

Halloween Activities

BooOOOooooooh!

Beware! Scary contents inside:

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PHE Canada
Physical & Health Education Canada

Halloween can be a very fun or “tricky” time of the year for many. It is a day full of costumes, tricks, and candy, candy, candy! But, how do we bring students’ interest in Halloween into our classrooms while fulfilling our health or physical education curricular expectations? What are you preparing to do with your students on October 31?

Get into the spooky spirit this Halloween with our Halloween Activity BooOOOooklet. Check out our selection of active and engaging activities to help promote healthy, active living on a day full of sweets. Not only do these activities foster physical literacy, but they take on a cross-curricular approach. Have a safe, happy, and active Halloween!

Wicked Bowling

Have each student each bring in two empty (no lids) canned food tins. Give each student two strips of construction paper to design/draw a Halloween related character of their choice (e.g., pumpkin, witch, spider) to tape or glue onto their tins.

Type of Activity: Low to Moderate Intensity

Skills: Throwing, accuracy, communication, cooperation, teamwork

Age Group: 5-14

Equipment: Clean and empty canned food tins, bean bags

Participants: In pairs

At one end of the classroom, place ten Halloween pins in a triangle shape like you would for a traditional game of bowling. At the other end, mark a line on the floor. Have students line up along the line in alternating boy-girl order, then pair off students. Give each pair four bean bags to use for their game. Students have to try and toss their bean bags to knock down their pins without crossing the line. Not challenging enough? Have students move further away from the cans/tins or use smaller objects to knock down the pins. Or, have one student be blindfolded and the other student has to instruct them on where to throw to knock down the pins.

Monster Man

Students will complete 6 sets of the exercises listed below which includes a 50 meter run/jog/walk to start the cycle, 50mrun/jog/walk between each set of exercises and finish with a 50mrun/jog/walk. This is not a race. Students should focus on proper technique and doing the activities to the best of their own ability!

Type of Activity: Moderate to vigorous intensity
Skills: Running, stability, communication
Age Group: 10-18
Equipment: Gym mats
Participants: In pairs

Place gym mats at opposite ends of the gym. Without talking, have students line up along the gym by birth month, starting with January. When lined up, students pair up. Have one person from each pair run to the other side of the gym. Once there, both students perform the first exercise. When finished, the student runs to the other side of the gym, being careful not to collide when passing each other and perform the next exercise. Continue for anywhere from 5 to 30 minutes. Groups will keep tally of how many times they get through the 6 set of exercise so next time they perform this activity they can beat their record.

- 5 pushups
- 10 crunches
- 5 squat jumps
- 5 lunges for each leg
- 8 running high knees
- 4 “swimmers” (lie on stomach raise left arm and right leg, hold, then switch arms and legs)

Halloween Word Blanks

Before class, print off word cards and exercise cards. Ensure enough cards for every group to be able to complete their worksheet. There should be one exercise card for each word card. See the appendix for samples. Tape an exercise card to a word card. Place five hula hoops spread out around the gym. Divide the word cards among the hula hoops, placing them with the words face up and the exercises face down.

Type of Activity: Moderate to vigorous intensity
Skills: Stability, running, team work, communication, problem solving, language development
Age Group: 10-18
Equipment: Hula hoops, word and exercise cards (see appendix), worksheet (see appendix)
Participants: Groups of 4-5

Divide the class into small groups of 4-5 students based on similar shoe colour. Have the groups line up along the side of the gym opposite the hula hoops. Provide a “Word Blank” work sheet to each group.

Students will take turns within their group collecting cards and bringing them back to their group. One student from each group runs to hula hoops and brings one card back to the group. To use the word in their Word Blank, everyone in the group must perform the exercise. Everyone from the group must collect at least one card. The tricky part of the game is that the students need to determine the type of word that fits in each blank, whether it be a noun, pronoun, adjective, verb, etc. At the end, each group shares their story with the class. The class can discuss who had the scariest word blank, the word blank that makes the most sense, and so on.

Spooky Treats

Green Goblin Smoothie

- 2 bananas
- 1 ½ cups water
- ½ cup ice cubes
- 2 handfuls of spinach
- 1 cup pineapple (fresh, frozen, or canned in juice)

Give each student a clear, plastic cup so they can draw a face onto it with permanent marker. Place all ingredients into a blender. Pour each student a Green Goblin into their cup.

BooOOooooonana

Give each student half a banana, 2 mini chocolate chips, and a lollipop stick. Students are to press two mini chocolate chips into the banana for eyes and insert a lollipop stick.

Scary Popcorn Hand

Give each student a clear foodsafe glove, a handful of popcorn, and 5 candy corns. Each student is to place 1 candy corn into each of the fingers of the glove, for a total of 5. Next, students are to fill the hand with popcorn and tie the end.

Appendix



WORD CARDS

Harry	Frankenstein	Skeleton
Candlestick	Bolt	Camera
Spider webs	Ear	Eyes
Toe	Pumpkins	Witch
Candy	Ghosts	Bats
Fire	Cave	Trees

WORD CARDS

44 Hours	Eight hours	11 hours
One hour	Loud	Ran
Broomstick	Cleaned	Rope
Ugly	Tall	Harry
Leaves	Batman	Wolf
Zombie	Scary	Screamed

WORD CARDS

Ate

Slept

Chuck

Yell

Throw

Watch

Eat

Dance

Sing

SAMPLE EXERCISE CARDS

<p>Walk like a zombie along outside of gymnasium once.</p>	<p>Perform 10 Full Moons (Squat down and as you come back up circle arms above head)</p>	<p>Run/jog to touch all 4 corners of the gym.</p>
<p>Do 10 “Hulk” push-ups</p>	<p>Walk like a zombie along outside of gymnasium once.</p>	<p>Do 20 “mummy” sit-ups</p>
<p>Walk like a zombie along outside of gymnasium once.</p>	<p>Do 12 walking lunges.</p>	<p>Perform skeleton jacks for 30 seconds.</p>
<p>Perform 10 Spider Climbers (In push up position, alternate bringing your knees to your chest and tapping your toe on the ground.)</p>	<p>Choose a team across the gym. Creepy Crawl to give them all a high five.</p>	<p>Hop on one foot down one length of the gym.</p>
<p>Do 20 “mummy” sit-ups</p>	<p>Skip the length of the gym and back.</p>	<p>Perform a “Dracula” wall sit for 20 seconds.</p>
<p>Choose a team across the gym. Walk like Frankenstein to give them all a high five.</p>	<p>Run/jog to touch all 4 corners of the gym.</p>	<p>Perform 10 tuck jumps. (Jump as high as you can while bringing your knees to chest)</p>

STUDENT WORKSHEET

It is a _____ Halloween night. As I am _____ down the street,
a _____ monster that looks like a _____
_____ out from behind a bush. “ _____, you _____
me!” “Sorry” said the _____. “I’m in a rush to get to the _____ so
that I can get Halloween _____.” He is a monster but I think Halloween
_____ sounds really good so I follow the _____ monster. We ran
_____ all the way down the street, through a _____ and over a
_____ only to find that there was no Halloween _____. It just
goes to show you that you should not trust a _____ monster on Halloween!