

InterActive4Life



The InterActive for Life (IA4L) Resource

A RESOURCE FOR DEVELOPING SOCIAL-
EMOTIONAL SKILLS & MOVEMENT COMPETENCIES
THROUGH PHYSICAL INTERACTIVITIES

TABLE OF CONTENTS



Meet the Team.....	03
Guide for Using this Resource.....	04
Introduction.....	04
How to Navigate this Resource.....	05
Get #InterActive4Life in 3 Easy Steps.....	07
What is the meaning behind each category?.....	08
Quick Guide to Assessing InterActive Function2Flow.....	10



Created with the Ontario Physical and Health Education Association's Safety Standards in Mind.....	11
Risk Management	11
Safety Considerations.....	11

Connect with us!.....	12
Social Media.....	12
Got an InterActivity to Share?.....	12

InterActivities.....	13
Warm Up InterActivities.....	14
Rock, Paper, Scissors, Glue.....	14
Emotional Roller-Coaster.....	18
Partner Balance Game.....	22
Collective Counts: Isometric Contraction Challenge.....	25
Walk the Line.....	29
DIWO Yoga.....	33
Cooperative InterActivities.....	37
High5-Low5 Balance Tag.....	37
Guess the Copycat.....	41
Leaning in Mirror Walk.....	45
Geometric Kickball.....	49
Mirror Cone Touch.....	53
Mirror Cone Touch Switch-Up.....	57
Competitive InterActivities.....	61
Be the Ball.....	61
Fake-Out Race-Out.....	65
Colour Wars.....	69





InterActivities (Continued)

Dance & Rhythmic InterActivities.....73

Feel the Beat with your Hands and Feet.....73
 Rhythmical Mirror Walk.....77
 Rhythm of Life.....81
 So, You Think You Can TikTok?.....85

Fitness InterActivities

Synchronous Fitness.....89
 Beat the Clock Fitness Challenge93
 Quick Feet97
 Buddy Pace.....101
 Lean on Me.....105

Tools for Teachers.....109

Sample Lesson Plans.....110
 Handouts.....118
 Emotional Roller Coaster Handout.....119
 Find Your Flow Examples.....120
 DIWO Yoga Cards.....121
 DIWO Yoga Sequence Homework Handout.....123

Guess the Copycat Peer-Teaching Tool.....124

Assessment Tools.....125

The Bubble Tool.....126
 Partner Assessment Sheet.....127
 Personal Assessment Sheet.....128
 Teacher Observation Assessment Sheet.....129
 Exit Cards.....130

A Detailed Guide for Teaching and Assessing InterActive Connection.....135

References.....137

MEET THE TEAM



Dr. Rebecca J. Lloyd



Dr. Stephen Smith



Christina Nyentap



Anika Littlemore



Janna Jobel



GUIDE FOR USING THIS RESOURCE



Introduction

The InterActive for Life (IA4L) resource features relational physical activities that are designed to promote meaningful and engaging interaction in ways that bring us to life. The variety of cooperative, competitive, and inclusive options afford many opportunities for sustained participation and the development of social-emotional learning in and through movement.

Inspiration for the InterActivities featured in this resource came from world class experts who engage in relationally-based practices such as acroyoga, salsa dance, martial arts and equestrian arts. Regardless of discipline, each expert developed highly sensitive ways of communicating primarily through movement. The Function2Flow website features these experts in a series of mini documentary videos and academic articles. Our goal in creating this resource is to mobilize and transfer this relational, motion-sensing knowledge in widely applicable games, dance, and fitness pursuits.

The InterActive Function2Flow (Function-Form-Feeling-Flow) assessment chart included in this resource, helps guide the development of relational body, spatial, communicative, and energetic awareness in a variety of games and activities. The InterActive Function prompts invite us to consider how bodily alignment and posture conveys a readiness to connect. The InterActive Form prompts invite us to consider how subtle twists and angles in body positioning intensify this connection. The InterActive Feeling prompts ask us to sense how variations in tempo and force play into developing connection through synchronous interaction or moments of surprise. The InterActive Flow prompts ask us to pay attention to overall movement expression, the exchange of energy between participants and the modifications we can include so that the game takes on a life of its own, so much so that we do not want it to end. The InterActive for Life resource invites you to become more meaningfully connected to others and the sensations of LIFE as you engage in physical activity.

GUIDE FOR USING THIS RESOURCE

How to Navigate this Resource

There are many parts to this resource:

- Resource e-Book (PDF)
- [Website](#)
- YouTube [Demonstration Videos](#)

All of the InterActivities have been categorized by themes:

- Warm-Up InterActivities
- Cooperative InterActivities
- Competitive InterActivities
- Dance and Rhythmic InterActivities
- Fitness InterActivities

All of the InterActivities are also informed by Ontario Health and Physical Education curriculum, social-emotional learning, and Function2Flow connections. In addition, InterActivity Plans have been identified as Social Distance, Close Proximity, or Online games.



This icon represents how the InterActivity can achieve **movement competence** goals from the Ontario Health and Physical Education curriculum. These connections can be broadened to other provincial curriculums.



This icon represents how the InterActivity can achieve **Social-Emotional Learning Student Targets** from the Ontario Health and Physical Education curriculum. These connections can be broadened to Living Skills.



This icon represents how the InterActivity relates to the Ontario Health and Physical Education, curricular concept of **Relationship**.



When this icon is visible, it indicates that the InterActivity can be played at a **physical distance**.



When this icon is visible, it indicates that the InterActivity can be played in **close proximity**.



When this icon is visible, it indicates that the InterActivity can be played **online**.

GUIDE FOR USING THIS RESOURCE

How to Navigate this Resource (Continued)

Each category is significant in building students' capacity to act, interact, and form meaningful connections by building on principles of relationship:



The Curricular Concept of Relationship

With whom or with what does the body move?

"In Health and Physical Education, relationships develop when we interact with people (e.g., meet, match, contrast, follow, lead, mirror, shadow, move in unison, move towards or away from others, echo with a partner or group), with objects (e.g., over, under, beside, in front, on, off, near, far, through, above, below), and with elements in an environment (e.g., music, wind, temperature, terrain)" (Ontario Ministry of Education, 2015, p. 34).

The theme of this resource is to primarily develop meaningful relationships between people. Options to integrate objects and dynamic environments such as uneven surfaces or outside spaces are also offered.

Each InterActivity plan is designed to fulfill movement competence, social-emotional learning, and relationship targets. We give you basic tips to get started and ideas for modifications/adaptations, however, it's up to you where you take your relational experience from there! We encourage you to take on an inquiry-based learning approach as you explore each relational activity. The interactive Function-to-Flow Assessment prompts are there to guide your Assessment-as-Learning experiences.

Some activities also have corresponding handouts to deepen learning or to provide Assessment-of-Learning opportunities. See the Tools for Teachers and/or Assessment Tools sections near the end of the resource on pages 109 and 125.

GUIDE FOR USING THIS RESOURCE

Get #InterActive4Life in 3 Easy Steps

- Step 1. Read the InterActivity Plan
- Step 2. Look at the InterActivity in a Snapshot page for visual instructions (great for student handouts).
- Step 3. Watch the corresponding instructional video by clicking the top right video icon which will lead you to the InterActive for Life Youtube channel. You may choose to watch as a demonstration, but we encourage you to follow along!



Most of the InterActivities have videos to support learning on the InterActive for Life YouTube page. Find the videos [HERE](#).



Find Assessment & Evaluation tools [HERE](#)! Find Tools For Teachers [HERE](#)!



GUIDE FOR USING THIS RESOURCE

What Exactly Inspired Each Themed Category?

WARM-UP INTERACTIVITIES

Our warm-up interActivities are inspired by our experts in AcroYoga, Jessica Goldberg and Eugene Poku. They encourage us to think about our readiness to form a reciprocal connection with others through eye contact, breath and movement. Each warm-up interActivity develops our social-emotional capacity to move and be moved by others. They also invite us to become aware of the ways we can become tense and relaxed.

COOPERATIVE INTERACTIVITIES

Our cooperative interActivities are inspired by our expert in Tai Chi, Sam Masich. To form a communicative relationship with others through movement, we must first attend to our alignment and posture. Are we able to lean in to each other and into the interactive moment? Are we able to mirror and match each other through subtle changes in tempo or expression? The Cooperative InterActivities encourage students to experience synchronous movement either up close or at a distance.

COMPETITIVE INTERACTIVITIES

Our competitive interActivities are inspired by our expert in Equestrian Arts, Paul Dufresne. A horse is highly responsive to subtle changes in body positioning, such as twists, turns & angles of the shoulders, waist and hips. To transfer this relational body awareness to games and sports, we have designed a series of interactivities that draw attention to positional and gestural modes of communication. We also encourage students to feel into opportune moments to change movement timing and force to create competitive advantage.

DANCE & RHYTHMIC INTERACTIVITIES

Our Dance and Rhythmical InterActivities were inspired by our expert in salsa dancing, Anya Katsevman. To experience a rhythmical connection with others, one first has to attend to bodily postures and positions that invite mirroring and matching connections with others. Next one must feel into moments or openings when a rhythm can be experienced either in a synchronous predictable way or in a welcomed moment of spontaneous surprise. Dance and Rhythmical InterActivities encourage students to develop an awareness of how sustained and spontaneous rhythms cultivate positive feelings of relational flow.

GUIDE FOR USING THIS RESOURCE

What Exactly Inspired Each Themed Category?

FITNESS INTERACTIVITIES

Fitness InterActivities provide opportunities for students to combine what they learned in their Warm-up, Cooperative, Competitive, and Dance and Rhythmic InterActivities in relational fitness pursuits. Through inquiry-based prompts, students are encouraged to explore relational ways of increasing cardiovascular capacity as well as muscular strength, muscular endurance, and flexibility. Whether at a distance or up close in a partner squat or push-up, fitness interActivities combine challenge with curiosity.



GUIDE FOR USING THIS RESOURCE



Quick Guide to Assessing InterActive Function2Flow

This resource is conceptually inspired by the InterActive Function, Form, Feeling, and Flow dimensions of relational connection. We have developed a quick and detailed guide to facilitate the development and assessment of interpersonal physical connection through space.

INTERACTIVE WAYS TO CONNECT	RELATIONAL AWARENESS OF POSTURES, POSITIONS, GESTURES & EXPRESSIONS
<p>InterActive Function (Connecting Postures)</p>	<ul style="list-style-type: none"> • What does a 'ready to interact' posture look like? • Describe the optimal alignment, tone & tension.
<p>InterActive Form (Connecting Positions)</p>	<ul style="list-style-type: none"> • What ways can you position yourself through space to improve interaction? • Describe the torso twists, angles, and turns of optimal interaction.
<p>InterActive Feeling (Connecting Sensations of Timing & Force)</p>	<ul style="list-style-type: none"> • What ways can you adjust the timing and force of your macro movements and subtle gestures to get a better feeling of connection? • What helps you move beyond the bounds of predictable rhythm & embrace moments of surprise?
<p>InterActive Flow (Connecting Energies)</p>	<ul style="list-style-type: none"> • What feelings are communicated through posture, position & gesture when you experience optimal connection?

Created with Ophea's Safety Guidelines in Mind

Risk Management

The InterActivities have been inspired by experts from the InterActive for Life Project and the Ontario Health and Physical Education Curriculum expectations. These InterActivities can take place in a variety of contexts, environments, and with or without equipment so it is important to realize that there may be InterActivity-specific safety considerations to be taken into account.

According to Ontario Health and Physical Education Association (Ophea), teachers, coaches, and school staff must take into account these risk management guidelines:

- Make the InterActivity age and developmentally appropriate for student's abilities. These InterActivities have been developed to apply to any age level, so it is up to the teacher to make the activities suitable for a specific age group based on their professional judgement. We have provided some general safety guidelines for each InterActivity in the InterActivity Plan in relation to physical distancing.
- The school staff who is implementing these InterActivities must have "knowledge/experience and certifications (where applicable) in accordance with the safety standards to teach, coach and/or supervise the activity safely" (<https://safety.ophea.net/about/risk-management>).
- It is also important to make aware parents/guardians of InterActivities in which children may participate where there is an inherent risk. Parent/guardian permission must be obtained (learn more: <https://safety.ophea.net/about/risk-management>).

Safety Considerations

Please consult the safety policies at your local school board and adhere to your provincial Safety Guidelines for Elementary and Secondary Students. For more specific guidelines for Ontario schools, please visit Ophea's Website (<https://safety.ophea.net>) and their Tools & Resources page for specific guidelines on equipment, facilities, and clothing/footwear/jewelry, health and first aid, professional learning, responsibilities, special rules/instructions, weather, and tools: <https://safety.ophea.net/tools-resources>.

In response to COVID-19: We have identified InterActivities as online, close proximity, or physical distancing games. We have attempted to create as many adaptations to accommodate the varying learning environments (at-home, online, or in-school). Connection is possible, even at a distance!

Connect with Us!

Feeling Inspired and Want to Learn More?



Here are some key hashtags to help with your sharing!

#InterActive4LifeChallenge

#FitnessFriday

#MovementMonday

#IA4L

#TacticalTuesday

#InterActive4Life

#WorldCupWednesday

#GetActiveWithMe

#TempoThursday

Got an InterActivity to Share?

We want to hear from you! Please help us grow our bank of resources by filling out this form: <https://forms.gle/ny6BBDfgTZ4yjcf77>!