

FLAGHOUSE
FlagHouse Educational Services
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John L. Smith, Educational Consultant

What's Your Reaction!

Presenter: John L. Smith, Physical Education Teacher, Retired Teacher, 1989 NASPE National Elementary Physical Education Teacher of the Year. Educational Consultant FlagHouse Inc.

This is an active participation session presenting creative activities and games that include water noodles or parts of noodles. Full noodles, half noodles, noodle bits and slices will be used in creative activities for individual learning situations and group activities. Combining foam balls with noodles is an excellent way of creating great learning experiences.

Activities will include:

- Noodle Bits
- Tossing and Catching
- Noodle and Ball Activities
- Noodle Balancing
- Pizza Passing
- Foam Dice Activities

Equipment:

- [Water Noodle Set - Set of 24 \(Item # 8052\)](#)
- [FLAGHOUSE DINO SKIN™ - Medium Bounce - Coated Foam Ball Set - 7" dia \(Item # 1911\)](#)
- [Noodle Bits \(Item # 15869\)](#)
- [Noodle Slices \(Item # 17748\)](#)
- Jumbo Reaction Balls #18239
- Small Foam Reaction Balls #14435
- Half Noodles (#19641)
- Biggie Dek Rings #14479
- Jumbo Reaction Balls (#18238)
- Foam Reaction Balls (#14435)
- Multi Buckets (#7865)
- Lawn Dice (#7049)

Visit: FlagHouse.com/activityguides for free lesson plans
Flaghouse.com/bullying/awareness for bullying awareness lessons plans

Noodle Slices

See Flaghouse.com/activityguides for more activities

These Noodle Slices are made of 1 inch cut pieces of water noodles.

Noodle Slices Activities: Place a large amount of Noodle Slices in the center of the activity area.

Partners take turns going into the area to pick up 1 or 2 slices and return to their group to continue the activity.

- 1. Balance slices on a partner. Groups of 3 with 2 partners going into the middle to retrieve the slices bring them back and balance them on partner #3. This continues until the balanced slices fall. Then change the balance partner.**
- 2. Slices Sandwich: 2 partners place 1 slice between their hands. The third partner retrieves 2 more slices and places them between the hands. This continues until the slices fall. Then another partner becomes the retriever.**
- 3. Noodle Slices Muscle Building: Partners 1 and 2 going into the activity area and retrieve 1 slice each. They return and build biceps on partner #3. This continues until the bicep falls. A new partner then becomes the muscle.**
- 4. Weight Lifting Slices: Just like Noodle Slices Muscle Building except the Slices Weight Lifter must hold their hands up like they are doing a bench press or a lift and jerk.**

Noodle Bits

See Flaghouse.com/activityguides for more activities

These are ½ of a 1-2 inch slice of a water noodle.

Popper Activities:

- 1. Best hand Pop and Catch**
- 2. Other hand Pop and Catch**
- 3. Switching hands Pop and Catch**
- 4. 2 Hand Pop and Catch**
- 5. 2 hand Switching Hands Pop and Catch**
- 6. Pop, Create and Catch: Pop, clap and catch or Pop touch and catch**
- 7. Behind the back pop and catch**
- 8. Under the leg pop and catch**
- 9. Pop one popper with a partner**
- 10. Pop one popper with a partner switching hands**
- 11. Each partner pop 1 to a partner**
- 12. Pop 2 to a partner:**
- 13. Pop 2 to a partner catching in opposite hands**
- 14. Pop 4 with a partner**
- 15. Quick Draw Pop and Catch**

Noodle Bits Pop in the Back Tag

Each player has a Noodle Bit and tries to score 1 point by popping it off of another player's back. The player scores 2 points or 5 points if they catch the rebound off the back.

Half Noodle Activities

Fitness:

- Horizontal

- Pull ends towards you into circle
- Pull ends towards you into an "A"
- Pull ends towards you into and "A" and clap it
- Push ends away from you into a circle
- Push ends away from you into an "A"
- Push ends away from you into an "A" and clap
- Pull right end towards you and left end away from you into a "J" shape
- Pull left end towards you and right end away from you down into "J"
- Pull right side up into a "J"
- Pull left side up into a backwards "J"
- Pull right side up over the left into an "S"
- Pull left side up over right into a backwards "S"
- Push right side away from body into a horizontal "S"
- Push left side away from body into a horizontal backwards "S"
- Bicycle forwards
- Bicycle backwards
- Push up into a "horseshoe" shape and pump it fast with left and right
- Invert into a "horseshoe" shape and pump it fast with left and right
- Change from "horseshoe" to inverted "horseshoe" slow
- Change from "horseshoe" to inverted "horseshoe" fast
- Push ends towards each other without bending noodle

- Vertical

- Pull down into circle
- Pull down into an "A"
- Pull down into and "A" and clap it
- Push up into a circle
- Push up into an inverted "A"
- Push up into an inverted "A" and clap
- Pull right side down into an inverted "J"
- Pull left side down into an inverted "J"
- Pull right side up into a "J"
- Pull left side up into a backwards "J"
- Pull right side up over the left into an "S"
- Pull left side up over right into a backwards "S"
- Push right side away from body into a horizontal "S"
- Push left side away from body into a horizontal backwards "S"
- Bicycle forwards
- Bicycle backwards
- Push up into a "horseshoe" shape and pump it fast with left and right
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Push ends towards each other without bending noodle

The Eye of the Tiger!
Half Noodle Upper Body Fitness Routine

Star Wars!
Half Noodle Routine to Star Wars Theme Music

Half Noodle Fitness Weight Lifting!

- Push out
- Lift up
- Curls: 2 arms
- Curls 1 arm
- Bicycle by turning ends in alternating circles: forward and backward

Giant Foam Deck Rings:

Toss and Catch:

- 2 hands
- 1 hand (right and left)
- Toss back as you catch it
- Unicorn, Elephant, Shark, Dolphin
- Rows of Catching and Throwing
- Star Wars catching on full noodles

Star Wars Catch

- Toss the Biggie Deck Ring catching the ring on the long noodle. Hold the noodle at the end. Keep feet together. After each successful catch, move back to the next cone.
- Option: after each catch, change catchers and tossers

Star Wars Double Behind the Back

- Wrap the big noodle behind the back
- Tosser has 2 Biggie Deck Rings
- Catcher tries to catch 1 Biggie Deck Ring on each end of noodle

Noodle Bits Double Double Catch

A team of 2 players challenges another team to a game of 15 catches. Each team pops 2 Noodle Bits at the same time. Points are scored by catching the Noodle Bits and receiving 1 point for each catch. First team to 15 goes to teacher and says "15" and other team comes up and says "Not 15". Teacher matches 15 scores for next match and Not 15 together for their next match.

Foam Dice Activities

Lawn Dice

Thanks to Chip Candy, NASPE National Middle School Teacher of the Year

6 of a Kind – The set-up is - 4 to 6 students in a line at one end of the gym with 1 die, and 6 cones numbered 1 through 6. The action begins with the first student rolling the die, and taking that numbered cone out on the court in front of their line. The second person immediately rolls and does the same thing. So...if the first person rolls a 3, they take the 3 cone out and place it in front of their line at half court. If the next person rolls a 1, they take the 1 cone and place it at the closest foul line. Let's say the next rolls a 6, they take the 6 cone to the far end line. Now the "catch"...if the next person rolls a 6...they must bring the 6 cone back! This makes it very difficult to get all 6 cones out on the floor at the same time! This can also be done in reverse (bring the cones back), and can be done with any objects numbered 1 – 6 (examples – playing cards, numbered spots, numbered paper plates, etc.). **The Human Variation** (6 people needed) – When the die is rolled, that person runs out to the spot and stays there (a human cone). If someone rolls that same number, they run out, high five the "human cone" and bring them back. The speed-up version of this is the same roll and run, but if you roll a number that is already out front, you go and give them a high 5 and stay there while they return to the start.

Math Run and Add – Relay lines with 2 dice (die) at the front of the line, and a clipboard with paper and pencil placed out in front of the line at a good running distance away. The first person rolls one die and runs out to put their number on the sheet. The second person is immediately rolling the other die and then runs out to the paper...crosses out the first number, and adding their number, writes down that total. This continues rapid fire until each group reaches 100 exactly. If they go over they must subtract the next number, and continue adding, subtracting until 100 is totaled exactly.

Pyramids and Towers: Set up is relay lines with 2-3 students in each group. The first student has 3 dice and that student runs out to the marker and places the dice in a pyramid formation (2 on bottom and 1 on top). That student runs back to team and high five's the next teammate. The second teammate runs out to the pyramid and changes it to a 2 dice tower. This alternating of towers and pyramids continues for 1 minute seeing how many towers and pyramids the team can make. Options: use 6 dice, make the numbers 1-6 show up on top of all dice in towers and pyramids, change the locomotor skill of the movement to the towers.

Yahtzee: Give the team 6 dice and have them roll the dice trying to score all the Yahzee. Each roll should go 5 -10 yards for a good fitness run.

- A Pair
- 3 of a kind
- Full house (pair and set of 3)
- Run of 3
- Run of 4
- 4 of a kind
- Run of 5
- 5 of a kind

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John L. Smith

1989 NASPE/SHAPE National Teacher of the Year
Activities with Jumbo Foam Reaction Balls
Jumbo Foam Reaction Ball #18238

Individual

- **Toss and Catch**
- **Toss Bounce and Catch (increase # of bounces)**
- **Toss with spin back and catch**
- **Toss and Trap as it touches the ground (soccer)**
- **Toss, Bounce and Trap**
- **Toss, Bounce and Bump (Volleyball)**
- **Soccer Dribble**
- **Toss 1 ball, toss a second ball, catch first after a bounce, catch second after a bounce**
- **Toss 2 Balls at same time and catch both after 1 bounce**

Partners

- **Roll and Scoop**
- **Bounce and Catch**
- **Pass, Bounce and Catch (Basketball) Chest Pass, Hook Pass**
- **Toss, Bounce and Volleyball Bump**
- **Soccer pass back and forth with trap**
- **Soccer pass back and forth no trap**
- **Toss and Soccer Trap**
- **Toss, Trap and Pass Back**
- **Toss, Trap and Dribble**
- **Pass back and forth one or 2 touch**
- **High Low Passing of 2 balls (one up and one bounce pass)**
- **Side to Side Passing**
- **Roll to a moving partner**
- **Pass 2 balls at same time to partner on 1 bounce**
- **Pass 4 balls (each partner 2 balls) at same time, 2 center, 2 wide, on 1 bounce**

Group

- **Toss in center of group, let it bounce and catch**
- **Toss in center of group, let it bounce, catch, repeat with one more bounce added on each successful catch**
- **Toss, (volleyball) bump, bounce, bump, bounce, bump**
- **Soccer pass around the group, add a second ball**

Sport Skills

- **Basketball: Chest Pass, Bounce Pass, 2 ball pass up and down, 2 ball right and left, 2 ball figure 8,**
- **Soccer: Toss and trap, goalie skills, dribbling creative, dribbling maze, passing**
- **Volleyball: toss and bump, toss and dig, toss bump-bump**

Visit FlagHouse:

<http://www.flaghouse.com/PDF/JumboReactionBall.pdf>

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Activities with Small Foam Reaction Balls

Small Foam Reaction Ball #14435



Individual

- Toss and Catch
- Toss Bounce and Catch (increase # of bounces)
- Toss with spin back and catch
- Toss, Bounce and Trap
- Toss 1 ball let it bounce, toss second ball while #1 is in the air, let it bounce and catch
- Toss 2 Balls and catch both after 1 bounce

Partners

- Roll and Scoop
- 2 balls one with each partner, roll and scoop
- Bounce and Catch
- Pass back and forth one bounce
- Roll 2 balls at same time to partner, scoop and catch
- Roll 4 balls (each partner 2 balls) at same time, 2 center, 2 wide,

Group

- Toss in center of group, let it bounce and catch
- Toss in center of group, let it bounce, catch, repeat with one more bounce added on each successful catch

Sport Skills: Baseball and Softball

- Roll and scoop up one
- Roll and scoop each with partner each using one ball
- Roll 3 from 1 partner to another and second partner tosses back (not roll)
- Off the wall: toss 1, 2 3 balls off the wall and catch on 1 bounce on return

Bounce into Buckets

Roll into hoop

Off the wall skills:

- To self
- To partner
- Change distances
- Increase # of bounces
- One ball each partner to other partner off the wall

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