

PE PALOOZA

"COUCH BAD...PLAY GOOD"

DAVE SENECA

SHARE THE WEALTH

JANUARY 2020

PEPALOOZA@COMCAST.NET

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TPT - PEPalooza

PE PALOOZA ADVENTURE RACE

Below is a link with detailed instructions on how to make your own
PE Palooza adventure race.

<https://thepegeek.com/2016/08/make-qr-code-treasure-hunt/>

TEAM BUILDING

Quick Team Building Activities

All Aboard

All aboard is easy to run and effective team based challenge, where the group must fit inside a defined space (using either a rope or a tarp). Once the group has achieved this, the size of the area decreases, becoming smaller and smaller over time.

Back-to-Back Drawing

Working in pairs, one person must describe a shape without naming it, whilst their partner must try to draw the shape they are describing to try and get as close the original shape as possible. This activity focusses heavily on verbal communication and listening skills.

Balloon Sculptures

The team is tasked with creating balloon sculptures that reflect how they view the team. This activity works well with participants that are of different job levels and allows everyone to show creativity and make connections.

Birthday Line-Up

Participants line up in a straight-line side-by-side. They are then asked to get in order by their birthdays (month and day, year isn't necessary), however they are not allowed to talk. You can also get them to get in order by height, shoe size, favorite color etc.

Bus Stop

Group members make choices (express their opinions) in front of other people by getting on and off an imaginary bus.

Fly in the Glass

This is a quick initiative exercise using lateral thinking. Before you begin, use the sticks to create the shape of a wine glass with a fly placed in it (see below). Introduce the challenge and explain that they must recreate the wine glass without the fly in it. To complete the challenge, they are only allowed to move just two sticks.

Group Juggle

The group stand in an inward facing circle and are asked to throw juggling balls amongst the group in a specific order. As the activity develops more juggling balls are introduced and the pressure to work well as a group increases.

Hole Tarp

The objective of this challenge is for the team to work together to navigate a ball around a tarp for as long as possible without the ball falling through a hole or off the tarp completely.

Human Knots

Starting in a circle, participants connect hands with two others people in the group to form the human knot. As a team, they must then try to unravel the "human knot" by untangling themselves without breaking the chain of hands.

Human Shapes

Working together as a team, the group must use their bodies to form letters and words.

Infinite Loops/Rope Handcuffs

Pairs are connected using the infinite loops, their challenge is to become disconnected from their partner, without removing their hands from the loops or untying the knots.

Loop-De-Loop

The team stand in a circle and hold hands. Start one hula-hoop hanging (or bungee) over one pair of joined hands. Each person in the circle must pass the hoop/loop over him/herself and on to the next person whilst staying connected at all times.

Magic Cane/Helium Stick

Teams are given a magic cane (also known as helium stick) which they must lower to the ground, using just their index fingers. All participants must remain in contact with it at all times – what seems like a simple task, can become incredibly frustrating and funny for all involved.

Move Tennis Balls

The team race against the clock to retrieve and move as many tennis balls from one bucket to another, without using their hands or arms.

Pair and Group Stand up

Pairs sit back-to-back, arms linked and must stand up together. When successful make a 4 and do the same.

Photo Finish

The aim of the challenge is for the whole group to step across the line at exactly the same time. If one person is out of sync, then they must start over again. This activity involves planning, communication, timing and resilience

Shoe Tower

Using the shoes available to their team, they must construct the tallest tower. The team with the tallest tower at the end of the time wins the challenge.

Through the Loop

The objective of this simple but effective challenge is for everyone in the group to pass through the loop as quickly as possible.

Trust Circle and Ladder

One person is selected and stands in the center of the circle. They allow themselves to relax, and fall backwards, safe in the knowledge that their team will catch them and then 'bounce' them gently around the circle.

Willow in the Wind

One person in the team is selected to be 'the willow' and stands in an upright and rigid position in the center of a circle. On your instruction, the person in the center of the circle (the willow) is gently passed around the circle in any direction by the spotters. The willow must keep their feet absolutely still at all times and put their trust in the rest of the team.

GREAT SKILL STATIONS

1 RING TOSS	PURPLE / YELLOW
2 SACKIEZIE	BLUE/ PURPLE
3 HORSESHOES	NO CONES
4 BADMINTON	YELLOW
5 SPIKE IT	PURPLE
6 WALL BALL	BLUE
7 TABLE TAG	GREEN
8 ROLLER DERBY	BLUE / YELLOW
9 THROW CHALLENGE	RED
10 SNEAK TAG	GREEN / PURPLE
11 EGG BOWLING	ORANGE / RED
12 TIC TAC TOE	ORANGE

SACKIEZIE

Two players take turns tossing and catching a beanbag on the back of their hands. One point is awarded each time a player catches the beanbag successfully. No points are awarded if a player drops the beanbag. First player to 10 wins

VARIATION: PLAY THE OPPOSITE WITH YOUNGER CHILDREN-A DROP = A POINT FOR THE OPPONENT. ALSO 3 POINTS COULD BE AWARDED FOR A CATCH AND -1 FOR A DROP.

ROLLER DERBY

4 players

2 7-inch playground balls

20-30ft square (one side of a singles tennis court service box)

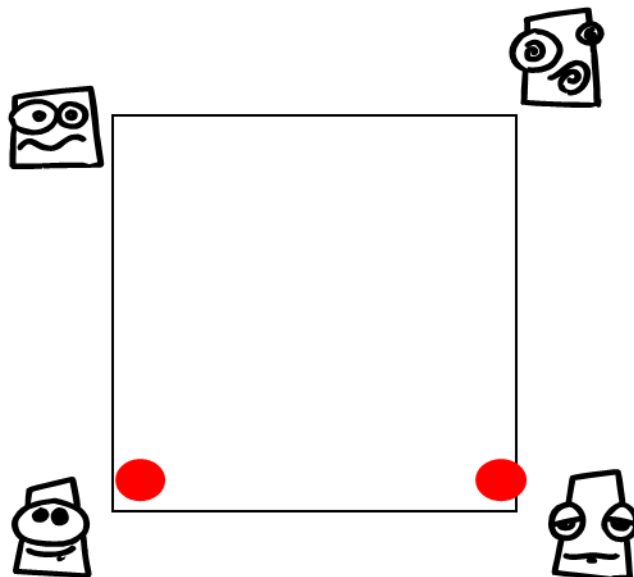
Each player stands on one corner of the square
player stands on one

Players take turns rolling the ball diagonally across to a player on the other corner which is their partner. Decide which team is going to be offense and defense. Offense is played by trying to get the ball across as quickly as possible. Defense is played by trying to hit the offensive ball while in motion. If the offensive team completes a pass, then that team scores a

point. If the defensive team hits the offensive teams roll then they get a point. First team to 10 wins.

Variation:

First to roll the ball is offense.



2 SQUARE / 4 SQUARE

- Two hand under hand striking only
- Line is in
- Start with a fair serve. • 7" or 10" playground

In Short:

Four square is played with a rubber playground ball on a square court with four players. When the ball is bounced into your square you must then bounce it back out without hitting twice in your own square, otherwise you are out. The object is to eliminate players in higher squares so that you can make it to the 'KING square' and score the most points. The Court:

Four Square is played on a 16' square court divided into four smaller squares that meet in the center. Squares are numbered 1 through 4. New players enter into square number 1 and the ball is served out of square number 4. Players may stand, walk or run anywhere in the court, though it is best to stay in a position to protect your own square.

The Ball:

The official league ball is a textured 8.5" rubber playground ball inflated to 2 lbs. During play the ball may be hit with two hands under hand only.

Normal Game Play:

The player in the highest rank, called four square or 'KING,' serves the ball to any of the other lower ranking squares. The serve must be fair and the king must face the player they are serving to. After a single bounce in one square, the player must hit the ball (return) into any other legal square before it bounces again. Each time the ball is bounced in any square, that player must hit it into any other player's square (return) to stay in the game. The game continues until a player makes an error by letting the ball bounce twice, hitting the ball out of bounds.

Progression of Squares:

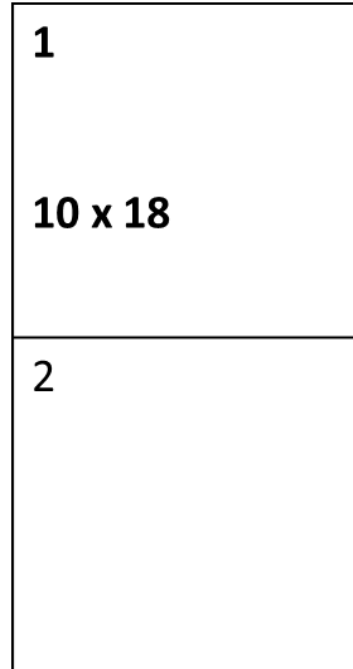
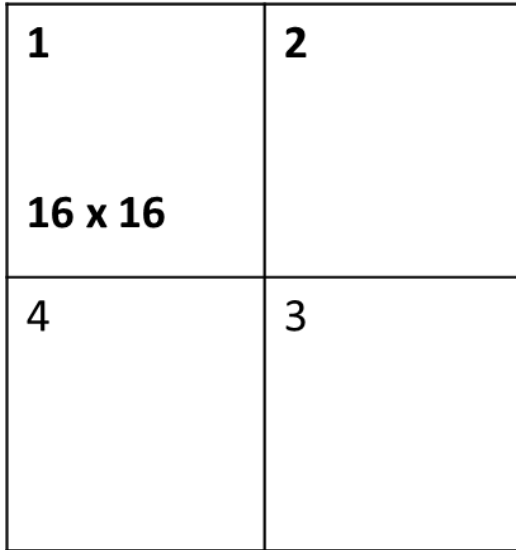
Each time a player is knocked out, that square becomes vacant and all the players move up to a higher numbered square to make the one square available for an incoming player. Knocked out players must go to the end of the line and await their next turn in play.

Interference:

If the ball is touched by another object which is not one of the four players or the floor, this is called interference. The round is started again. Players waiting in line may not touch the ball when in play.

It should be mentioned here that there are times when one cannot hit the ball. When a ball bounces in a square it is that player's responsibility to hit the ball into another square, and failure to do so would be a fault making them out. Other players may not interfere with a player's turn by hitting the ball and preventing them from returning it.

TWO Square is played exactly like 4 square just with less squares. All rules are the same.



STRIKER

Equipment:

- Giant or medium Wal-mart play ball
- 3 ft. square or hula hoop
- Rules:
- 4-8 players 2v2 3v3 or 4v4 designated by colors
- Floor Tape (indoors) Rope and small stakes (outdoors)

The first team to serve is determined by rock paper scissors. Each team will stand across the square (6ft x6ft) from each other on court. A serve is performed like a spike in volleyball.

Downward towards the hoop. The opposing team may strike the ball two times before they must spike the ball back in the square on third contact. A spike may occur on any strike except when returning a serve. A player may not strike the ball to themselves. Each time the ball leaves the square it changes possession. If the ball is directed towards your team you gain possession. If a team misses the ball or drops the ball the other teams get a point. The serve rotates clockwise around the square. A team may not

hinder the other team in any way. If the ball hits the line of the square it is in and the opposing team must play it. Any player standing inside the square on a spike results in a point lost.

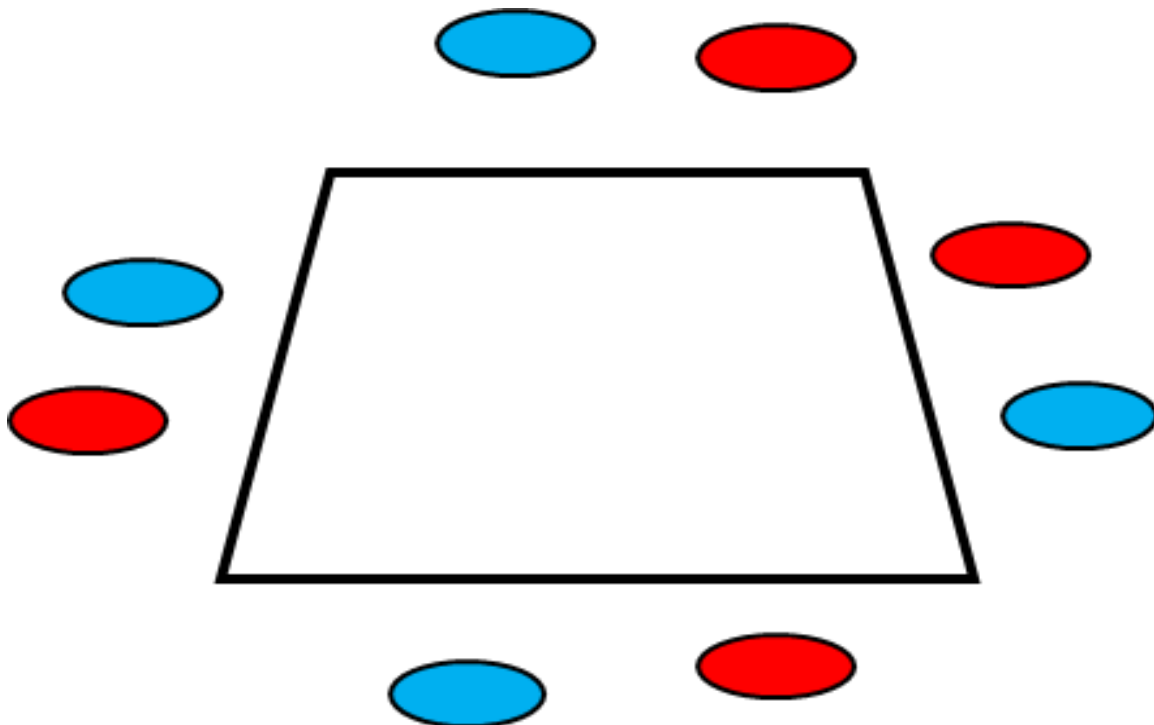
MANY DISAGREEMENTS

ARE DO-OVERS

SCORING

Rally scoring (points can be won by the serving or receiving team)

The first team to 11 wins



FLASHBALL

Equipment:

2-4 players

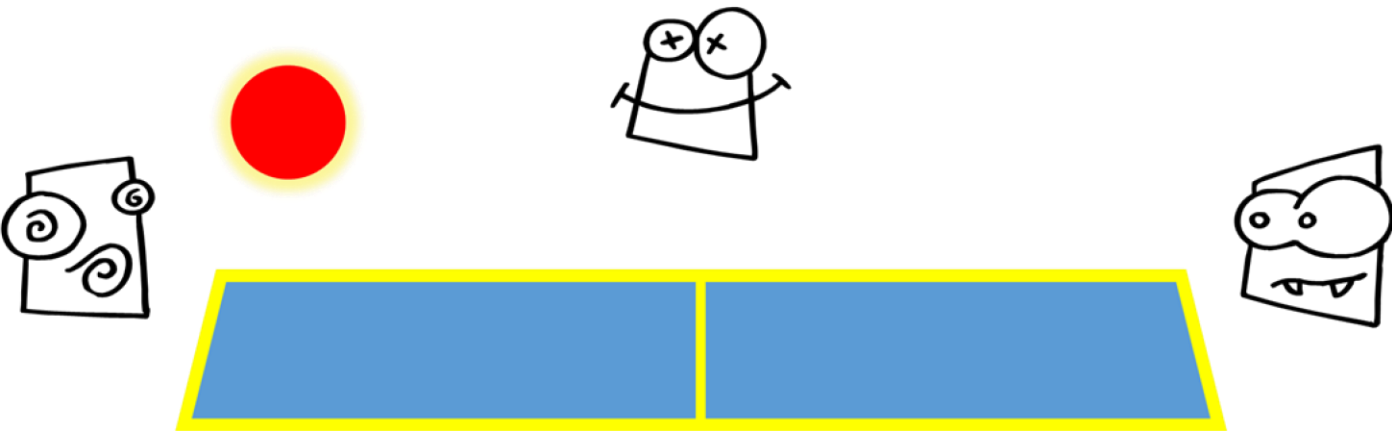
3x18ft courts

Wal-Mart Giant Play Ball

RULES

- Line is in
- Ball must bounce on opposite players side
- Ball must be caught before thrown

- Ball is thrown where it is caught (one step may be taken to ensure proper throwing technique)
- A player can tip the ball into the air but the ball must be caught before the ball hits the ground.
Tip ups are used to when the ball cannot be caught clean.
- If the receiving player misses the ball that player is out and the remaining player gets to serve. Serve must be fair and relatively easy to receive. Players rotate quickly so that the



pace of the game stays high.

- Players may not throw within their rectangle

WANT MORE GREAT NET/WALL LEAD UP GAMES?
[CLICK HERE](#)

QUICKETTE (MODIFIED FROM WOOMBABALL – DAN FERRESE)

2 pitchers
2 batters
2 infielders
2 outfielders
2 bats
2 deck rings
1 ball
4 bowling pins.

Set field up with two wickets (two bowling pins each) about 25 feet from another set of wickets.

The OBJECT: THE PITCHERS AND OUTFIELDERS WORK TOGETHER TO GET THE TWO BATTERS OUT - 3 outs - to cause rotation.

They do this by pitching the ball to knock over the set of wickets 25' away. The other pitcher acts as the catcher. The catcher picks up the ball and bowls back to the other set of wickets 25' away, and so on until three outs, or the Batter scores 10 runs. Runs are created by the two Batters when one of them hits a bowled ball and the two Batters are then able to run and exchange positions (they carry their own bat with them while they run!). Each exchange = 1 run. Runners may not run on a passed ball.

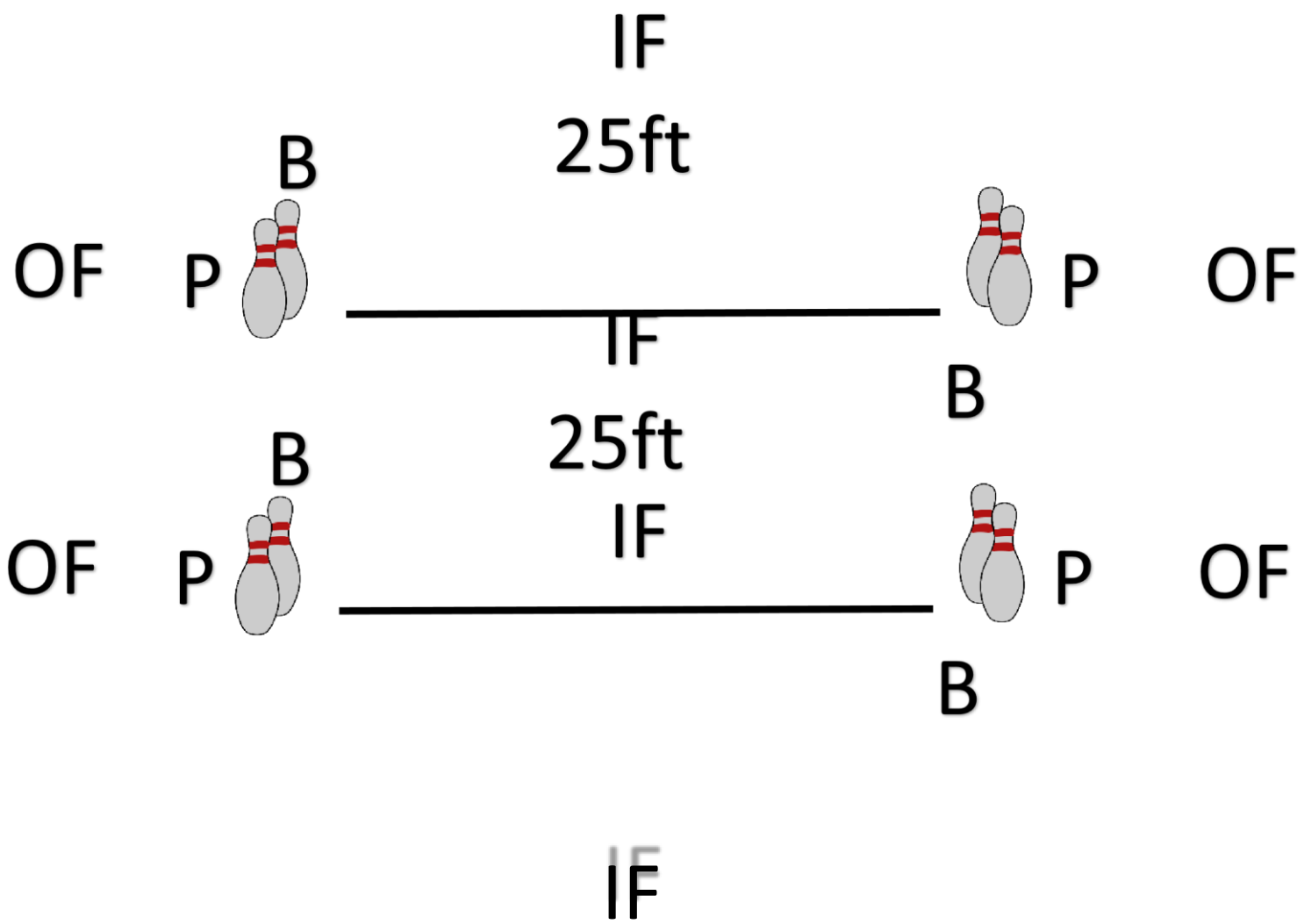
HOW TO GET OUT...

A knocked over wicket = out

Remember, a knocked over wicket is from a bowled ball, a thrown ball, and/or a wicket knocked over by the batter in the process of batting or running

Batters must remember to keep the end of the bat in the deck ring until a ball is pitched. This keeps them safe from a wicket being knocked over between pitches. Any player may knock over a wicket if a player's bat is not in the deck ring. A ball placed in the DECK RING is an automatic 3 outs

When 3 outs, or 10 runs are scored, then rotation goes: Pitcher to Batters, Batters to outfielders, Outfielders to Infield and Infield to Pitcher. If you keep track of score, each partner group keeps their own scores of runs ran.



QUAD TAG

Grade Levels: 2-8

Equipment Needed:

- 3-6 foam balls (round or football)
- 15 Cones
- Wristbands to designate QUAD KEEPERS

Object of the Game: Taggers – Pass the ball back and forth between quadrants and tag players. Taggee - Last as long as you can without getting tagged.

Game Set Up and Rules:

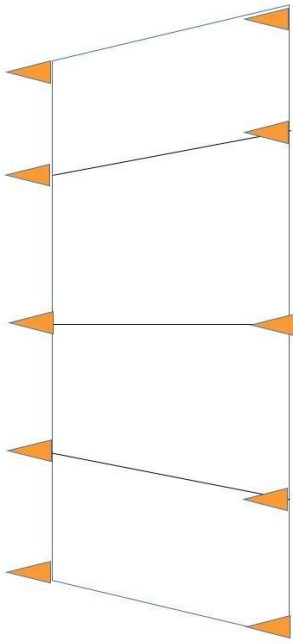
- Taggers will occupy each quadrant and must stay in their designated quadrant - Quad Keepers. These players will pass a ball back and forth. When a Quad Keeper is in possession of a ball they may tag anyone in their quadrant by touching them with the ball.
- All other players will move about the quadrants attempting to avoid being tagged.
- If a player gets tagged then that player will run/walk/jog/sprint a lap of the entire quadrant area and then reenter the game in the quadrant they tagged.

Progression:

- Round 1 – 6 Quad Keepers (2 each) and 3 Quadrants. Start with one ball. Rotate Quad Keepers every 3-5 minutes.

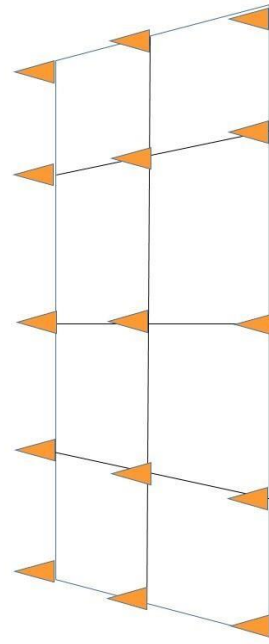
- Round 2 – 6/8 Quad Keepers and 4 Quadrants. Start with one ball and then add a second as the game gets going. Rotate Quad Keepers every 3-5 minutes.
- Round 3 – 6 Quad Keepers and 6 Quadrants to start with. Add a second Keeper per quadrant after the first rotation. Start with 2 balls and then add
rd
a 3 after the game gets going. Rotate Quad Keepers every 3-5 minutes.
- Round 4 – 8 Quad Keepers and 8 Quadrants. Add a second Keeper per quadrant after the first rotation. Start with 4 balls and add up to 6. Rotate Quad Keepers every 3-5 minutes.

QUAD TAG ROUND 2



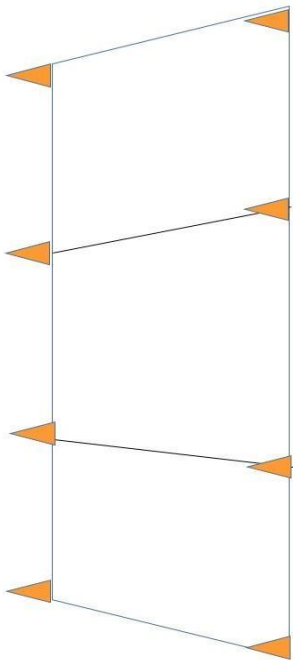
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QUAD TAG ROUND 4



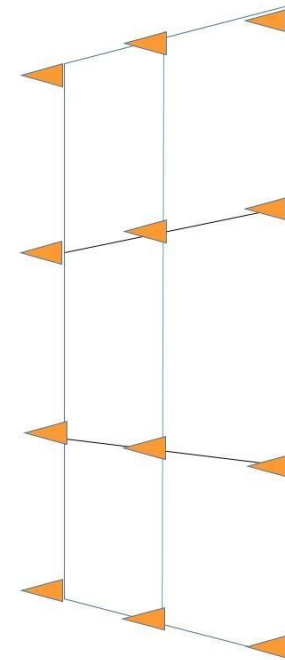
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QUAD TAG ROUND 1



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QUAD TAG ROUND 3



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ROCKET TAG

Grade Levels: 2-8

Equipment Needed:

- Flag Belts (2-3 colors) – Enough for all students
- 20+ ¼ pool noodles
- 24 - 36 Cones
- 100+ Clothespins
- 30+ Wristbands
- Indoors or outdoors

Object of the Game: Make it through each zone and to the opposite end of the field/court without getting tagged

** Dodging & Fleeing Skills, Fitness

(Running/Endurance), Offensive/Defensive Game Set Up:

- Place 10-12 cones to form first zone. (15-20yds)
- Place 8-10 cones to form second zone. (10-15yds)
- Place 4-6 cones to form last zone (10yds)
- Separate class in 2-3 teams and distribute different color belts to each team.

Directions/Rules:

- 2 of the 3 teams begin standing on the start zone line waiting for start signal from teacher. The team left over is the defense and they will occupy all rocket zones.

Directions/Rules (continued)

- **SAFE ZONES:** Students may stop at each safe zone and wait for a good chance to cross
- If you get tagged you must exit through the safety zones on either side and return to the start.

- If you make it to other end w/out getting tagged you go to the box and retrieve one clothespin. You then start over. If you earn 5 clothespins, then you trade those for one wristband.
- Each Zone should house 5-6 taggers with a tagging apparatus (1/4 pool noodle) except Zone 3... only 3 taggers should be in the Zone.
- Games continues until time is up. Each round equals 5-7 minutes. At this time rotate teams.
- Each will hold on to their clothespins and wristbands until the end of class. The team with the most wins.

SAFETY:

- Travel with eyes forward.
- Travel at a safe pace.
- Designate a locomotor skill to practice while traveling.
- Tag easy and below the shoulder

ROCKET TAG

CLOTHESPINS



WRISTBANDS

ROCKET ZONE 3

SAFETY ZONE

ROCKET ZONE 2

SAFETY ZONE

ROCKET ZONE 1

START ZONE

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ROLLER RESCUE

Equipment

20+ balls of different sizes

The object is to rescue your entire team from the defenders.

SET UP

3-5 rollers (R) are designated to start the game. The group will be separated into two teams. The entire team of each side will start in the defending team's end zone. On go, the rollers (R) will attempt to complete passes to their TEAM to be rescued. If it is a clean roll and a clean catch. Then that player may use the safety zone to come back to their side and they are given a choice to be a roller also, be a gather-er or play defense. If they play defense they may only stop a roll with their foot. If a defender stops ball they may give it to a roller or they may roll the ball too. If a clean pass is not made, then the rescuers may roll the ball back to a roller in attempt to restart. Teams may not hold equipment to prevent rescue.

The first team to rescue all their player wins.

Variations:

Use beanbags and let them slide them

Use equipment that they may throw. A complete catch is considered a rescue.

ENDZONE

TEAM

R
R
R

R
R
R

TEAM

ENDZONE

SAFETY ZONE

INNOVATIVE DANCE

CUPID SQUARE DANCE

MUSIC: “Cupid Shuffle”

Step together Right (x4)

Step together Left (x4)

Kick R,L,R,L (8 Counts)

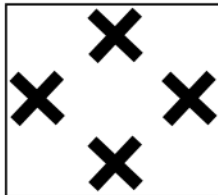
Mash potato Twist (8 Counts as you $\frac{1}{4}$ turn to left)

REPEAT FROM BEGINNING

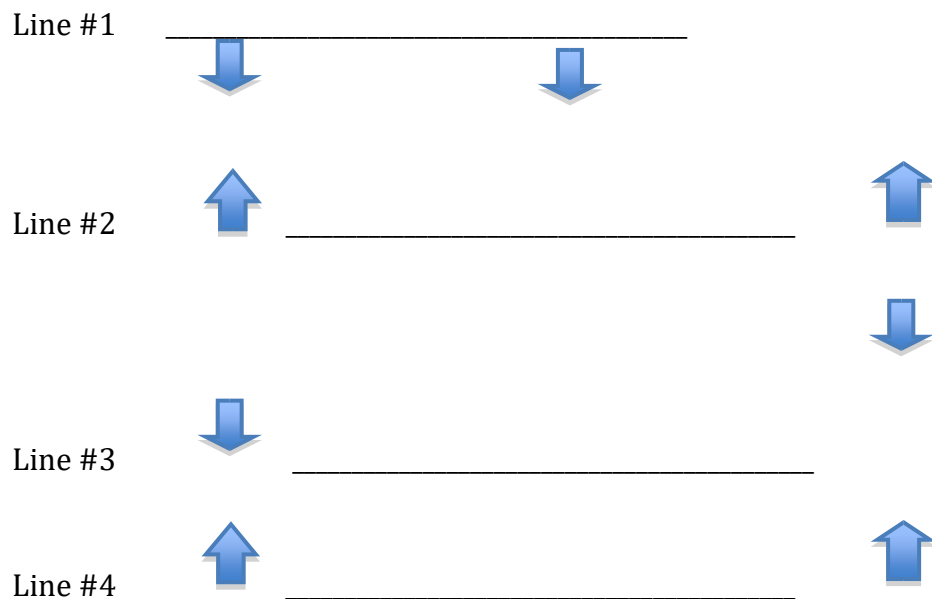
Variation Face each other a partner or a group of four.

Everything stays the same until the end. Each player will take 8 counts and replace the player on their right.

REMINDER! Make sure students blossom out away from center rather than rotate.



Crossover (COME GET IT BEA- Pharell Williams)



Lines 1 and 2 dance together, Lines 3 and 4 dance together

Rt Ft- 2 heel taps forward

2 toe touches backwards

1 heel tap forward

1 toe touch back

Step right toe out to the right

Kick right foot behind left leg and touch with left hand

Grapevine rt 4 cts, Grapevine lft 4 cts.

Walk forward 4 cts- turn on 4

Walk backwards 4 cts (end up on opposite line)

Repeat Dance

KID N PLAY "Groove is in the Heart"

Starting with your left foot

Walk 2, 3 on count 4 reach out your right foot and tap the inside of the foot of your partner. (person across from you)

Walk back 2, 3, 4

Grapevine right

Grapevine left

Hop one $\frac{1}{4}$ turn to your right

Hop one $\frac{1}{2}$ turn to your left

Hop three $\frac{1}{4}$ turns to your right... you should be facing the opposite direction than when you started.

Note: students on the outside will not have a partner at first. After the first round they will have a partner.



HIP HOP SQUARE DANCE

Rt. Toe (x2) Hip Hop arms

Lt. Toe (x2) “ “

Rt. Toe (x1) “ “

Lt. Toe (x1) “ “

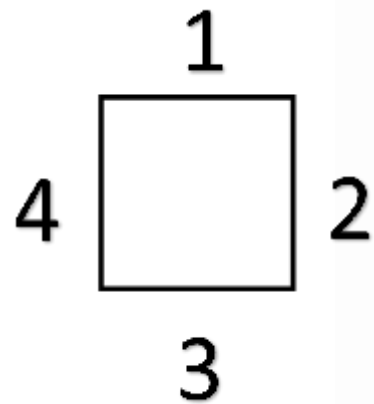
Rt. Toe (x1) “ “

Lt. Toe (x1) “ “

1-4 Grapevine Right (x 4)

5-8 Grapevine Left (x 4) 1-

4 Back (R1, L2, R3, L 4)



5-8 step with the left foot, kick with the right foot, jump into the air and land in the place of the person to your right.

REPEAT FROM BEGINNING

Kubb

Kubb (pronounced 'KOOB') is a Swedish lawn game said to have been played all the way back in the Viking ages. Although its true origins may be unknown, the game is well known throughout the world and is quickly becoming one of the most popular outdoor lawn games. Kubb is typically played on grass, but kubb could also be played on sand, dirt, or even snow. Kubb provides fun for all ages, everyone can play!

Contents

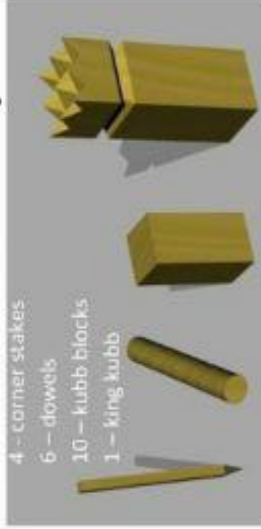
An official kubb set consists of the following:

4 – corner stakes

6 – dowels

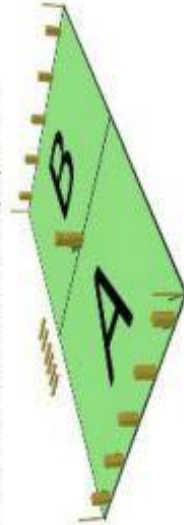
10 – kubb blocks

1 – king kubb



Setup

Kubb is typically played on a rectangular pitch approximately 16' x 26' (8m x 5m). Baseline kubb blocks are set up evenly between the corner stakes with the king in the middle of the pitch. The pitch is split up into halves, each team with their respective fields. Teams can consist of 1-6 players each.

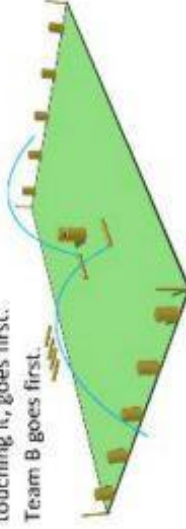


Objective

The object of the game is to knock as many of your opponent's kubb blocks over as you can using the dowels. **The dowels MUST be tossed underhand, end-over-end, no helicopters.** To win, a team must knock all of their opponent's kubb blocks over and successively knock over the king. However, if the king is knocked over any time during play, the offending team loses.

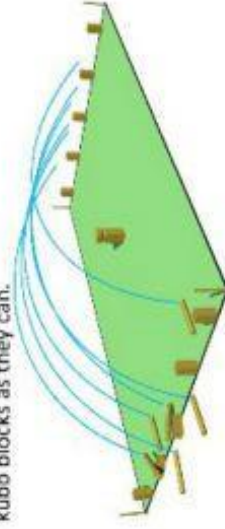
Each team tosses one dowel

Whoever gets their dowel closest to the king without touching it, goes first. Team B goes first.



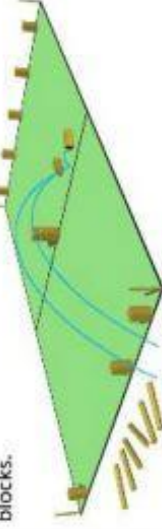
Team B tosses first

one at a time trying to knock over as many baseline kubb blocks as they can.



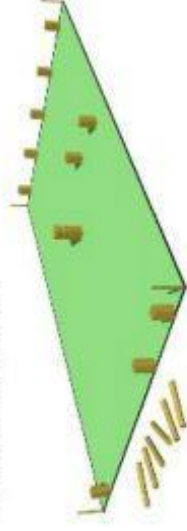
Team A tosses back toppled kubb blocks

on to Team B's field. These now become field kubb blocks.



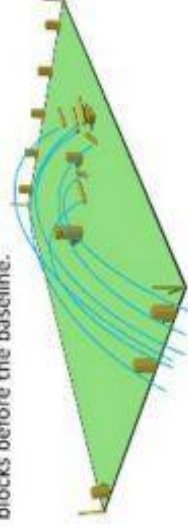
Team B sets up field kubb blocks

where they lie, in either direction but they must be facing Team A.



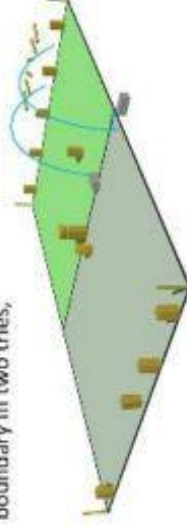
Team A tosses back

the dowels. They must knock over the field kubb blocks before the baseline.



Team B tosses back toppled kubb blocks

onto Team A's field. If kubb blocks tossed onto the opposing team's field do not make it within the field boundary in two tries,



the opposing team may put the blocks where ever they want. For instance, they could put the field kubb a minimum of one block length from the king or they can put them just in front of their baseline kubb blocks.

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