Polonska-Malik, 2008). Equipment includes four hula hoops (one in each corner of the gym), four dice, a sign by each hoop with a description of the exercises and number of repetitions for each number rolled with the dice (see Table 2), and a rubber penguin to use for tagging. The teacher explains to the students that penguins live in really cold weather and you are in penguin territory when you are inside the designated boundaries. The tagger is trying to tag each student inside the boundary with the rubber penguin. If a student is tagged, they go to a corner, roll the dice that is inside the hoop, and complete the designated exercise and repetition for the number rolled. After performing the exercise, they can reenter the game.

Activity 2: Penguin Stations. In small groups, students complete the following stations (see Figures 1 and 2 for sample station cards).

Table 2. Penguin Tag Exercise and Repetitions

Number Rolled	Exercise
1	30 punches
2	10 plank jacks
3	10 power jumps
4	5 Push-ups
5	20-second plank
6	20 piano keys

1. Penguin waddle: Move through cones with bean bags on the top of your feet (or while balancing a ball between your knees).
2. Rookery rolling: Use penguins as bowling pins and roll the ball to knock them down.
3. Obstacle course: Move through an obstacle course to avoid or capture the penguins.
4. Gone fishing: Use scooters to swim across a lake and get fish out of hula hoops.
5. Tuxedo taps: Tap white balloons with paddles covered with black paper (or vice versa).
6. Ice skating: Skate around and through cones with your feet on paper plates.



Figure 1. Rookery rolling.

January 31: Backward Day

Activity 1: The Mack Chicken Dance Medley. Do the “Mack Chicken Dance Medley” with reverse movements using the following movements for each song.

- Chicken Dance: Clap, twist, flap, beak (during the music break skip around *backwards*)
- Itsy Bitsy Spider: Spider comes *down* the water spout, rain goes *up* and washes *in*, sun goes *down*, spider comes *down* the water spout again
- Head, Shoulders, Knees, and Toes: Toes, knees, shoulders, head, shoulders, head; ears, eyes, nose, and mouth; repeat

Activity 2: Backward Musical Chairs (hoops). Equipment includes the same number of hoops as students. The activity begins with one to three hoops in the space. Students perform a designated locomotor movement in general space. When the music stops, all students find a hoop to stand in with multiple students sharing a hoop. Another hoop is added and students begin to move again on the music signal. The teacher continues to add hoops until the number of hoops matches the number of students.

February 7: Wave All Your Fingers at Your Neighbor Day

Activity 1: Finger Duplication (modified from Lewis, 2017). The activity starts with students performing a designated locomotor movement in general space. On the signal, everyone finds a partner and plays rock-paper-scissors. The winner gets to wave different numbers of fingers with both hands, and her/his partner mirrors the winner’s waving fingers. After the partner successfully duplicates the waving fingers, the winner changes to a new combination. The duplication continues until the signal to move around in general space again.



Figure 2. Tuxedo taps.

Activity 2: Five Finger Fling (Ever Active Schools, 2013). The teacher divides the class into groups of six to eight students. Each member faces the outside of the circle. The object of the game is to have the group's fingers add up to the number given by the teacher. On the count of three, everyone in the circle jumps to face the middle and "flings" out a self-selected number of fingers with one hand (i.e., zero to five). If they do not get the assigned number, they repeat the activity until they do. Once each group achieves the correct sum of fingers, the teacher assigns another number. To modify, students can perform an exercise (e.g., jumping jacks, touch toes, squats) on the count of three, or fling fingers with two hands.

February 11: Make a Friend Day

Activity 1: Hamburger Tag. Equipment includes several colored yarn balls and bean bags. The teacher assigns a cook who carries a red yarn ball (i.e., hot red coal) as the tagger and two students with brown bean bags (i.e., hamburger buns) as the rescuers. The rest of the class travels around the general space trying to avoid being tagged by the cook's coal. Any student tagged becomes a cooked hamburger and must stand still with one hand in front, palm facing up. The two other students rescue the cooked hamburger by becoming the top and bottom buns (i.e., placing their bean bags on the top and bottom of the cooked hamburger's hand). Once a hamburger is rescued, he or she is back in the game. To increase the level of difficulty, teachers may add another cook and/or toppings needed to rescue the cooked hamburger. For example, another student with a yellow yarn ball (i.e., mustard or cheese) would be needed on top of the hamburger before adding the buns. Students who carry the buns or toppings cannot be tagged during the game.

Activity 2: Marshmallows and River of Chocolate (Panicucci & Constable, 2003). Equipment includes poly spots scattered throughout the space inside the boundary. The distance between poly spots should allow students to comfortably step or jump onto them without hurting themselves. In pairs, students attempt to cross the "river of chocolate" by helping each other to step or jump on the "marshmallows" (i.e., poly spots) floating in the river. Students must stay connected while crossing the river. If they step off of the marshmallows, they must go back to the beginning. When the pair has successfully made it across the river, have groups of four attempt a second crossing. Teachers can challenge students to cross the river in groups of eight or as an entire group. Encourage communication and safety throughout the activity.

February 26: Carnival Day

Activity: Carnival Stations (Carnival Savers, n.d.; Schmitz, 2011). In small groups, students complete the following stations:

1. Bucket-head: Put a bucket on your head (facing upward) and catch a tossed ball in the bucket.
2. Can knock-down: Knock down stacked cans with bean bags.

3. Cup stack tower: Form a tower with cups and a rubber animal on top (relay format).
4. Egg race: Balance a plastic egg on a spoon and travel from point A to point B.
5. Fish cup toss: Toss ping pong balls into cups with plastic fish in them.
6. Pop the balloon: Tie a balloon to your ankle and try to step on other people's balloons.
7. Ring toss: Toss donuts or rings onto bottles in a flat box.
8. Toilet paper toss: Toss rolls of toilet paper wrapped with duct tape into the toilet (hanging toilet seat or a trash can).

March 1: Peanut Butter Lover's Day

Activity 1: Peanut Butter Jelly Time. See Table 1 for links to the choreography.

Activity 2: Peanut Butter and Jelly Game. Equipment includes two different colored balls and two other objects to pass. Students sit on the floor in a circle. One ball represents the peanut butter and the other ball is the jelly. The object is to toss the peanut butter ball and roll the jelly ball. On the signal, the student holding the peanut butter ball tosses it to anyone in the circle and the student holding the jelly ball rolls it to anyone in the circle. Whoever receives the peanut butter ball must continue to throw it to someone else whereas the jelly ball must be rolled. If a player makes a mistake (i.e., rolls the peanut butter ball or throws the jelly ball) or if both balls are in front of one player at the same time, then that player performs an exercise to get back in. A third ball that represents the bread can be added with students handing the bread ball to the right. A "fluff" ball that represents marshmallows can be passed to the left. The game can also be done standing up to vary the movement (e.g., squat down to roll the ball).

March 19: Poultry Day

Activity 1: Barnyard Tag (Byl, Baldauf, Doyle, & Raithby, 2007). Equipment includes several rubber chickens and yellow playground balls. The teacher assigns three students to be chicken hawks (i.e., taggers) and three students to be super chickens (i.e., rescuers). The rest of the students are regular chickens. Chicken hawks use a rubber chicken to tag the regular chickens. Super chickens have yellow playground balls (i.e., corn) and may not be tagged. Any student tagged must stand still with their thumb touching the top of the head and other





fingers spread out, similar to a chicken's comb. The student remains in this position until a super chicken runs to the rescue and hands him or her the corn. After receiving the corn, the students change roles.

Activity 2: Chicken in the Web (Byl et al., 2007). Equipment includes a six-foot parachute, one rubber chicken, and one hoop for every six to eight students. The object is to see how many consecutive times the group can toss and catch the chicken in the parachute. On the signal, students practice moving their “web” up and down without the chicken followed by practice with the chicken in the web. Challenges include: 1) consecutive catches — the number of consecutive catches before the chicken falls off the parachute; 2) timed catches — the number of consecutive catches within a designated time; 3) hand catches — the number of successful catches by tossing the chicken in the air with alternating students catching it with their hands; 4) chicken coop — the number of times that stu-

dents can toss the chicken from the parachute into the hoop (coop); and 5) soup line — the number of chickens the entire group can accumulate by tossing and catching the chickens across small groups and parachutes down a line.

March 28: Something on a Stick Day

Activity 1: Lummi Stick Movements/Rhythms to *William Tell Overture*. Equipment includes two lummi sticks for each student. See Table 1 for links to the choreography.

Activity 2: Noodle Pinball. Equipment needed includes one large noodle per student and one large ball per group of five to six students. Each group member faces the outside of the circle with their feet shoulder-width apart and touching the foot of the person next to them on each side. The object is for players to use the noodle to hit the ball backward and knock it through someone else's feet. Players may not touch the ball with their hands.

April 18: International Jugglers' Day

Activity 1: Juggling Scarves. The video link to the progression for scarf juggling can be found in Chen, Schilling, and Rowland's (2017) conference handout.

Activity 2: Keep the Balloon Up. Students are divided into groups of four and line up behind a cone. A table is placed on the opposite side with a set of 10 stacking cups for each group. One hula hoop with one balloon in it for each group is placed midway between the cone and the table. On the signal, the first student in line runs to the midpoint and strikes the balloon up, then runs to the table to stack one cup at a time, then back to the midpoint to strike the balloon up again, and then to the cone to tag the next student in line. The object is for the team to build a 10-cup tower without letting the balloon touch the ground. The activity can be modified by varying the number of cups on the table, creating different tasks to be completed at the table, varying the distance between points, or performing different locomotor movements.

April 20: National High-Five Day

Activity 1: High-Five Dribble. Equipment needed is one basketball for every student. The object is to maintain a controlled dribble using the cues (i.e., finger pads, keep the ball low, eyes up) while moving through general space and giving high fives to classmates.

Activity 2: High-Five Name Toss (modified from Richter, 2016). Groups of 10–12 students form a circle. One student starts the activity by calling out the name of another student across the circle, then walks to her or him, gives her or him a high five, and takes her or his spot in the circle. The activity continues until all students' names have been called. Variations include changing locomotor movements and all having stu-

dents perform an exercise when there is a high-five exchanged. The student who moved across the circle can choose the fitness exercise.

April 23: Take a Chance Day

Activity 1: Mix and Match. Equipment includes half the number of hula hoops as students in the class, two dice for each hula hoop, and 11 partner exercise task cards (see Figures 3–5 for examples). Hula hoops are placed around the gym with two dice in each hoop and the task cards are taped on the wall around the gym. On the signal, two students meet at a hula hoop, roll the dice, and add the numbers. They go to the designated task card for the sum of their dice and complete the correct number of repetitions for each exercise together. Once finished, students find another hula hoop and a new partner, roll the dice, and perform the exercise and repetitions as instructed.

Activity 2: Roll with It (Hughes, 2015). Equipment includes half the number of hula hoops as students in the class, two dice for each hula hoop, four buckets, and a large number of pieces of smaller equipment (e.g., yarn balls or bean bags). The teacher lines up the hula hoops in the middle of the gym with two dice in each hoop; puts half of the smaller equipment pieces in one bucket and the other half in another bucket; and places one empty bucket and one stuffed bucket on the two corners of each side of the court. Half of the class is on one side of the court and the other half is on the other side. On the signal, each student moves to a hoop to face off against a student from the other side. They each roll the dice in the hoop. The student who has the higher number runs to his or her team's stuffed bucket, retrieves a piece of equipment, places it in the empty bucket, and goes to another hoop to roll the dice with a new opponent.



Figure 3. Sum = 2. Plank clap ×6.



Figure 4. Sum = 5. Back-to-back rotational pass ×10.

The student who has the lower number runs back to his or her baseline, touches it, and does the same thing to continue the game. If both students roll the same number, they are both considered winners and get to move a piece of equipment to their team's empty bucket. Everybody must go to a different hoop each time they return to the middle to roll the dice. The game continues until one team has moved all pieces of equipment from the stuffed bucket to the empty one.

First Friday in May: Space Day (also May 4, Star Wars Day and May 26, Sally Ride Day)

Activity 1: Spaceship Commander Tag (Erickson, 2007). Equipment includes two to three hula hoops worn by space-

ship commanders (i.e., taggers) around the waist. The rest of the students are aliens. If an alien gets tagged, he or she must complete an exercise (e.g., 15 jumping jacks) to get back in the game. After a couple of minutes, the spaceship commanders choose someone else from the opposite gender to take over their ship. The aliens should have several seconds of a head start before the new commanders can power up the spaceships. Different locomotor movements and exercises can be used as a variation.

Activity 2: Space Missions. Equipment includes hula hoops, fitness hot spots, a variety of equipment for space-themed obstacles such as "flying saucers" (Frisbees), "shooting stars" (star poly spots), "aliens" (fluorescent squishy balls),



Figure 5. Sum = 11. Pound and clap ×5.

“asteroids” (big gator balls), and “command central” (megaphone). Two students are co-pilots inside of a hula hoop. Their goal is to create safe travel (e.g., moving at safe speed and in the same direction, taking turns as leader) inside of their hoop together. Students first practice moving safely in space. When students are ready, introduce the “mission” piece. Scatter equipment throughout space and give commands via “command central.” Students are given progressively harder missions in which they have to touch various objects (e.g., “traveling at a low level, touch six shooting stars and two aliens” or “moving backwards, touch four asteroids, three flying saucers, and one orange alien”). After students complete a mission, they travel to a “landing pad” (fitness hot spot) and complete a designated exercise to “recharge” their spaceship’s battery. Once they have completed the mission, they find an open space in the designated area to “power down” and wait for the next mission. As a precursor or an extension of this activity, the National Aeronautics and Space Administration’s (2012) *Train Like an Astronaut* program serves as a great resource.

May (Saturday closest to May 10): National Train Day

Activity 1: Traveling train. Teams of four students stand in a line in assigned positions as the engine, two train cars, and a caboose. On the following commands, they switch positions: 1) “Change”: engine moves to back and becomes new caboose; 2) “Switch”: train car (#2) and caboose (#4) switch spots; 3) “Rotate”: the entire train rotates 180 degrees (i.e., caboose becomes new engine and vice versa); and 4) “Loose caboose”: all trains scatter and each person joins with three new people to form a new train.

Activity 2: Loose Caboose (ChildCareLounge, 2016). One student is chosen to be the caboose. The rest of the students create trains of four to five students hooked together. The caboose tries to hook onto the back of one of the trains. When the caboose catches a train, the engine of that train becomes the next caboose.

May 13: Frog Jumping Day

Activity 1: Feed the Frogs (Heiman, 2013). Equipment includes one hula hoop and one basketball for each student and at least one poly spot per student spread out in general space. Each hula hoop serves as the “lily pad” for a student (i.e., frog). The poly spots serve as “flies” for feeding the frogs. Students dribble inside their “lily pad.” On the signal of “Frogs, it’s feeding time!” the students dribble around the space and try to eat as many flies (i.e., dribble on as many poly spots) as possible for a designated time period. After feeding time is over, each frog dribbles to and then inside a new “lily pad” until the next feeding time.

Activity 2: Frog Pond (Haczynski, 2002). Equipment includes fewer hula hoops than the number of students. Students walk in general space. On the signal “Ribbit, ribbit,” students safely find an open lily pad. The students who are not able to find a lily pad huddle together to decide which locomotor movement will be used next. They recite the following according to their choice of movement (e.g., skip): “Little frog, little frog please skip off my lily pad.” Then the activity begins again.

Conclusion

This article presented theme-based activities that elementary physical education teachers can use to celebrate unique holidays from January to May. The activities can enhance student engagement and enthusiasm by promoting a celebratory atmosphere. Physical education teachers can modify the suggested activities and ideas based on grade level, available space, or other factors, and use them for a day, a week, or a school event like Field Day. Table 3 offers other potential unique holidays, and the authors have provided access to additional activity descriptions through Supplemental material provided online with this article. Readers can also contact the authors directly for more information. The second part of this article, which will include activity ideas to celebrate unique holidays from June to December, will appear in the March/April 2019 issue of *Strategies*.

Table 3. Other Unique Holidays and Suggested Activity Ideas

Unique Holiday	Suggested Activity Idea and Source
January 4 Trivia Day	Trivia and fun facts (http://jandersonkinnschool.weebly.com/trivia-fun-stuff.html)
	Trivia tag (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1097#.Wly4_benGCg)
	Wild water trivia (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6585#.Wly57benGCg)
January (second Wednesday) National Take the Stairs Day	15-minute stair workout (https://www.realsimple.com/health/fitness-exercise/stairs-workout)
	Cardio stair workout (https://www.youtube.com/watch?v=B9Ms1FyVOX4)
	Simple activities for kids using stairs (https://theinspiredtreehouse.com/simple-activities-for-kids-using-stairs/)

(continued)

Table 3. (Continued)

Unique Holiday	Suggested Activity Idea and Source
January 13 Make Your Dream Come True Day	Astronaut training, fire academy, postal carrier challenge, mechanical mayhem, ice cream maker, and community service (Zachery, 2017; contact authors for the unpublished field day manual)
January 18 Thesaurus Day	Use <i>Not Your Everyday Thesaurus</i> by Usborne Books or <i>Big Picture Thesaurus</i> by Usborne Books for words in different categories.
	Thesaurus hunt (modified from http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9256#.WlznIrenGCi): students dribble a basketball to the pile of words, pick up a word, and dribble to find its synonym under poly spots.
	Use other types of relays to match the synonyms and related concepts.
January 29 National Puzzle Day	Holiday puzzle relays (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8186#.WlZCy7enGCg)
	Mystery puzzle race (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2720#.WlZDBrenGCg)
	Them bones: Put the bones of a skeleton together using locomotor movements (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1075#.WlZENrenGCg).
February 8 Boy Scout Day (March 12 Girl Scout Day)	Scout activities (http://www.programresources.org/alphabetized-index/)
February 13 Get a Different Name Day	Name games (http://www.ultimatecampresource.com/site/camp-activities/name-games.page-1.html)
	Name games and get-to-know-each-other activities (http://www.wilderdom.com/games/NameGames.html)
	Travel your name (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=315#.WlZOX7enGCg)
February 14 National Organ Donor Day	Introduce basic human anatomy through the Louisiana Body Walk (LSU AgCenter, 2016) and promote awareness of organ donation (Contact authors for the manual).
February 20 Love Your Pet Day	Music and choreography: Catch the fish (https://www.youtube.com/watch?v=HCTLBELZl0I)
	Music and choreography: Who let the dogs out mixer (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1887#.WlzyeLenGCh)
	Who let the dogs out tag (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2411#.WlzyxLenGCg)
February 23 Tennis Day	Tennis drills for children (http://www.optimumtennis.net/tennis-drills-for-children.htm)
	U.S. Tennis Association quickstart tennis (https://www.youtube.com/watch?v=JNzTxwLGR-RA&list=PLAEkELBLsGPQNRaWb-J_6s4JJA-DMf6RX&index=1)
March 1 National Pig Day	Music and choreography: Catch the pig (https://www.youtube.com/watch?v=2ahTBdR4MH0)
	The three little pigs (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2051#.WlzzNLenGCg)
	Toy story statues (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1439#.WlzzeLenGCg)
March 11 Johnny Appleseed Day	10 fall-themed gross motor games (https://www.pinkoatmeal.com/10-fall-themed-gross-motor-games/)

(continued)

Table 3. (Continued)

Unique Holiday	Suggested Activity Idea and Source
March 14 National Pi Day	Dancing with math (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132685#.Wlz0_LenGCg)
	Math movers (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11112#.Wlz10renGCg)
March 20 International Earth Day	Music and choreography: Earth, we're in it together (https://www.youtube.com/watch?v=tUHZsEtjXdk)
	Going green in the gym (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11720#.Wlz1frenGCg)
	Race to recycle (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=133206#.Wlz5WrenGCg)
March 21 National Agriculture Day	13 fantastic games for your farm-themed party (http://redtri.com/fantastic-farm-games-for-kids/)
April 2 Children's Book Day	Read and act out "books that move you" (e.g., <i>The Ants Came Marching</i> by Martin Kelly, <i>Barnyard Dance</i> by Sandra Boynton, <i>Boom Chicka Rock</i> by John Archambault, <i>Catch the Ball!</i> by Eric Carle, <i>Clap your Hands</i> by Lorinda Bryan Cavely, <i>Hop Jump</i> by Ellen Stoll Walsh, <i>Jump, Kangaroo, Jump!</i> by Stuart J. Murphy, <i>We're Going on a Bear Hunt</i> by Michael Rosen).
April 7 World Health Day	Healthy field day (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2129#.Wlz6ybenGCg)
	Write different emotions on cards. Each student is given a card, but is not allowed to see it. Place the card on the forehead and have others act out the emotion. Debrief how to deal with different emotions at the end (modified from http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=12120#.WlzhbenGCg).
April 13 Scrabble Day	Scrabble endurance (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1093#.WlzfQrenGCg)
	Scrabble laps (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=7428#.WlzMn7enGCg)
April 16 National Stress Awareness Day	Stress balloon baggage (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=12478#.Wlz5_benGCg)
	What is stress? (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659#.WlzfJbenGCg)
April 28 Great Poetry Reading Day	My moving poem (http://healthyfutures.nea.org/wp-content/uploads/2015/04/HSHL-grades-k-to-3-2015.pdf)
May 4 Star Wars Day	"May the fourth be with you" Star Wars Field Day (http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132889#.WlzfbbenGCg)
May 11 Eat What You Want Day	Ask students to bring food labels of their favorite food items. Create workout stations to help students understand the concept of how much exercise they have to do to burn off the calories they consume.
May 18 National Bike to Work Day	Six cycling games (http://www.cycling-embassy.dk/wp-content/uploads/2010/06/Cykelleg_engelsk_endelig.pdf)
May (third Saturday) Armed Forces Day	Use this day to recognize and salute all the men and women in all branches of the military. Create activity stations or an obstacle course (e.g., jump over a hurdle, crawl through a tunnel, climb over something using a rope) to mimic soldiers' training.
May 25 National Towel Day	Activities using towels (e.g., stretching with towels, relay race for transferring water from point A to point B, tossing and catching a rubber critter using a towel with a partner)

There are resources for activities that can be used in physical activity settings to celebrate unique, nontraditional holidays. The purpose of this article is to organize and provide ideas from a variety of sources for teachers to use in physical activity settings during the months of January to May.

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