

I Teach More Than Gym - 2k17

Mark Banasiak - STW PE Conference 2017

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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)

-This Blog Article contains a detailed description (October 2015):

<https://iteachmorethangym.wordpress.com/2015/10/27/what-does-a-typical-pe-class-look-like-at-my-school/>

Striking Balloons (K-2nd)

--discuss balloon care (don't squeeze, pull on tip, how hold it, etc.)

--(K) Toss up with 2 hands and catch with 2 hands

Continuously strike balloon:

--back and forth using their hands while kneeling

--with one hand while in a stationary position

(nail foot down)

--** *Common Mistakes: strike the object away or down/too much force/move both feet*

--demonstrate a good example and a non-example

--They can then RATE you and or correct/praise you.

Assessment

--while moving in general space

--**Challenges** Can you use 2 hands, 1 hand, or 1 finger?

--**HOTS** Can you continuously strike a balloon that involves at least three different body parts?

--toss, head, catch

--lay down and strike

Continuously strike a balloon with a partner:

--back and forth while standing in a stationary position (nail one foot down)

--** *Common Mistakes: strike the object away or down/too much force/move both feet*

Assessment

--Keep It Up (multiple partners)

Continuously strike a balloon with a ping-pong paddle:

--Grip (frying pan, shaking hands)

--care of equipment (don't drop, pick at rubber, etc.)

--while standing in a stationary position (nail foot down)

Assessment

--while moving in general space

--**HOTS** Can you strike it with another part of the paddle? (Side, top, or handle)

--alternating forehand/backhand strokes (thumb on top, knuckles on top)

--with a ½ noodle - (stationary, general space, with partner)

From here, we may revisit partner and multiple partner striking

Balloon Bash

Equipment: 8 wide buckets (I use tubs that are approx. 30" W x 24" H), 1 balloon and ½ pool noodle per pair, and several bagels (2" sliced pool noodles inside each bucket), slow motion buttons

Organization:

- Students will pair up and sit around the perimeter of the basketball court (solid black line).
- The tubs should be spread out on the floor. The tubs are about 15-20' away from the students.

Procedure:

Level One

- On the signal to begin, the first student of each pair will toss up their balloon and begin to strike it with the ½ pool noodle. The student will continue to strike the balloon with the noodle in an attempt to get it to go into one of the tubs.
 - If the balloon goes into the bucket, the student will retrieve their balloon, get a bagel, and return to their partner.
 - If the balloon touches the floor, the student simply picks up the balloon, returns to their partner.
- K-1 students are allowed an unlimited number of strikes / 2nd + students are allowed 5 or less strikes to get it into the tub.

Level Two

- The teacher will become a Balloon Basher. That is, they move around and attempt to strike the balloons.
- If the balloon touches the floor OR the Balloon Basher strikes your balloon, the student simply picks up the balloon, returns to their line, hands the equipment to their partner, and then waits their turn.
- All students are now allowed an unlimited number of strikes to get it into the tub.

Level Three (2nd +)

- The teacher will select a handful of Balloon Basher. I select about 2-3 per homeroom.
- Each Balloon Basher is allowed to strike three balloons and then they should give their noodle to someone else.
- Use a slow motion button as needed

Using a Four-Square Court for Offense/Defense Practice?

-This Blog Article contains a detailed description (April 2016):

<https://iteachmorethangym.wordpress.com/2016/04/12/how-many-different-ways-can-you-use-a-4-square-court/>

Paper Plate Basketball

-This Blog Article contains a detailed description (January 2017):

<https://iteachmorethangym.wordpress.com/2016/04/12/how-many-different-ways-can-you-use-a-4-square-court/>

(Update from 2014)**ALL KICK KICKBALL (1st-5th)** – Mark Banasiak

(Note: this description is for one area. I usually have 8+ areas lined up outside)

EQUIPMENT: One bucket for each group – each should contain 1 PGB and 2 regular cones

DESCRIPTION: One player will sit at the kicking cone and then place the bucket (and the second cone) about 15-20 feet away. The other 3-4 players are the fielders and should spread out behind the bucket. The kicker will strike the ball. As soon as they kick it, they should run back and forth touching both cones....meanwhile, the closest fielder should retrieve the ball and proceed to throw it to a teammate who will then throw it to another and so on (all team members must touch the ball). When the original fielder receives the ball back they should lay it in the bucket and yell, “STOP!” The kicker gets one point for each time they touched a cone. The kicker will then become a fielder and one of the fielders will take a turn as the kicker. Repeat.

- **Variation #1** – 4v4 - If it is a large class, I may have 10 areas lined up outside and have it 4 on 4. After all 4 have kicked then the kicking team and fielding team switch.
- **Variation #2** – 360 Degrees - Allow the kicker to kick the ball in any direction 360 degrees
- **Variation #3** – LEVELS -
- Level 1 -Normal – as described above (one point for each touch of a cone)
- Level 2 – Pitch – allow a teammate to roll the ball (two points for each touch of the cone)
- Level 3 - Punt – allow the kicker to punt the ball (two points for each touch of the cone)
- **Variation #4** – Plus 1 – allow the previous kicker to go out into the field. If the teammate retrieves the kicked ball before the fielders then they can punt the ball further away.
- **Variation #5** – Sango Baseball – (as described above) allow the person to strike a whiffle ball with a bat (3 levels – use a tee x 1, self pitch x 2, peer pitch x 3)
- **Variation #6** – Chicken Ball – (as described above) allow the person to self pitch and hit the rubber animal with their hand. This is an easy indoor activity.

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>

I created this blog as a place where I can ask physical education questions and share information with other physical educators.

The blog also has links to my eBook as well as other free or individually priced resources!

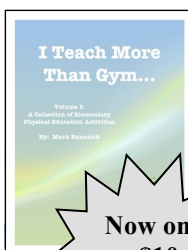
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