



GOING SOLO CUPS FOR FITNESS & COOPERATION

January 25, 2019
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Agenda

1:15 pm to 1:20 pm	IntroductionNormsWhy cups?
1:20 pm to 1:30 pm	Instant Activity
1:30 pm to 1:40 pm	Individual Activities
1:40 pm to 1:50 pm	Partner Activities
1:50 pm to 2:00 pm	Group Activities
2:00 pm to 2:05 pm	Closure

Norms

- Active Engagement
- Safety
- Have fun

About me...

- 12th year at North Atlanta High School in Atlanta Public Schools
- 8 Years at Beecher Hills Elementary in Atlanta Public Schools
- 3 years at Floyd Middle School in Cobb County

Objectives

Participants will be able to:

- Explore an instant activity, individual activities, partner activities, and group activities using cups.
- Transfer cup activities into their curriculum.
- Create cup activities for their curriculum.

How Cups?

- Instant Activities
- Individual Activities
- Partner Activities
- Group Activities

Why Cups?

- Accessible
- Cheap
- Fun
- Creative
- Different
- Kids love it!





Instant Activity 1- Up/Down



- 2 teams
- Objective: Turn over as many cups as possible in 1 minute.
- A team is assigned up & a team down.
- 1 minute each team
- Other team holds plank
- Rules:
- 1. Must use hands & turn over cups (no kicking or knocking over)
- 2. If the plank is not held, 5 points is given to the other team.



Instant Activity 1- Up/Down



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- Objective: Turn over as many cups as possible in 1 minute.
- A team is assigned up & a team down.
- 1 minute each team
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Instant Activity 2- Team Stacks



- 2 teams
- Objective: Return the most cups to the line.
- Both teams go at once.
- Each person can pick up 5 cups at a time
- Rules:
- 1. Once a person is getting cups, the other team can not "take."
- 2. Watch personal space





- Each person will need 10 cups
- On tabata:
- 1. Hold plank and tap top.
- 2. Vsit and heel tap side to side.
- 3. In plank stack and restack cups (all 10 cups)
- 4. V sit and heel tap on outside of cups and tap feet together on top.

Repeat

Individual Activity #2

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SQUEAKY

- Ping Pong Ball toss with one cup
- a. Toss ball into air with free hand and catch in cup.
- b. Toss ball in air high with free hand and catch in cup.
- c. Toss ball low & catch in cup.
- d. What "fancy" ways an your catch?
- **Challenge Non Dominant Hand...**
- 2. Ping Pong Ball toss with two cups....

Partner Activity #1

- 1. Ping pong ball toss with partner....
- a. Free hand toss
- b. Two cups each



Partner Activity #2



- 1. Compile all 20 cups in a stack.
- 2. Partners sitting back to back.
- 3. Feet off the ground.
- 4. Cup stack to the right side of one person.
- 5. On tabata person with all the cups, passes one cup at a time to their left hand, then to the other person.
- 6. The other person receives cup with right hand, pass to their left hand, and stacks to their left.
- 7. Repeat

Cup Return

The Go Gos-We got the Beat

- 1. Jog over and return cups to "stack"
- 2. Create a group of 6 to 8 by a cone.



Group Activity One- Group Build



- 1. Join a group of 6 to 8 by a cone.
- On the music, one person at a time, will (locomotor skill) over to the cups and retrieve 10 cups and a fitness card.
- 3. Lead group in 10 of the exercises on the card.
- 4. Next person goes....

Begin building a creation.

4 CUP RULE...if more than 4 cups fall over during build, you must return 10 cups, and rebuild before moving forward.

Continue until all cups are gone, creation will assessed on creativity and ingenuity.

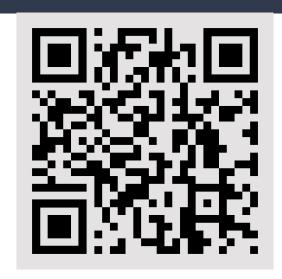
Cup Restack

- Goal: "Take down" cups without knocking over the creation.
- When a person has 20 cups return to Cup Container.
- Repeat

I'm comin' up so you better get this party started

Thanks!!

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https://tinyurl.com/20stwsolo

Project Fit America Fitness Cups:

https://www.projectfitamerica.org/store.html