

Put a smile on their F.A.C.E.!

(Fun Activities Children Enjoy)



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WARM UP/FITNESS ACTIVITIES

See Ya Later Alligator

Equipment: 1 hoop for every 4 students, something to tag with, Music “See Ya Later Alligator”, “This or That” cards (optional)

How to play: Hoops are spread out in play area. Mark off a “fitness center” where students go to complete a fitness activity if they get tagged. If a student gets tagged they report to the “fitness center” where they perform a fitness activity of their choice. I put ‘This or That’ cards with fitness activities on them so they have a choice OR you can give the class a predetermined exercise prior to each game (i.e. 10 jumping jacks, 10 crab kicks, etc.)

This or That (email me for the ‘This or That’ playing cards)

Equipment: ‘This or That’ fitness cards, cones, task tents, jump ropes (optional), music

How to play: Cones are set up on the perimeter of the gym or in any configuration that fits best for your classroom. Each cone has a task tent with two ‘this or that’ cards inside (one saying ‘This’ and the second card saying ‘That’). Students are in small groups and begin at a cone. The teacher starts the clock with 20-30 seconds with 10 second rest for groups to rotate to the next cone. Students decide whether they want to do ‘This or That’ at each cone. They do not have to decide collectively as a group.

Variation: cards are spread out on the floor; students move freely while music plays; when the music stops students go to a card and decide to do ‘This or That’ for the 20-30 seconds that is designated by the teacher.

Sum It Up!

Equipment: Color my Class 5” Numbered Spots, index cards with math equations

How to play: Students are scattered around the perimeter of the gym. The numbered poly spots are scattered throughout the inside of the boundary lines. Each student is given an index card which has a locomotor movement and an equation on it. The students must move based on their locomotor movement listed and touch each number that is in their equation. They have to add the numbers as they move along and find and touch the sum. Upon completing their card, they return it to a hoop that has more index cards in it and they retrieve another card. Play for 2-3 minutes.

Variations: play in teams – after completing a card students put it in the opposing teams hoop and retrieves a card from their own hoop. Use index cards with color dots on them for K-2 students. Create cards with subtraction, multiplication, or division for upper grade students.

AMRAP (As Many Rounds/Reps As Possible)

Equipment: Darebee PE workout cards (free from www.darebee.com)

How to play: Spread 6 – 8 Darebee PE cards on the floor (you can put them in cone sleeves/task tents if you have them available. Each card has a different exercise along with a picture of the exercise. You can add a playing card or uno card to each exercise card so students know how many reps of each they need to complete. Students are in small groups and rotate to each card/station completing the number of reps of each exercise and then moving to the next cone. Students have 5 minutes to complete AMRAP. Once students arrive back to their starting cone/exercise that is one round. Remind students to do the exercises correctly not sloppy just so they can be the winner. It is not a race.

Variations: Spread 12 cards out around the gym and do not list a number (of reps) with each card. Instead, students will stay at each card/station for 25-30 seconds and perform as many reps of the exercise as they can in that amount of time. Students will rotate to the next card/station every 25-30 seconds. I use the Music Workout app on the ipod/ipad to set up intervals. It is listed below under the Tips and Tricks section of this handout.

K – 12 GAMES WITH SPIDERBALLS

Aerobic Spiderball Challenge

Equipment: 1 spiderball per pair, 48+ mini markerz

How to play: Spread the mini markerz out on the floor inside the boundary lines. Do not place them close to each other (5-6 feet apart is best). Students are paired up along the perimeter of the boundary lines. Each pair is given a spiderball. On the start signal the pairs take turns rolling from behind the boundary line. They are trying to knock down a mini marker. If it is successfully knocked down the player retrieves the mini marker and their spiderball and returns to their partner. If they do not knock a mini marker down then they retrieve the spiderball and return to their partner. Students take turns rolling until all of the mini markerz are knocked down. This challenge can be done as a class v class for the fastest time or it can be done as who can knock down the most mini markerz before time expires. Throwing the spiderball to knock down a mini marker is not allowed and throwing the spiderball to his/her partner is not allowed.

Variation: Put play money inside the cone. The game is played just like above but when they bring the cone back they take the money out of the cone and add it to their cash. At the end of the game, whoever has the most money wins or the most \$1's, \$5's, \$10's, etc.

Spider Bocce Ball

Equipment: spiderballs, poly spots or flat hoops

How to play: Can be played 1 v 1 or 2 v 2. You and your opponent have a spider ball and you try to roll to see who can get it the closest to the poly spot. Closest one gets a point. If you make it stay on the poly spot, you get two points. The person who scores – rolls first next time. Play to 21 points.

Spiderball Golf

Equipment: spiderballs, low profile cones, flat hoops

How to play: Students are in pairs or groups of 4 and each have a spiderball or share 1 between each pair. Students put the cone down and use it as their tee box. The hoop is placed anywhere in the gym that a player wants and represents the hole. The pairs/groups take turns rolling their spiderball from the tee box. The person/team with the lowest number of rolls to the hole wins that hole. The winner gets to place the hoop for the next hole.

Mini Mayhem

Equipment: Mini Markerz cones, spiderballs, flat hula hoops, pinnies for each team (optional)

Set up: hoops of different color are on opposite sides of the gym; two teams will play each other (several games being played at once).

How to play: Teams of 3-4 are formed and sent to a hula hoop. In each hoop are 6 mini Markerz (same color as hoop/team). One team will start with the spiderball and can throw or bounce it to his/her teammate. If the ball is in your possession you cannot move. Players must attempt to get the ball to the opposite team's side

and roll it to try and knock down one of their Markerz. If a cone is knocked down or if the ball is intercepted/dropped then the other team gains possession of it and heads the other direction trying to knock down their opponents Markerz. The first team to knock down the other teams 6 Markerz, wins. Teams can play defense (they cannot guard the thrower).

Variation: each team has 5 different color Markerz in their hoop and every team is trying to knock down their color Markerz in the other 5 hoops. The first team to do so will win the game.

Let the Time Roll On

Equipment: spider balls, flat hoops, time interval cards, 1 clock per group, cones

Students will be paired with partners. Partners must stay outside the perimeter of the basketball court. Inside the basketball court will be scattered flat hoops. Inside the hoops will be time cards. Each group will be given a cone, a clock and a spider ball. On the "go" signal, one player from each group will take the spider ball and roll it from behind their cone. The player will attempt to get the ball to stay in the hoop. If the ball stays in the hoop, the student will select a time card from the hoop and return it to their cone. The player will also retrieve their ball, make or miss, and give it to their partner for a turn. Players will rotate in this fashion until the end of the game. If a time card is drawn, the player moves their clock ahead that amount of time. Students are trying to get the most time on their clock by the end of the game OR you can give everyone a set time that they have to get in order to win.

FUN WITH OGOSPORT DISCS!

OgoSport Discs – Partner Practice

Equipment: 1 Ogodisc and koosh ball per pair of students

How to play: Students face each other at 5-6 feet apart. One student has the ogodisc and the other student has the koosh ball. The student with the koosh ball tosses it to their partner and the partner with the ogodisc strikes the ball back to the tosser. This continues for 1-2 minutes and then students switch roles.

Variations: Both students have an ogodisc and share a koosh ball. Students work on striking the ball back and forth to each other.

OgoSport Discs – Tennis

Equipment: 1 jump rope, 2 ogodiscs, and 1 koosh ball per group of 4 people

How to play: 2 students hold each end of the rope as a net. The other two players play a one on one game of tennis with the ogodiscs. If the koosh ball hits the ground the opposing player gets a point. Play for a time limit and then rotate out the players and rope holders or play until a set number of 5-7 points.

OgoSport Discs – Team Rally

Equipment: 1 ogodisc per player and 1 koosh ball per rally

How to play: Students divide up into 2 groups and form to single file lines facing each other about 6 – 10 feet apart. You can use a net if you have access to one. Both groups are working together to rally the koosh ball as many times as possible without a drop. The first person in one line hits the ball over the net and then moves to the back of the line, the first person on the other side strikes the ball back over the net and moves to the back of his/her line. This rotation continues during the rally. Students keep count on the number of times the ball his

hit. If the ball drops to the ground the count is over and students start back at one. Only one hit allowed per turn.

OgoSport Discs – Winner’s Court

Equipment: 1 or 2 ogodiscs per court (depending on set up of game) and 1 koosh ball per game

How to play: There are 3 teams (single or doubles) playing in this game. One side of the net is designated as the winner’s court and all serves will come from this court. Team 1 will serve in the winner’s court and serve to team 2. Team 3 is on the sideline beside team 2. The sideline team is waiting to come on to the receiving court when a point is scored. If the receiving team wins the point they will go around the net and take the team’s place that was in the winner’s court. If the winner’s court team wins the point, they stay on their side of the court and the sideline team will take the place of the receiving team. [Note: no overhead smashes are allowed during this game].

OgoSport Discs – 4 Square

Equipment: 1 ogodisc for each player

How to Play: Using a four square court, students attempt to hit the koosh ball in to another players court. If the ball hits the ground in your court or you hit it out of bounds - you are out and the next player waiting in line rotates in to play. Students are allowed only two hits per possession of the ball before they have to hit it to another player. [Note: no overhead smashes are allowed during this game].

OgoSport Discs – 3 Way Challenge

Equipment: 2 ogodiscs and 1 koosh ball for each group of 3; rubberbands to keep score

How to Play: Groups of three students start on the end line (spread groups out evenly so half of the class starts on one side of the gym and the other half starts on the opposite side). Each group of three work together, using the two ogodiscs and koosh ball, striking the koosh ball and throwing the disc to relay the koosh ball down the court. If the ball is dropped, the group must start back over from the side they started from during the current relay. Once they make it to the opposite side, the last player who receives the koosh ball will get the rubberband and put it on his/her wrist. The group then heads back the other direction doing the same thing. This process continues until time is called.

DANCES

The Goldfish Song (music by The Laurie Berkner Band)

*The dance steps can be found in the K-2 Dance module located on the www.OPENphysED.org website. I encourage you to register today. Enter **STW17** in the training code section of the registration page. You will have access to a lot of **FREE** curriculum for grades K-12!

WIPE OUT (Surfaris) [a Don Puckett classic]

Step 1: Fast punches reaching high for 4 counts, left 4 counts, right 4 counts. Repeat this pattern for first part of the drum segment of the song.

Step 2: For the first musical portion pretend to jog.

Step 3: For the next set of drums do muscle poses for 4 counts each.

Step 4: Pretend to jump rope for the next musical portion. Drums – muscle poses. Music – close with slow punches reaching high right 2 counts, high left 2 counts, right cross 2 counts, left cross 2 counts.

Step 5: Continue until the end of the music

Hamster Dance (music by Hampton the hamster)

Begin the dance after the words "here we go" are played.

Step 1: place hand on hips, nod head to the right 2x, left 2x, repeat for two 8 counts.

Step 2: grapevine to the right, grapevine to the left, repeat

Step 3: slap thighs with both hands 2x, clap 2x, raise the roof 2x, ski jump (side to side)

Step 4: put hands up in front like hamster paws...move them like you are trying to climb out of the cage...turn all the way around to an 8 count

Step 5: repeat steps 3 and 4

Step 6: kick right heel back towards buttocks, left heel back, and repeat for two 8 counts

Step 7: jump and wave arms for 8 count, turn around, repeat for second 8 count

Step 8: repeat all steps

Celebration (music by Kool and the Gang)

Step 1: walk back 4 starting on right (R, L, R, L)

Step 2: walk forward 4 starting on left (L, R, L, R)

Step 3: grapevine right, grapevine left

Step 4: step right and touch, step left and touch

Step 5: heels out and in

Step 6: touch right toe forward 2x, backward 2x

Step 7: touch right toe forward, backward, sideways, pivot ¼ turn to left

Step 8: repeat all steps

Uptown Funk (music by Mark Ronson featuring Bruno Mars)

Step 1: rock right, left, right, right

Step 2: rock left, right, left, left

Step 3: move forward – cross left foot, cross right, cross left, cross right

Step 4: pivot turn two $\frac{1}{4}$ turns to left (180°)

Step 5: hitch kick right leg over left, hitch kick left leg over right

Step 6: grapevine right, grapevine left (or shimmy left)

Step 7: repeat all steps

Rock Steady (music by The Whispers), **Better When I'm Dancing** (music by Megan Trainor)

Step 1: grapevine right, grapevine left

Step 2: step right touch, step left touch, step right touch, step left touch

Step 3: pump hands to the right 2x, pump hands to the left 2x

Step 4: step forward (R,L,R, kick L), backward (L, R, L, R)

Step 5: rock forward 2x, rock backward 2 x

Step 6: rock forward, back, forward $\frac{1}{4}$ turn to the left

Step 7: repeat all steps

Love Shack (music by B-52's), **Classic** (music by MKTO), **All About That Bass** (music by Kidz Bop)

Step 1: right heel touch front, back, front, back; left heel touch front, back, front, back

Step 2: step forward left, slide right together 4x

Step 3: angle steps back R together L, L together R, R together L, L together R

Step 4: grapevine right, grapevine left and spin 180°, grapevine right, grapevine left

Step 5: repeat all steps

Respect (music by Aretha Franklin), **Whoomp! There It Is** (music by Tag Team)

Step 1: step R touch, L touch, R touch, L touch

Step 2: forward walk with a bounce R 2x, L 2x, R 2x, L 2x

Step 3: backward walk with bounce L 2x, R 2x, jump 180° for count 5, 6, 7, 8 (clap)

Step 4: repeat all steps

Down South Shuffle (music by R-3)

Step 1: touch R foot to the side and back 2 x, then Grapevine R

Step 2: touch L foot to the side and back 2 x, then Grapevine L

Step 3: step back R tap L, step back L tap R, step back R tap L, step back L tap R

Step 4: 2 Steps R and Snap fingers, 2 Steps L and Snap Fingers while turning $\frac{1}{4}$ L

TIPS AND TRICKS

- **Scarf “stays”** – When teaching my students to throw I have them tuck a scarf in their shoe on the side of the dominant throwing hand. Students stand in a hoop or on a poly spot and I tell them that their “scarf” foot “stays” when they throw. This allows them to step with opposition when throwing underhand or overhand and/or rolling. If it doesn’t stay tucked in they can tie it around their ankle.
- **Tango Remote App** – This app has changed my class management in a positive way! If you have two ipods (I use old iphones) you need to download the Tango Remote app on both devices. This allows you to control the songs that are being played from one device to the other via a wireless connection or Bluetooth. Hook one ipod up to a dock or sound system and use the other ipod to control the music. It allows you to see the songs that are playing, create playlists, start and stop music, etc. It is awesome!
- **Music Workout App** – This is another app that you must have on your ipod. This app allows you to set up music intervals for stations or for starting and stopping game play. You can set up multiple “workouts” and keep them saved in the app. When you are doing a particular activity, like stations, you select that “workout” and push start. This allows you to move freely around so you can observe and/or give feedback to students without worrying about keeping up with the time or a stopwatch.
- **Bracket maker App** – This app is a must for your iPad. It creates tournament brackets for up to 64 teams/players. Simply enter in the team names and it sets up your brackets. Once a game is over and a team wins you tap on the team name and it moves it forward to the next round.
- **Scorekeeper App** – This app is a must for your iPad. Simply enter in team names or colors when you are doing an activity that requires keeping score. As a team scores you just touch the + sign and it adds the points to the teams and it ranks them from greatest to least or vice versa based on your preferences.