

INSTANT ACTIVITIES**Boxer Training -Theme from Rocky:**

- Jog, hop, skip, or whatever movement teacher says clockwise, counterclockwise or scrambled eggs (any direction student chooses).
- Teacher calls out commands-- champions hold hands high; training--pretend to jump rope, shadow box; dead bug lie on back screaming & quickly get up.
- Add any other commands you can think of, sit-ups, push-ups, etc.

1-on-1 Bandana Tag

Equipment: 1-2 bandanas for each student,

Skills: Dodging, Fleeing, Locomotor Patterns

- Organization: Two partners will face one another in an open space.
- Each student will need a partner for this activity. Each partner will have two bandanas (one for each hip). Remember the tips provided in the previous description.
- When the music starts, the partners will attempt to be the first person to pull both of the opponent's flags. If successful, the winner will receive one point
- Adaptations/Tips:
 - Assign a larger number for points if a player wins (mathematics)
 - Remind students that they may NOT hold their own flag, they may NOT dive or slide on the floor, and they should avoid grabbing the opponent's clothing
 - Remind students that this is a face-off game, there should be no running and chasing

Bandana Team Tag

Equipment: At least two different colored bandanas, enough of the bandanas for all participants

Skills: Dodging, Fleeing, Locomotor Patterns

Organization: Random (everyone must remain inside the boundaries)

- Each student will be on one of two teams depending on the color bandana that he/she collects. The bandana will be tucked in on the side of the waist.
- The objective is to try and pull the bandanas of the opposing team. If a bandana is pulled, it should be dropped and play continues.
- The person who had the bandana pulled will pick it up and move to outland (somewhere outside the playing area). Once in outland, the student will perform a physical activity that has been designated by the teacher before they may rejoin the game.
- Adaptations/Tips:
 - Have each participant start with two bandanas, if one bag is still tucked in, the player is in the game
 - Have the students travel using different locomotor patterns while playing a round
 - Introduce a third colored bandana to make the game more interesting/challenging
 - Remind students that they may NOT hold their own bag, they may NOT dive or slide on the floor, and they should avoid grabbing the opponent's clothing

Lucky 7

- Pairs play R/P/S as fast as possible and continue until they match their partner.
- Each person must match 7 times, with 7 different people, and then sit down.
- How fast can the group get everyone seated?

RPS Baseball –

- Set up 4 bases in a small area.
- Two teams of 4 students.
- One student from each team starts running the bases in opposite directions; one team toward first base the other toward third. When the two students meet they play RPS.
- Winner continues and the loser goes back to team and the next student from that team tries to stop the winner from scoring by coming out to play RPS.

HRPAs (Health Related Physical Activities)**Aerobic Bowling**

- You need a pin and ball for each group of 3-4 students
- Set the pin 15' to 30' from the bowlers depending on the age group
- One member will stand 2' behind the pin
- On the teacher's signal, all students begin
- The first bowler rolls the ball at the pin
- If the pin is knocked over or off the line it is the bowlers responsibility to set the pin back up properly, and then replaces the person behind the pin
- Person behind the pin retrieves the ball and *runs* it back to give to the next person in line
- Continue this rotation for a set period of time and see how many times each group can hit the pin

Grid Fitness

- Students in groups of 2-4. Each group has a grid and a pair of dice
- Students roll the dice, take the number from each and locate where they intersect on the grid
- Students then perform that activity
- Roll & repeat

Site Word Madness (K-2) Thanks to Erika Buscaglia!

- Set of sight word cards, spots; place a set of sight word cards on the walls, scatter polyspots on the floor
- Students work in pairs; one is standing on a spot, while the other is holding a site word card.
- On the signal, the student on the spot begins to jog in place, while their partner with the word uses a locomotor movement to find their word on the wall. Once they find the word, he/she returns to the pile of words and selects another card to take back to their partner
- The partners then switch places and continue the activity
- Site Word Marathon:
 - Students run one time around cones,
 - Go to center of gym, pick up site word,
 - Find the word on the wall,
 - Repeat
 - Variation - Have students perform exercise/activity at one corner before picking up new word

Use muscles, body parts, bones, etc.

Games/Activities**Football Throw Bingo**

- Divide class into 6 groups
- Each group will have a blank bingo card, a football, four items to cover the bingo card, and a bingo card designated the hoops they must cover
- Set up the hoops in a grid – four across and four down
- Students stand at their cone, first student runs out to a designated hoop. The next student in line attempt to throw the football to that person who must catch the ball with both feet inside the hoop. If successful the catcher returns to the group covers the square on their bingo card and goes to the back of their line.
- If the pass in not completed the student returns to the end of the line without covering a square
- The student who threw the football now goes out to a designated hoop to catch the football

Star Wars

- Spread poly spots around perimeter of area and place a demi-noodle on each spot.
- Divide the class into teams of 2-3 students

- Have each team sit behind one of the poly spots
- On the signal, one student from each team enters the playing area and tries to tag an opponent's foot with their noodle
- If a player is tagged, that student holds their noodle above their head with two hands and returns to their spot and their partner goes.

Noodlette Knock-Off

- Spread poly spots around perimeter of area and place a demi-noodle and noodlette on each spot.
- Divide the class into teams of 2-3 students
- Have each team sit behind one of the poly spots
- On the signal, one student from each team enters the playing area holding the demi-noodle in one hand and the noodlette on the back of their other hand
- Object is to protect the noodlette from falling off while trying to knock off noodlettes from other players
- Once your noodlette is knocked off, pick it up and trade places with your partner

22 Skidoo

- Equipment- long noodles 2-3; cones to mark off play area (jail/safety lines)
- Set up a square jail in the middle of the area with 3-4 students in the jail, and establish safety lines around the perimeter.
- The object is to rescue the students in the jail by crossing the guard area and shaking a jailed student's hand 22 times
- The student in jail is responsible for keeping his/her own handshake count. If a student has 16 shakes they cannot leave until they get 6 more shakes from a rescuer.
- If a rescuer is tagged *below* the knees, they must go to jail
- Stop every 3-4 minutes to change the jailers
- Rescuers may shake two jailed students at a time—but do not offer this rule to the students - see if they can figure this out on their own

Cool Down Activities

Gotcha

- Have class for a large circle, and ask everyone to hold their right hand, palm up, with their right elbow bent at a 90-degree angle.
- Take the left hand, with the index finger extended, and place the tip of that rigid digit into the palm of the student to their left
- On the teacher's signal, the extended palms try to catch a finger, and obviously those digits try to escape. Only one grab, no seconds. Individually, if you can catch a finger while your finger escapes, you have achieved the premier level of gotcha, but on the next signal you can lose your status.
- Change your signal for go
- DO NOT play this for long periods of time-remember to leave the students wanting more not bore
- **Variations;**
 - Switch palms and fingers (left palm, right index finger),
 - Turn the receiving palm upside down and extended digit comes from down under (Australian Version),

- Ask students to close their eyes and indicate that anyone can give the signal

Zoom

- Students (entire class) form circle.
- Using a stopwatch, time how long it takes to send the word ZOOM around the circle
- Select an individual start the ZOOM, and say “GO” and “Stop the timer when ZOOM returns
- Repeat the attempt a couple of times to see if the class can improve their speed

Jekyll Island Stomp (*Don Puckett*)

(Here For the Party- Gretchen Wilson)

- Right Heel out and back 2X
- Left heel out and back 2X
- Right toe; touch front-back-side-lift
- Grapevine right and left
- Right foot fwd slide left foot up to right
- Right foot fwd, left foot kick
- Walk back LRL stomp R
- Wag out right foot 2X

