

# Not Ordinary, but **EXTRAORDINARY** PE Activities!



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**2017 SHARE THE WEALTH PE  
CONFERENCE**

Jekyll Island, GA

## Step Back

Equipment: 5" mini play balls and poly spots

Students will be paired with a partner. Each person will be given a poly spot. One partner will place their poly spot on the sideline of the playing area. The other partner will place their spot directly in front of them. The partner on the sideline will be given a ball to throw. The person with the ball will throw the ball to their partner. When throwing a ball, the student **MUST** keep their back foot in contact with the spot. Also, a student catching a ball must keep one foot in contact with the spot at all times. If the partner catches the ball, they will then throw the ball back to their partner following the same protocol. If both partners make a "good catch/good throw", the partner that caught the ball first is allowed to move their spot **ONE** giant step back. If a ball is dropped during this process, the partners must start all over and change places. If the partners can "step back" all the way to the predetermined score line, they score a point and must start over and change places in attempt to score again.

## Johnny on the Spot

Materials: 5" mini play balls, numbered poly spots, and poly spots

How to play:

Students will be paired for this activity. Each pair will be given a ball and poly spot as their "home". The pair can choose where they will place their home spot. Players must place their "home spot" outside the boundaries marking the basketball court. Inside the playing area, numbered poly spots will be randomly placed face down. On the "go" signal, partners will move quickly to collect as many spots as possible. To collect the spots, one partner will stay at home with the ball while the other partner (Johnny) chooses a numbered spot to stand on. The partner at home will throw the ball to Johnny. Johnny will then return the throw to his partner. Both players must keep at least one foot on their spot while throwing and catching. If both players catch the ball without their foot coming off the spot, the number spot is returned home. The players will then switch positions and repeat. If a ball is dropped or a partner's foot comes off the spot, the partners are not allowed to bring the spot back and must change positions and try again. After all numbered spots have been collected, pairs will add the numbers on the spots. The group with the highest total will be declared the winner.



## Tank Ball

*Materials: Inflatable pins, blindfolds, and gator balls*

*How to play:*

*For this activity, students will need a partner. Each group of partners will be given a blindfold. One partner will wear the blindfold and that partner will be the "tank". The partner without the blindfold will be the "tank driver". Once the tanks have been blindfolded, the drivers will take the inflatable pins assigned to their team and place them within the playing area. Balls should be spread out in the playing area as well at this time. This will ensure that no tanks will know where the pins or balls are located.*

*Once the game begins, each driver will give their tank verbal commands/directions so that they will be able to locate a ball. The driver is prohibited from touching a tank unless they are in physical danger. After the tank has gained possession of a ball, the driver will then instruct the tank towards the other team's pins. When the tank is in throwing range of the pin, the driver will once again give verbal directions for the tank to throw the ball and knock down the pin. This will be repeated until all of one team's pins have been destroyed. At that point, partners will switch roles and a new game will begin.*

*\*The only way for a pin to be knocked down is for a ball to be thrown at it.*

## Jackpot

*Materials: Garden Tubs, 12 sided dice, hoops, and shirts.*

*How to Play:*

*Divide the class into 2 even teams using two different colored shirts for each team member. Each team will start on opposite end lines of the playing area. Each team will be given several 12 sided dice. When the game begins, each team will take their dice and try to maneuver toward their end zone (the opposite end line of where they started). The only way the teams can move the die down court is by throwing and catching it to any player on their team. A player with a die is not permitted to move with the exception of a pivot. Each end zone will have a garden tub (jack pot) placed in it. Once a team has relayed a die to the end zone, the die will be tossed into the jack pot. Whatever number is rolled will be squared. The teammates that threw and caught the die for the score, will then report their score to the scorekeeper. Prior to reporting the score, the players will place the die in the hoop located next to the jack pot. The team with the most points will be declared the winner.*

*Other rules:*

*The opposing team can play defense but only a player attempting to catch a die can be guarded. Any player in possession of a die must not be guarded.*

*If a die is dropped or blocked, it becomes a fumble. Any player on either team may pick up the die other than the player that was throwing and the player that was attempting to catch it. Once the die is picked up by a player, they must not move until a throw is made to a teammate.*

*Points will not be given if both the thrower and catcher do not report their score or if they do not place their die in the appropriate area.*

*Variations:*

*Bonus points may be awarded. If a boy/boy or girl/girl score together, give 2 extra points. If a boy/girl score together, give 5 extra points. This variation promotes a cooperative activity and includes all team players in the activity.*

## Fun “Times” Bowling

*Materials: A 12 sided die for each pair of partners, 12 inflatable dice, 10 numbered spots, scoresheets, and pencils.*

*How to play:*

*For this activity, students will need a partner. Each set of partners will be given a 12 sided die, scoresheet, and a pencil. Each pair of partners will spread out around the perimeter of the playing area. Inside the playing area will be 12 randomly placed inflatable pins. A numbered spot will be concealed under each bowling pin. The partners will take turns bowling the die trying to knock over the pins. The bowler must remain outside the designated playing area when bowling the die however; they are permitted to move around the outside of the perimeter of the playing area during their turn. If a pin is knocked down, the bowler will look at the number under the pin and multiply it by the number that was rolled on the die. The student will then reset the pin, return to their scoresheet and record their score. While that partner is recording the score, the other partner will take their turn to bowl. If no pins are knocked down, no score will be recorded. Each frame will be tallied for an overall score. Partners can play against one another or both players scores can be added to compete against other partners in the class. All pins must be knocked down before a pin can be knocked down twice.*

*Variations: Use addition and subtraction*

## A Shot in the Dark

*Equipment: Backboardless Basketball Goal, 12 Sided Dice, Numbered Spots, Cones, Scoresheet, and Pencils.*

*Setup: Place the goal in the center of the playing area with the numbered spots face down around the goal. Put the 6 cones around the perimeter of the playing area. Divide the students into 6 teams and have the teams sit behind the cones. When the game begins, the first person from each team will run to the playing area and stand on a spot. They will then shoot their 12 sided dice into the goal. If the student makes the shot, they can turn the spot that they are standing on over to see the number. Then, that number is added to the number that the dice stops on. The sum is then recorded on the team’s scoresheet while the next teammate takes a turn. If the shot is missed, the student is not allowed to reveal the number on the spot and returns the dice to the next person in their line. The group with the highest score at the end of the game is declared the winner.*



# King Pin

*Materials: Inflatable bowling pins, 5" mini play balls*

## *How to Play:*

*Students will be positioned on the two sidelines of the playing area. Inflatable pins will be placed down the middle of the playing area. One student (Kingpin) will be randomly selected to guard each inflatable pin. The sideline players must stay behind the sideline of the playing area and throw balls to try to knock over the pins. The King Pins will use their hands and feet in a defensive/goalie manner to prohibit the sideline players from knocking over a pin. If a sideline player knocks over a pin, that player becomes the Kingpin and the other player returns to the sideline to be a thrower. The King Pins guarding the pins at the end of the allotted time will be declared the winners.*

## *Other rules:*

*Sideline players may enter the playing area to retrieve a ball, but the ball must be given to another thrower and cannot be thrown until returning to the sidelines.*

*King Pins can only use their hands and feet to deflect balls.*

*Throwers must remember that the pins are the targets, not the King Pins! Balls can only be thrown at the pins!*

*King Pins are not allowed to touch the pins at anytime. If a King Pins touches a pin, they become a thrower and the pin is left unguarded.*



## *Variation:*

*Have students roll the ball*

# Gladiator Ball

*Materials: 2 backboardless goals, 2 tubs, pennines and gator balls*

## *How to play:*

*This activity will use two goals. Place one goal on each end of the playing court. Divide the students into two teams. Each team is assigned a scoring goal. At the center court line of the playing area, each team will have a tub of balls. Teams will need to use a strategy to score in this activity. On the "go" signal, team members can run to their tub of balls and get a ball. A player can only take one ball at a time. There is no rule on how many players can take a ball. Once a ball is taken from the tub, the player will then try to score in their goal. To advance the ball, the student may run or pass the ball. An opposing player can try to defend the offensive player from scoring. If a player is tagged with the ball, it is a turnover and the ball must be placed in the other team's tub of balls. If an opposing player blocks or intercepts the ball, the ball is dead and placed in the opposing team's tub. Once a ball has been scored, it is taken out of play and that team is awarded points.*



## The Great Shootout

*Materials: Glute Shoot, Wiffle Balls, Inflatable Pins, Low Profile Cones*

*Divide the class into two equal teams. Each team will need to sit on opposite ends of the playing area. Each team will be identified by the color red or blue. Students will need to partner with one another on their team. Each set of partners will be given wiffle balls, and a Glute Shoot.*

*Inflatable pins will be lined down the middle of the playing area. Each pin will have a red or blue low profile cone placed on top of it. One partner will begin by shooting the Glute Shoot while the other partner will be retrieving balls for the shooter. (To shoot the Glute Shoot, the student will place their feet inside of the two pieces of pipe. The student will then lay on their back with their feet and head off the ground so that the abdominal muscles are flexed. Then the band of the Glute Shoot will be pulled back and aimed at the pins. The band will be released when ready to FIRE!) The shooter will be aiming at pins that belong to their team. Once all the team's pins have been knocked over, that team is declared the winner. Partners will be notified every 2 minutes to change positions .*

