

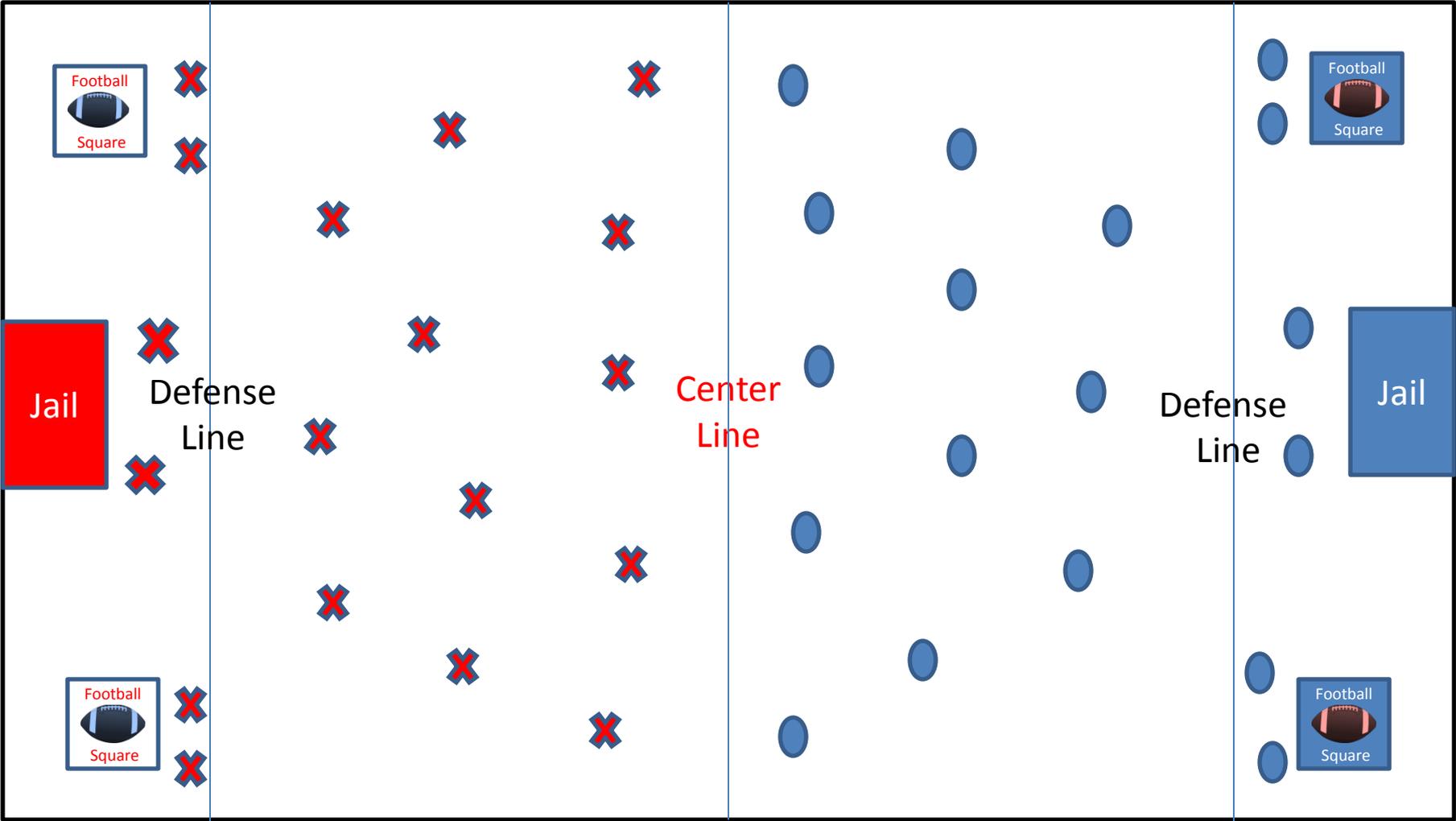
Move Em' or Lose Em'

Thanks for attending our presentation at Share the Wealth!
Here are the activities we shared during our session. Let us know
If you have any questions or share your favorites with us.

Warm-ups shown

- FitDeck Cards as instant activity
- Ice Cream and Cake Dance(YouTube)
- Sally Squat Song (Flower by Moby
 - Short Stop
 - Rainbow Run

Capture the Football



Capture the Football Rules

Objective: to steal more footballs than the other team.

Equipment needed: footballs, flag belts, cones to mark field boundaries, jails, and football squares.

How to play: Divide students into two teams and have them go to their side of the field. Some students will need to play defense (guarding jail and footballs). The offensive players must run over to the other side in order to attempt a football steal. Once in possession of the ball, the student must then make it successfully back to their side before their belt is pulled. If pulled, the football is returned and that student goes to jail. The football can either be ran back or thrown. If thrown, a teammate will need to make a successful catch. Each successful football capture results in a point. The team with the most points at the end of class wins.

Capture the Football Cont.

FLAGS:

- Tuck long shirts inside belts
- Make sure flags stay on each hip
- Do not grab clothing or body parts.
- Do not cover or block flags
- You can't pull someone's flag when they are on their own side of the field.
- The only way to keep your flag from getting pulled is to out run the defender or dodge their pull.

FOOTBALL GUARDS:

- Only two football guards per square
- Guards must stand outside of the square
- Guards begin counting OUT LOUD as soon as opposing player enters the square. Guards can step in AFTER "five one thousand" or as soon as the player makes a move to leave the square.

CAPTURING THE FOOTBALL:

- You must remain on your side of the field until the football is put back in the square.
- You can't slide or jump into the football square.
- Once you are in the square, the football guards will start counting out loud.

JAIL RULES:

- You can't go from your jailbreak to the football square. You MUST use your free walk back to your side.
- The person who breaks you out of jail CAN steal the football if the football is already there.
- Players in jail must be inside the jail at all times with their flags off. You may stick your hand outside of the jail boundary to get a jail break, but the rest of the body must be inside the jail.
- You get a jailbreak when a teammate runs over and tags the hand of one person in jail. The jailbreak will be for the entire group in jail.

Capture the Football Cont.

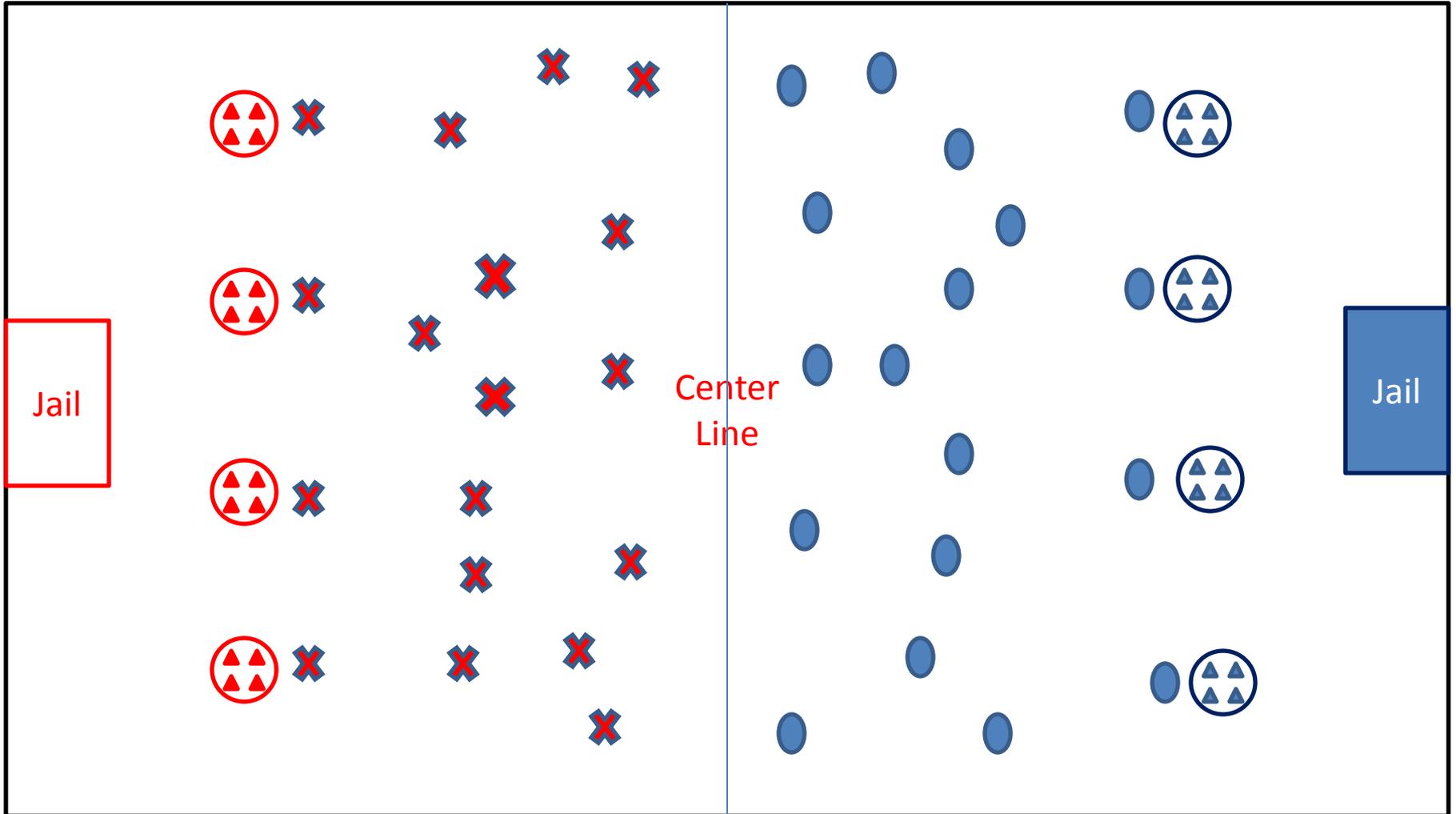
SCORING:

- You can score a point by running the football back to your side or throwing it.
- You can use as many throws as needed.
- When you score, please show the football to the coach before throwing it back to the square you stole it from.

OTHER RULES:

- If you step out of bounds on the opposing team's side, you must go to jail.
- No stiff-arming
- No slide tackling
- No contact

Capture the Beanbag



Capture the Beanbag Rules

Great activity for Fitness, Chasing/Fleeing/Dodging, and Cooperative Games unit.

Objective: to steal beanbags from the other team.

Equipment needed: cones to divide playing area in half, cones to make jails for both teams, 8 hoops (4 each of two different colors), 32 beanbags (16 each of two different colors that match hoops), flag belts (for every student – two different colors), and 2 buckets.

How to play:

- Players attempt to steal beanbags from the other team. If their flag is pulled, they must go to jail and wait for a teammate to break them out. A jailbreak will free the entire jail and players carry their flags back to their side for “free walk back.”
- If a beanbag is successfully stolen (one at a time) and brought back to their side, it goes in the bucket for a point.
- Beanbag guards try to keep players from stealing beanbags.
- Once all 16 beanbags are stolen, the game is over.

Scooby Doo Tag



Scooby Doo Rules

- Choose six students to be the Scooby taggers. They go to their home base (hoop) and wait for game to start.
- All other students get three Scooby Snacks (noodle pieces) and sit in personal space
- On teacher's signal, Scooby taggers begin chasing students with Scooby Snacks (choose your locomotion).
- If tagged (with the foam Frisbee), the students must give the Scooby tagger one of his Scooby Snacks).
- The Scooby tagger must immediately take the snack back to his home base before attempting to tag anyone else.
- Once students have lost all of their Scooby Snacks, they are now frozen (standing still with hands on their head).
- Any other student who still has Scooby Snacks may share one of the snacks with a frozen person. That student would then be able to join the game again.
- Play continues for a set time limit or until most students are frozen.
- Scooby taggers go back to their hoop and count their snacks.
- The one with the most wins!

Empire Mania

Check out this awesome game in
J.D. Hughes book “PE2theMax”