

THURSDAY NIGHT – SHARE THE WEALTH CONFERENCE 2016

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WATCH YOUR NOODLE! – GIVE THREE OR FOUR STUDENTS A NOODLE AND THEY ARE “IT” AND GIVE FIVE STUDENTS A WIFFLE BALL OR SMALL SOFT BALL TO BE THE “NURSES” – MODIFIED FREEZE TAG – WHEN YOU ARE TAGGED BY A NOODLE BELOW THE WAIST– YOU SIT CROSSED LEG UNTIL A “NURSE” THROWS YOU A BALL AND YOU CATCH IT. ONCE YOU CATCH THE BALL WITHOUT DROPPING IT, YOU MAY GET UP AND YOU HAVE 5 SECONDS TO THROW IT TO SOMEONE ELSE WHO IS SITTING DOWN.

BACK ATTACK – 5-10 PLAYERS STAND IN A CIRCLE WITH ONE PLAYER ON THE INSIDE OF THE CIRCLE. USING A SMALL FOAM BALL – THE PLAYERS MAKING THE CIRCLE, TOSS THE BALL AROUND UNDERHAND TRYING TO GET IT IN POSITION TO HIT THE PERSON IN THE CENTER ON THE BACK OR ON THE BACK OF THE LEGS. THE PERSON IN THE CENTER AVOIDS GETTING HIT BY ALWAYS TRYING TO FACE WHERE THE BALL IS, WHICH IS A GREAT ACTIVITY FOR AGILITY NEEDED IN MANY GAMES AND ATHLETIC EVENTS. SWITCH PLAYERS IN THE MIDDLE UNTIL EVERYONE HAS HAD A TURN AND THEN SWITCH UP GROUPS!

JUMPING JACK TAG – EQUIPMENT-ONE BEAN BAG PER PERSON. EVERYONE IS “IT”. COUNT TO 5 - SO STUDENTS CAN SPREAD OUT AND USING THE “TWO FINGER TAG RULE” - ANYBODY CAN TAG ANYBODY NICE AND EASY ON THE SHOULDER WITH TWO FINGERS. IF TAGGED, THE STUDENT WILL LAY THEIR BEANBAG ON THE FLOOR IN FRONT OF THEM AND DO 5 JUMPING JACKS. WHILE THEY ARE DOING THEIR JUMPING JACKS, OTHER PLAYERS MAY TAKE THEIR BEANBAG. TRY AND COLLECT AS MANY BEANBAGS AS POSSIBLE BEFORE THE GAME ENDS. GREAT STRATEGY INVOLVED!

BOOGIE SHOES – BY KC AND THE SUNSHINE BAND

RIGHT FOOT KICK, BALL, CHANGE LEFT FOOT KICK, BALL, CHANGE REPEAT
KEEPING YOUR FEET PARALLEL – SHIMMY HEEL, TOE TO THE RIGHT 8 TIMES
SAME THING TO THE LEFT

TAP THE RIGHT HEEL TWO TIMES IN FRONT

TAP THE RIGHT TOE TWO TIMES IN BACK

TAP THE RIGHT HEEL ONCE IN THE FRONT – ONCE TO THE SIDE

RIGHT TOE TO THE BACK – RIGHT HEEL BACK TO THE SIDE-

SLAP THE INSIDE OF THE RIGHT FOOT

¼ TURN WHILE SLAPPING THE RIGHT OUTSIDE OF THE RIGHT FOOT

STEP RIGHT FOOT TO THE SIDE, LEFT FOOT BEHIND, RIGHT FOOT TO THE SIDE (GRAPEVINE)

SAME GRAPEVINE TO THE LEFT

STOMP – STOMP AND REPEAT DANCE FROM BEGINNING!

“MOVE IT! – TAKE IT! – TEACH IT! – LOVE IT!!!”
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TOE TAG – STUDENTS ARE PARTNERED UP. EACH STUDENT HAS A FLUFF BALL. STUDENTS ARE REQUIRED TO STAY CONNECTED BY INTERLOCKING ARMS AT SHOULDER HEIGHT. STUDENTS MUST TRY TO HIT THE FOOT OF THEIR PARTNER WITH THEIR FLUFF BALL. EACH STUDENT TAKES A SHOT BEFORE THEY RETRIEVE THEIR FLUFF BALL AND TRY AGAIN. STUDENTS CAN FAKE AND HAVE QUICK FEET TO AVOID BEING TAGGED. PLAY FIRST ONE TO TAKE THE OTHER ONE THREE TIMES WINS AND THEN GO CHALLENGE SOMEONE ELSE!

VARIATION: EVERYBODY STARTS WITH A FLUFF BALL AND HOLDS IT IN THE AIR – ON THE COUNT OF 5 – ANYBODY CAN TRY AND TAG ANYBODY’S TOE. IF YOUR TOE GETS TAGGED, YOU MUST STOP AND TOSS YOUR FLUFF BALL TO YOURSELF IN THE AIR WITH YOUR NON-DOMINANT HAND. THE OBJECT IS TO BE THE LAST ONE TAGGED. YOU MUST KEEP UP WITH YOUR OWN FLUFF BALL!

TANKS AND COMMANDERS – EQUIPMENT – 1 BLINDFOLD PER PAIR OF STUDENTS AND FLUFF BALLS. SCATTER THE FLUFF BALLS ALL OVER THE AREA OF PLAY AND DIVIDE THE CLASS INTO PAIRS. PAIRS DECIDE WHO IS GOING TO BE THE TANK AND WHO IS GOING TO BE THE COMMANDER AND THE TANK PUTS ON THE BLINDFOLD. THE COMMANDER PROVIDES VERBAL CUES FOR HIS TANK TO FIND A FLUFF BALL. ONCE THE TANK IS LOADED (HAS A FLUFF BALL), THE COMMANDER PROVIDES VERBAL INSTRUCTIONS ON THE LOCATION OF ANOTHER TANK. IF THE TANK IS HIT, HE CHANGES ROLES WITH HIS COMMANDER. COMMANDERS MAY PROTECT THEIR TANKS FROM BEING HIT BY KNOCKING DOWN ANY INCOMING FLUFF BALLS, BUT THEY CAN NEVER TOUCH THEIR TANKS. SWITCH AND PLAY WITH DIFFERENT PARTNERS! GREAT GAME FOR COOPERATION AND COMMUNICATION SKILLS!

DEAL A HEALTHY HEART – DIVIDE CLASS INTO GROUPS OF 6-10. HAVE AN EVEN STACK OF PLAYING CARDS FOR EACH GROUP AND EACH PERSON IN YOUR GROUP WILL DEAL THEMSELVES A CARD. YOU WILL FLIP THEIR CARD OVER ONE AT A TIME AND YOUR GROUP WILL PERFORM THE LISTED EXERCISES ACCORDING TO THE CARD DEALT. WHEN COMPLETED – PLACE THE CARD IN THE COMPLETED PILE AND FLIP OVER A NEW CARD. WHEN YOU HAVE COMPLETELY GONE THROUGH YOUR DECK OF CARDS – YOU ARE DONE – RACE THE OTHER GROUPS TO SEE WHO CAN FINISH THEIR DECK FIRST!!!

KINGS - 10 PUSH - UPS OR MODIFIED PUSH – UPS!

QUEENS – HOLD THE PLANK FOR 10 SECONDS OR DO THE PLANK WITH A LEG IN THE AIR

JACKS – 10 SQUATS OR SQUAT JUMPS –CAN YOU GET PARALLEL EACH TIME?

HEARTS – THAT NUMBER OF JUMPING JACKS OR LINE JUMPS

SPADES – THAT NUMBER OF CRUNCHES OR EVEN HARDER -MILITARY CRUNCHES

DIAMONDS – THAT NUMBER OF MOUNTAIN CLIMBERS OR WIDER LUNGING KNEES

CLUBS – THAT NUMBER OF ALTERNATING LUNGES OR BALANCE AND TOUCH THE FLOOR

ACES – ONE STAR JUMP!!!

JOKERS – WHOEVER DRAWS THIS CARD – YELLS –“JOKER!” EVERYONE IN THE GROUP STOPS AND IMMEDIATELY AS A GROUP RUNS A LAP AROUND THE GYM CLOCKWISE!

CONEBALL – STUDENTS ARE DIVIDED INTO TWO EVEN TEAMS. FIVE CONES OF MEDIUM HEIGHT ARE PLACED ABOUT MIDWAY INSIDE THE HALF-COURT LINE ON EACH SIDE OF THE GYM. SEVERAL FOAM BALLS ARE PLACED ALONG THE HALF COURT LINE. BOTH TEAMS ARE LINED UP AT THE EDGE OF THE GYM. ON THE COMMAND, PLAYERS RUN OUT TO GET BALLS AND PROTECT THEIR CONES. WE HAVE NUMBERS UNDER THE CONES AND WHEN A CONE GETS MOVED OFF THE MARK OR KNOCKED OVER IT IS ELIMINATED. WHEN ALL THE NUMBERS CAN BE SEEN, OR TIME IS OVER, THE GAME IS OVER. STUDENTS ARE ENCOURAGED TO STAND IN FRONT OF THEIR CONES TO KEEP BALLS FROM HITTING THEM. IF THE BALL HITS A STUDENT IN THE AIR, THE STUDENT RUNS ONE LAP AROUND THE GYM, AND THEN RESUMES PLAY. (YOU COULD ALSO HAVE THEM DO JUMPING JACKS, PUSH-UPS, ETC.) ALSO, IF A STUDENT CATCHES A THROW IN THE AIR, THE THROWER HAS TO RUN A LAP. STUDENTS MAY NOT CROSS HALF-COURT TO GET A BALL OR THROW A BALL. THEY ALSO CAN NOT STAND ON A CONE TO PROTECT IT. IF A PROTECTOR KNOCKS OVER A CONE, THE CONE IS ELIMINATED. A GOOD VARIATION IS TO PUT A VOLLEYBALL OR BASKETBALL ON TOP OF A COUPLE OF THE CONES.

SECRET AGENT TAG – DIVIDE THE CLASS INTO TWO EVEN TEAMS AND EACH TEAM HUDDLES WITH THEIR TEACHER AND CHOOSES ONE BOY AND ONE GIRL TO BE THEIR “SECRET AGENTS” FOR THAT PARTICULAR GAME. EACH TEAM MUST BRAINSTORM AND COME UP WITH STRATEGIES OF HOW TO DISCOVER THE OTHER TEAM’S SECRET AGENTS, AS WELL AS, BRAINSTORM WAYS TO KEEP THE OTHER TEAM FROM DISCOVERING WHO THEIR SECRET AGENTS MIGHT BE! EACH TEAM THEN DISPERSES AND BY USING CATCHING, THROWING, DODGING, AND RUNNING SKILLS, ATTEMPT TO HIT AS MANY OPPOSITE TEAM MEMBERS AS POSSIBLE WITH FOAM BALLS. WHEN HIT, THE PLAYER MUST SIT DOWN UNTIL ONE OF HIS/HER “SECRET AGENTS” TAGS THEM. TEAM STRATEGIES KEEP STUDENTS ON THE OTHER TEAM FROM QUESSING THEIR SEGRET AGENTS AND HITTING THEM AND DISABLING THEIR TEAM. AT THE END OF THE 10 MINUTE “SECRET AGENT” SONG, BOTH TEAMS ASSEMBLE IN THE MIDDLE OF THE GYM AND ATTEMPT TO NAME THE “REAL” SECRET AGENTS. POINTS ARE SCORED FOR CORRECT ANSWERS AND IF A TEAM DISABLES THE OTHER TEAM BY KNOCKING BOTH SECRET AGENTS DOWN. HINT: THE MORE “FAKE SECRET AGENTS” YOU HAVE THE BETTER!

GET 'EM UP! GET 'EM MOVING! GET 'EM LEARNING!!!

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CAPTURE THE TREASURE - PLAYERS ARE DIVIDED INTO TWO EVEN TEAMS AND PLACED ON OPPOSITE SIDES OF THE PLAYING AREA. TO THE REAR OF EACH TEAM'S AREA, THREE HULA HOOPS ARE PLACED WITH TREASURE INSIDE (BEAN BAGS- WE USE THREE IN EACH HOOP). THE OBJECT OF THE GAME IS FOR PLAYERS TO STEAL THE OPPONENT'S TREASURE WITHOUT BEING TAGGED. ONLY ONE PLAYER FROM EACH TEAM MAY GUARD EACH HULA HOOP. SOME PLAYERS REMAIN IN THEIR OWN PLAYING AREA TO TAG OPPONENTS WHILE OTHERS ATTEMPT TO CROSS THE CENTER LINE AND STEAL THE TREASURE. ANY PLAYER TAGGED IN THE OPPONENT'S TERRITORY MUST GO TO AND GET INSIDE A HOOP WITHOUT TREASURE, AND WAIT TO BE FREED BY A TEAMMATE. IF TAGGED ON THE WAY BACK AND IN POSSESSION OF TREASURE, THE TREASURE MUST BE RETURNED BEFORE GOING TO A HOOP WITHOUT TREASURE AND AWAITING FREEDOM FROM A TEAMMATE. PLAYERS MAY BE FREED BY ANY UNTAGGED TEAMMATE. THE GAME ENDS WHEN ONE TEAM HAS CAPTURED ALL THE TREASURE OR WHEN TIME HAS ELAPSED.

**IF ONE TEAM GETS TOO MANY OF THEIR PLAYERS CAUGHT IN "JAIL" OR IN THE HOOPS WITHOUT TREASURE AND THERE IS NO ONE LEFT TO SAVE THEM – THE TEACHER MAY CALL "JAILBREAK" AND BOTH TEAMS PLAYERS GET OUT OF JAIL FREE AND GET "OUT OF JAIL FREE" SO THE GAME CAN CONTINUE!

EXTINCTION – DIVIDE YOUR CLASS INTO 4 – 5 TEAMS. GIVE THOSE PINNIES OR ARM BANDS TO DESIGNATE WHO'S ON WHICH TEAM. EVERYONE IS A TAGGER. IF A TAGGER IS TAGGED BY SOMEONE ON ANOTHER TEAM, THE PLAYER KNEELS ON ONE KNEE AND RAISES A HAND IN THE AIR. TO BECOME UNFROZEN, THE KNEELING PLAYER MUST RECEIVE A HIGH FIVE FROM A TEAMMATE. IF ALL THE PLAYERS FROM ONE TEAM ARE FROZEN, THAT TEAM BECOMES *EXTINCT!* WE USUALLY BAND THEM OFF THE ISLAND AND THEY WALK AND HELP US JUDGE THE OTHER TEAMS. A TIME LIMIT OF 4-5 MINUTES HELPS MAKE THE GAMES GO FASTER!

FOUR – CORNER SOCCER – THIS GAME IS BEST PLAYED OUTSIDE – BUT WE HAVE ADAPTED IT TO BE PLAYED INSIDE WITH INDOOR SOCCER BALLS AND USED EITHER POP – UP SOCCER GOALS OR LARGE CONES FOR GOALS. WE USE ARM BANDS TO DESIGNATE 4 EVEN TEAMS – GREEN – RED – YELLOW – AND BLUE AND THEY EACH HAVE THEIR OWN SAME COLORED SOCCER BALL. EACH TEAM MAY DESIGNATE ONE TEAM MEMBER TO BE THEIR GOALIE AND DEFEND THEIR

GOAL. THE GOALIE IS THE ONLY TEAM MEMBER THAT MAY USE HIS/HER HANDS JUST LIKE IN THE REAL GAME OF SOCCER. THE OTHER TEAM MEMBERS HAVE 2 MINUTES TO HUDDLE AND DISCUSS TEAM STRATEGIES TO MEET THEIR TEAM GOALS WHICH ARE:

1. TO NOT LET THE OTHER THREE TEAMS SCORE ON YOUR TEAM.
2. TO SCORE ON EVERY OTHER TEAM IN THEIR GOAL WITH YOUR COLOR SOCCER BALL. WE PLAY 3:00 MINUTE GAMES AND THEN SWITCH GOALIES AND LET THE TEAMS HUDDLE UP TO DISCUSS STRATEGIES AGAIN. IF A TEAM SCORES ON ALL OTHER THREE TEAMS WITHIN THE TIME LIMIT – THEY SIMPLY TRY AND DO IT AGAIN! WE DON'T PUT A LOT OF EMPHASIS ON KEEPING SCORE.

VARIATIONS: WITH OUR MORE SKILLED CLASSES – WE USE THE PRINCIPLES OF THREE – WE REQUIRE THAT AT LEAST THREE PASSES TO AT LEAST THREE TEAMMATES BE MADE BEFORE A SHOT ON GOAL IS ATTEMPTED ON ANY TEAM. THIS FORCES THEM TO SPREAD OUT AND WORK TOGETHER TO BE MORE SUCCESSFUL.

CRAB TAG – MAKE AN UNFROZEN AREA USING CONES (OR THE CENTER CIRCLE OF THE BASKETBALL COURT WORKS WELL). ANYBODY CAN TAG ANYBODY – USING THE TWO FINGER RULE AND TAG NICE AND EASY ON THE SHOULDER – ONCE TAGGED – THE STUDENT GETS DOWN IN “CRAB POSITION” – WHICH IS FEET ON GROUND, BEND AT THE WAIST – HANDS ON GROUND – NO OTHER BODY PARTS TOUCHING THE GROUND. THE TAGGED STUDENT “CRAB WALKS” TO THE UNFROZEN ZONE (CENTER CIRCLE) AND THEN THEY CAN STAND UP AND REJOIN THE GAME. TO “CRAB WALK” WE MAKE OUR STUDENTS TAKE 4 STEPS WITH THEIR HANDS AND THEN 4 STEPS WITH THEIR LEGS AND REMAIN RELATIVELY STRAIGHT LEGGED. *** IF A PLAYER CAN TAG SOMEONE ON THE WAY TO THE UNFROZEN ZONE WHILE IN THE “CRAB” POSITION – HE/SHE CAN BE UNFROZEN RIGHT THERE!

VARIATION: TURN OVER AND “CRAP WALK” WITH STOMACH FACING THE CEILING. ANOTHER VARIATION MAY BE TO HAVE 5 OR 6 “IT’S” WITH A FOAM BALL INSTEAD OF EVERYONE BEING IT.