

#STW17 Handout for Artie's Friday Morning & Saturday Afternoon Sessions



Activities

Clap 3 Times: Get the students to clap 3 times and stomp 3 times. From here you can have them walk 8 counts, find a handshake partner, find a high five partner, find a partner wearing the same colored shirt, etc.

Okay Sign: Everyone make an Okay sign, put it on your chin (but you put it on your cheek).

I Love You Sign: Teach the sign for "I love you" in sign language. It is made up from the sign for the letters I, L, and Y.

Bumper Cars: One partner is the driver and the other partner is the car. Can you close both eyes and fully trust your partner?

Scattered Square Dance: A fun way to get kids moving to music in a non-threatening manner.

Hit the Lonesome Trail: Walk by yourself to the beat of the music.

Horse & Buggy: Find a partner and walk in a straight line with one partner behind the other. Like in the activity "Bumper Cars."

Circle the Wagons: Join hands with several individuals and circle right.

Squeeze the Lemon: Go into the center with a whoop and a shout!

Wagon Train: Several individuals link up to form a large series of Horses and Buggies.

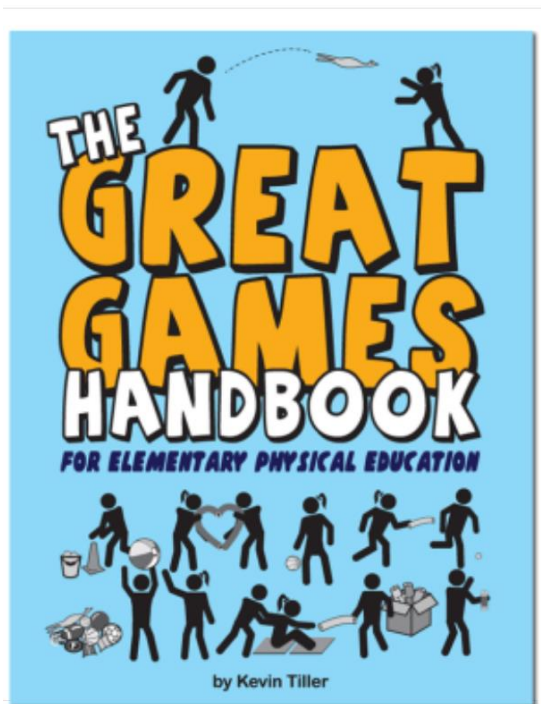
3 Against 1 Tag: All four players number off...1, 2, 3, 4. Number 1 takes several steps back while Numbers 2, 3, and 4 hold hands in a circle. The circle of three players rotates so that #2 is facing #1. On the teacher's signal, player #1 tries to tag player #2. The circle rotates to keep #1 away from #2. This is a very vigorous activity!

Zoom: In one large circle, the word "zoom" is passed from player to player for time. Can you break the world record?

Basketball/Hula Hoop/Beanbag Progressions: For this activity, we used 13 Challenge Sheets representing K-12 that were taped to the wall. Participants moved from the first Challenge Sheet (K) to the last (12th Grade).

These activities are from the Great Games Handbook by Kevin Tiller. To order this book, please contact: Great Activities Publishing Company; (800) 927-0682;

Website: <https://greatactivitiesonline.com/product/the-great-games-handbook/>



The Great Games Handbook (K-8)

\$35

The Great Games Handbook for Elementary Physical Education is packed with over 200 pages of the most creative and resourceful skill-based games your students will ever play!

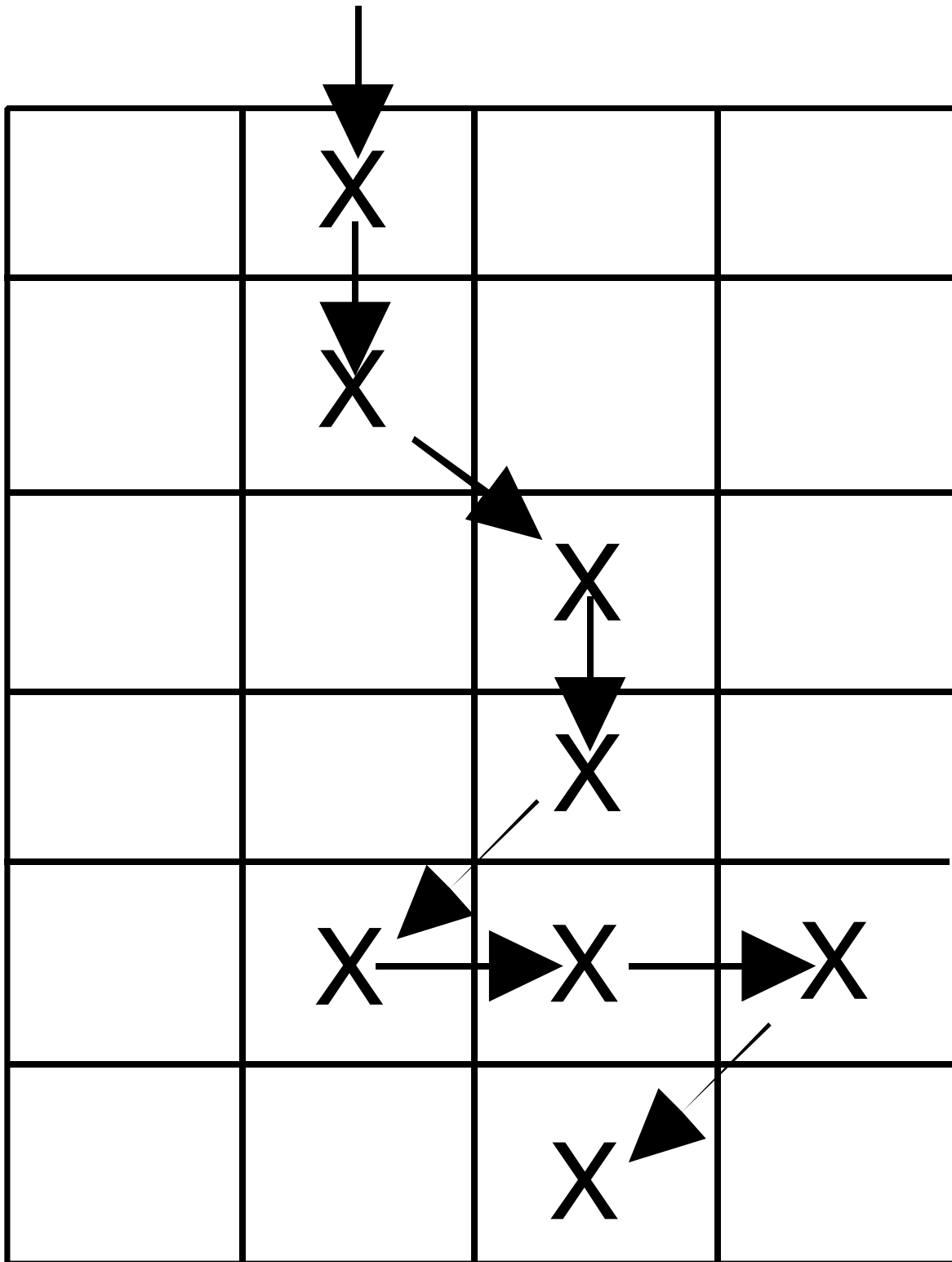


ADD TO CART

SKU: GA-GG. Categories: [Books](#), [Books](#), [Books](#), [Elementary School Products](#), [High School Products](#), [Middle School Products](#).
Tag: [Books](#).

Mystery Maze

A-Maze-ing Challenges: Create a grid using polypots or drawing it on a painter's dropcloth. Students have to find their way through the maze.



Throwing & Catching Skill Cues: For this activity, we divided the class into partners. Each set of partners was provided with a ball, red rag, two polypots, and a bucket.

- Partners were arranged in the following manner so that each partner stood about 12-15 feet away.
- Each partner stood on a polypot as a reference point.
- The space between the two groups was the designated “Teaching Alley.”

X ----- X

X ----- X

X ----- X

X ----- X

X ----- X

X ----- X

X ----- X

X ----- X

X ----- X

X ----- X

- **Throwing Cues:** “Shoulder points, bring your elbow high, step & turn, watch it fly!”
- “Elbow low, it’ll go slow; Elbow high, watch it fly!”
- **Catching Cues:** “Tick, Tock, I’m a Catching Clock!” -- “Eyes, Hands, Teeth!”

We used the red rags (“auto shop towels” from Walmart > <http://tinyurl.com/zq7paej>) to emphasize the role of the elbow to throw).

We used the plastic buckets to emphasize the role of “giving” when catching a ball.

PS: Also, as I was packing up from the Saturday afternoon session I got a great catching cue from one of the participants (Coach Alexander). He teaches all of his elementary students skill cues that can be easily memorized. One afternoon, he was watching football practice at a nearby high school. For some reason, many of the football players seemed to be dropping/not catching the football. Coach Alexander asked the football coach to try this:

- **E-S-P** = “**E**yes on the ball,” “**S**oft hands,” “**P**ull the ball in.”

The coach got all of his players together and shared the E-S-P catching cues with his team. They all did much better!! (Imagine that...). Actually, there was a 4th cue > E – S – P – N, but I forget what the “N” stood for. Next time you’re at “Share the Wealth,” ask Coach Alexander what the missing “N” is. --- Artie