

I Teach More Than Gym - 2k16

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A Typical 50-Minute Class

Entering The Gym (1-2 minutes) - The classes enter and are either walking or skipping (teacher's choice). From here, we move into our fitness section of our class.

Fitness Section (15-17 minutes) - The classes complete about 5 minutes of interval walking and jogging (we typically do this as boys and girls). The students then participate in a variety of fitness activities designed to increase their heart rate and engage the major muscle groups. This may include student or teacher-led activities, partner activities, and or large group activities. When completed with the exercises, we all move to the stage and have a 1-2 minute health/fitness tip.

Lesson (25-30 minutes) - We will spend about 25 minutes on the standards-based physical education lesson. It may be a demonstration and then working through a skills progression or a large group activity (depending on the unit).

Clean-Up & Exiting The Gym (1-2 minutes)

K-2 Tossing & Catching Progression

Tossing Activities:

Take That Cone - This is a partner activity where you and your partner take turns standing next to randomly placed half cones and tossing an object into a large bucket. If you make it, then you get to take the half cone back with you.

HORSE (Tossing Style) - This is a partner activity and is a spin off of the HORSE basketball activity and uses the same simple principles. However, you are tossing an object into a large tub rather than shooting into a basketball goal. I allow the students to use a poly spot to mark the location of the toss.

Tossing & Catching Progression:

Catching:

The teacher will:

- _____ explain how to catch a ball above the waist (thumbs together)
- _____ explain how to catch a ball below the waist (pinkies together)
- _____ ****HOTS**** What sports involve tossing/throwing and catching? Do they always "catch at the numbers?"

The learner will:

- _____ (K) Self-toss and catch a wash cloth
 - _____ Self-toss an object and catch with two hands while standing
 - _____ ****Challenge**** toss, clap your hands, and catch a ball with two hands while standing
 - _____ ****Challenge**** toss, clap, an catch like SCHOOL (e.g., if get 1 clap, then try 2, etc.)
- (1st & 2nd) Focused Catching Practice:*
- Can you self-toss in a fashion that requires you to:
- _____ reach above your head and catch
 - _____ go down on one knee and catch
 - _____ stand on one foot and catch
 - _____ jump in the air and catch (while in the air)
 - _____ place a bean bag on top of a playground ball, drop the playground ball, and then catch the bean bag (hold like Frankenstein/Zombie) - use peer tutors as needed
 - _____ (1st & 2nd) ****Challenge**** place a koosh ball on top of a playground ball, drop the playground ball, and then catch the koosh ball
 - _____ (1st & 2nd) ****Challenge**** place a koosh ball on top of the bean bag on top of a playground ball, drop the playground ball, and then catch both the koosh ball and bean bag

Group Juggling (K-5th)

Equipment: 1 or more object per group of 5-6 students

Procedure:

Each group tosses an object around their group to establish a pattern. When establishing the pattern, each person should only catch/toss the object once and they should not pass it to a direct neighbor in the circle. Once the pattern has been established, the group should try to successfully toss and catch an object making two consecutive cycles through the pattern. If this occurs, the teacher may add another object and allow them repeat. Some groups can get three or more items going.

Note: I find that students typically get excited and careless when they participate. As a result, I like to bring the students close by and discuss the following:

- Did anyone toss the ball above your head?
- Did anyone toss the ball and it land at your feet?
- Did anyone toss the ball beside you?
- Did you turn to pass the ball and the other person was not ready or looking at you?

I then discuss what a good team player should do in this activity (e.g., make a good toss and then immediately get ready to catch the object)

Variations:

- Have the students rotate in a circle
- Have the students move in a random fashion around their area
- Have the students toss and catch in the same pattern as they move to four different points (wall, corner, cone) - This is a good activity as it simulates a defense being present because you have to toss around so many moving parts
- Have the students complete passing and trapping with a soccer ball
- Have the students complete striking a ping pong ball with paddles (or tennis)
- Have the students complete using basketball passes

Catch the Rainbow (K-5th)

Equipment: 1 ball per pair, 6 stacks of half cones (separated by color) that are placed in different areas around the gym

Objective: Work with a partner using the “toss, catch, turn” sequence to move a ball from your “house” to each of the stacks of colored cones. Each pair should try to get 2 rainbows (ROYGBV)

Level 1 – you must visit each stack of court

Level 2 – you may visit anywhere

Procedure: On the signal to begin, partner #1 will pick up their ball and stand on their starting point “your house” while Partner #2 will move out into the activity area. Partner #1 will toss/throw the ball to partner #2. If the ball is caught, partner #2 will pivot while partner #1 moves closer toward a colored area. Partner #2 will toss/throw it to partner #1. This sequence (toss, catch, turn) will continue unless the ball is dropped/missed. If this occurs, then they should return to their house and start all over (taking turns who is partner #1). If the ball is caught inside a colored area, the student will pick up a ½ cone and return to their house. Repeat until you have caught two rainbows.

Bunny Hop (God Bless Texas) (K-2nd)

Right foot heel tap x 2, left foot heel tap x 2, jump forward, jump back, jump forward x 3

NOTE: I usually teach it to the little ones where they jump the final three in place. Once they have the pattern, then we jump forward in general space

Mr. & Mrs. Noodle (K-5th)

We use two characters we created to lead the little ones in fitness exercises. The students will mimic the moves the Mr. & Mrs. Noodle perform. Sorry, this one is too hard to describe...

Please check out Mark B’s blog & eBook

<https://iteachmorethangym.wordpress.com>

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I Teach More Than Gym
Volume I: A Collection of Elementary
Physical Education Activities



This collection contains complete lesson plans and easy to understand diagrams for 30 large group activities that my students love! Available at

<http://www.teacherspayteachers.com/Store/I-Teach-More-Than-Gym>

You can also browse through other free or individually priced resources!