

SHARE THE WEALTH 2017 – CHIP CANDY

Thanks for being at the 30th Share the Wealth Conference and sharing sessions with me! Thanks to Flaghouse for supporting John Smith and me at the conference. All of the activities that were presented are listed below...

1. Clap, Jump, Spin, Run – Everyone begins in a large circle. One person starts the game action with a single clap. The person to his/her immediate right jumps. The next person in the circle spins around one time, and continuing to the right, the fourth person runs across the circle and squeezes in between two people. A clap from the runner sends the pattern to the right again, and the game continues. Once everyone “gets the hang of it”, change the game allowing the clap to send the jump, spin, run to the right **and** the left.

Variations – The sky is the limit when changing the movements in this activity. One example would be to start everyone in a circle, all seated. When the leader says “go”, the person to their right does a push-up, the next person does a sit-up, and the last person animal walks (bear, crab, cat, etc.) to a new position in the circle and yells “go”.

Then... for the brave only...could the runner/animal walker send the activity both ways again, however combine the two games. So...when the runner or animal walker finds their way to a new spot in the circle, they clap and yell “go” at the same time. The signal sent to the right is jump, spin, run. The signal sent to the left is push-up, sit-up, and animal walk.

Could we change it to include balls? The leader hands the ball off to the right, the next person bounces it and passes it to the right. The next person throws it up, catches it and passes it to the right. The final person dribbles or carries it to a new spot, and it’s then pass, bounce, throw, run (or dribble)

2. Speed Fitness Bingo – This is a great activity using a pre-made Activity Bingo Game (available from Flaghouse), or a homemade game. The set-up is teams of between 2 and 5 around the outside of a large circle. Each team should have one (or more...see variation below) Bingo card. All the fitness cards and the markers should be spread out in the middle of the circle face down. On “go”, the first person from each team runs in to retrieve a fitness card and a chip/marker and brings both back to the group. The team does the exercise on that card and if it is on their Bingo card they cover that spot. The next person on the team returns the fitness card and brings a new card and a marker back. Continue the game until a team covers a line and yells BINGO! Remember...each card/exercise is done whether it is on the teams Bingo board or not. All cards should be replaced in the middle **face down** by a new player from the group each time. A chip is brought back each time and kept to be counted at the end of the game. The team with the most chips earns “hardest workers” bragging rights.

*A fun variation is to have the teams earn a Bingo board every time they complete a cooperative (everyone on the team connected) warm-up running lap at the start of class. If the team begins the Bingo round with three boards, they obviously must bring back three chips with each exercise card as the game progresses.

4. Alphabet Spelling (or My Name/Your Name) – Set up alphabet spots, or anything with alpha letters, at either end of the gym (on the floor or on the wall). Partners meet in the middle of the gym, and after sharing the spelling of each other’s names, the action begins. If I am with you...I will spell your name at one end of the gym (by touching the correct letter), and you will spell

my name at the other end of the gym. We must come back to the middle and high five each other in between each letter (out and back, out and back...etc.) until we complete each other's first and last names. If one finishes early, they may help the other by touching letters together (but always returning to the middle after each letter touch).

5. Biggie Dek Ring Fitness – Sets of partners (or...it's better with groups of 3) will begin the activity by practicing their Dek Ring throws (Frisbee style/flat is the best), and catches (one hand/arm through the hole, or two hands through the hole...dolphin/shark style). Next, add movement, with the receiving partner always running to a new **open space**. We want to teach this sports concept of always looking for open space. When the signal is given, the partners, or trio, come together with their ring and perform the designated exercise (ex. 6 squats, or 5 push-ups, or 3 burpees) ...while staying in contact with the ring throughout. Continue the pattern of throwing/moving and exercises until a good workout has been completed!

TURNSTILE

The Turnstile is one of the oldest of the Project Adventure activities and a similar initiative was even part of the New Games Foundation workshops in the 1970's. It appears in Karl Rohnke's book Silver Bullets published in 1984. It is still being used in Project Adventure curriculum guides, and is one of our student's favorites. Many set-ups (framing/briefing), variations of the doing, and debriefing, along the adventure wave exist...but this is our style. It is important that a strong debriefing session is planned, with plenty of time for conversation at the end of the activity.

Age Appropriateness- Middle School and above...while younger groups can complete this activity, it can be frustrating, and if the objective is tied to the debrief at the end, it is a much better activity for older groups.

Materials- One long jump rope (or a retired climbing rope).

Procedure- While two enders turn a long rope, invite the group to figure out the solution to the activity by giving only the following specific directions:

1. One rope turn.
2. One person.
3. No jumps.
4. Consecutive.

The solution is that the group must run through the rope one at a time, without jumping. One person must pass through with each turn of the rope, and no turns of the rope without someone running through. The leader should only give clues by counting successful attempts, and not counting wrong solutions. No other clues should be given.

Variations-

1. Pyramid- Just tell the group that the next activity is called pyramid...and let them use trial and error to figure it out. The solution is that each time the rope turns... 1 person, then 2 people, then 3, then 4, etc. must pass through consecutively.
2. Pyramid Jumps- As above, tell them the name and turn them loose. The solution is that the first person jumps once, the next jumps twice, then 3 jumps, etc.

3. Partners/Trios/Quads- The basic Turnstile set-up, but everyone with a partner, or in trios, or quads passing through...one rope turn, no jumps, consecutive.
4. Categories- Give the group a category (things that are red, or fruits, or states, etc.) and have them do the basic Turnstile activity while saying something in the category while passing through the rope...no repeats. Have the group volunteer a category that they would like...songs with the word love in the title.
5. Helper- Partners pass through the Turnstile with the original rules, however one of the two is non-sighted (blindfolded if the person is comfortable with it). Switch roles each time through.
6. How few turns of the rope are needed to get the entire group through the Turnstile?
7. Both Ways – Turn the rope one way and the entire group passes through together. Immediately turn the rope in the opposite direction and the group goes through again, consecutive, no jumps.
8. Turnstile Run – Have 2 ropes turning on opposite sides of the gym, and see how many laps the group can do (passing through the ropes) without missing.
9. The Gauntlet – Set 4 to 6 ropes up in a line across the gym, and run “The Gauntlet”. If someone misses they replace an ender and the action continues.
10. The Box – Set 4 ropes up in a large square (box) with the entire group inside. How quickly can the group exit with no misses and no jumps?
11. Roll the Dice – One student rolls the die quickly letting the group know how many people need to go through at a time.

Knee Tag- Everyone is trying to tag someone on his or her knee. If tagged, two push-ups and continue the game. There is a base in this game...if your hands are on your knees you cannot be tagged...however you may not move with your hands on your knees....you must have both hands off your knees to move.

4 Corners Ball Tag- Divide the playing area into 4 zones. In each zone is a tagger with a pinnie. The taggers must stay in their zones. Taggers have 3 balls, which they use to tag people in their zones. The balls may not be thrown at people, however the taggers may pass them between zones. If you are tagged you are out of the game (this is the ONLY elimination tag game that I play...the reason is that by sitting out, you can see the strategies very easily). There is always one zone without a ball, so there are strategies for both the players and the taggers! Good for 5th grade and up!

Try Again Tag- Split the playing area in half, with 1 – 2 taggers on each side. When tagged, you simply go to the other half and continue play. This is a great game to add tagging the tagger...the group may stop the game if someone tags the tagger without being caught. Give the taggers long tagging implements to make it harder.

23 Skidoo – Set up three zones in a “target style” ...an inside circle, a circle around that, and the outside zone. 3 to 5 taggers enter the in between zone. About a third of the group goes to the middle, and the remainder are on the outside. The object of the game is to free the inside people without being tagged. To get out of the middle you must receive 23 handshakes (total) from anyone on the outside. However, to do this you must enter the in between zone where the taggers are. If tagged in this zone the two “handshakers” are both now in the middle. So...it is the taggers trying to put everyone into the middle, and the rest of the group trying to free everyone to the outside zone.

Jump Tag – Everyone in the large group is given a number (1 through 6...or 7, or 8 depending on class size). When the action begins, everyone spreads out inside the designated area. You are now playing with everyone. When the teacher calls a number, **everyone jumps...once!** If your number is called...on that jump, you are it and may tag anyone within your reach. When the next number is called...everyone jumps and anyone with that new number is now it. Once tagged, you go to the outside boundary of the game and wait until your number is called which then allows you to jump back into the game.

Grump on the Island – One person (the grump) is put in a large circle in the middle of the playing area. Upon being called (in smallish groups) everyone must make it to the other end of the playing area...stopping in the middle to touch any part of the middle circle (the island). If tagged, you simply join the “grump on the island” and are now a tagger also. Grumps must have one foot touching the island...and they may chain out into the “water” to tag. If grumps become disconnected from the island, they must go to the designated “hospital” for one full turn through.

Give Me 2 (a fitness mixer)

With sheets of sample Give Me 2 questions at either end of the gym, the students run back and forth asking someone a question on one side, and after running back across, answering a question on the other side. No repeat partners.

2 best articles of footwear that you own

2 favorite restaurants

2 favorite movies

2 things not many people know about you

2 rules that you would make if you were “King of the World”

2 coolest places to visit within a 50-mile radius of here

2 best picnic food items

2 favorite holidays

2 favorite smells

2 best areas to go for a walk

2 things you want for your birthday

2 things that you would spend \$100 on if given to you, and you had to spend it in the next hour

2 best personality traits in others

2 best personality traits in you

2 best snacks

2 favorite subjects in school

2 favorite teachers

2 least favorite foods

2 favorite exercises

2 favorite drinks

Old School Sprinkler Strut (4 Wall Line Dance) by C. Candy

Music- "September", by Earth, Wind, and Fire, or "Love Man", by Otis Redding, or "Fire Burning", by Sean Kingston (new school)

8 cts.- R heel touch front, then pick up R foot in front of the left (2x), then grapevine R

8 cts.- Repeat above with the L foot/L grapevine

8 cts.- 4 Heel struts forward, beginning with the R foot

4 cts.- Jazz Box (Cross RF over LF, Step back on LF, Step R with RF, Step LF together with RF)

4 cts.- Sprinkler turn $\frac{1}{4}$ L

Option 1- Do 2 Jazz boxes (8 cts.), 1 Sprinkler turn (4 cts.), and 2 Disco points (4 cts.)

Option 2- Do 1 Jazz box, 1 Sprinkler turn, 2 Disco points, and "lawnmower" or "Cabbage Patch", or arm rolls...or any other "old school move" (cat eyes, shopping cart) for 4 cts

BCA Shuffle (line dance for Breast Cancer awareness– Look for the Music and dance on YouTube (search for Big Mucci)

HANDSHAKES!

Herein lies one collection of handshakes with a brief description for each. All who read from this handout are encouraged to add their own and share it with the community at large. Feel free to make up your own, borrow ideas from students, or steal from others (and give them credit of course). Locations/origins of each one are "quasi true" at best.

1. Happy Salmon (Pikes Fish Market, Seattle WA) – Reach past your partners outstretched hand and lightly slap their forearm (fish tail simulation).
2. Logger (Oregon) – One makes a fist with thumb up, the other grabs that thumb with a fist and puts their thumb up, then the next thumb grab/fist, then the fourth thumb grab/fist. With this stack, “saw” back and forth like lumberjacks.
3. Witches Brew (Salem, Mass) – Using the same stacked hands from above, stir the cauldron together and cackle like witches.
4. Popcorn (Iowa) – Partners face each other with hands over their heads and fingers wiggling. A slow squat is performed, then a jumping high ten in the air to the partner while yelling POP simultaneously.
5. Turkey (NJ) – One partner puts up a high 5 (the feathers) while the other places their fist against that palm with thumb extended away from the partner’s palm (the body/head of the turkey). Make gobbling sounds and there you have it!
6. Black Fly (NH) – Gently reach across and **lightly** slap the black fly that has landed on the partner’s forehead.
7. Ankle Biter (chiggers – TN) – Reach across to the partner for a high five (right hand), but miss and continue past to grab the partner’s right ankle for an ankle/foot shake (partners are now balancing on their left foot).
8. Fisherman (RI) – One partner takes their fishing pole and casts out the line/hook, catching the other partner. The fisherman reels that fish/partner in, then lands them with a forearm/high 5 “fish” slap.
9. Boston Celtics (Mass) – Low five right, low five left, low five right, low five left (fast), then jump in the air with a right shoulder bump to the partner.
10. Secret Sign (from my Father-in-law, and Brother-in-law, while hunting in Canada) – One partner makes up a secret sign, and the other partner responds with their own secret sign (they should not be the same). There is no need to go to the partner when “secret sign” is called...just look for them and flash your crazy/outrageous sign. Sound is encouraged along with the visual.
11. 5 Part/10 Part Handshake – Partners are on their own to come up with a handshake that has at least 5 components, but may have up to ten parts, that must be practiced and memorized. The more creative the better!
12. Dairy Farmer (Wisconsin) – Partner one interlocks their fingers, with thumbs pointing downwards. The farmer (partner 2), grabs the thumbs (cows utters) and gently milks the cow. Mooing sounds help.
13. Beaver (Maine) – Partner one puts their palms together, and rotates the hands so that the backs of the hands are facing the ceiling and floor. Partner two places their hands above and below those hands (without touching), leaving enough room for the beaver tail to slap back and forth.
14. Fireman’s Ladder (NYC) – Start with a low five with the right hand and leave the palms together, then do a left hand slap above the right hands and leave them there while you switch to the right hand slap above the lefts. Continue this pattern up until you can’t reach any higher.
15. Firecracker (4th of July/USA) – Partners face each other and slowly lower into a crouch while hissing like a giant firework. When you can almost hiss no more, explode into the air with a loud boom, while throwing your hands and feet out.

16. Cowboy (WY) – Lasso your partner, and pull them in buckin' and kickin'. If you want to wrassle 'em to the ground, that's up to y'all (not recommended however)
17. Squid/Octopus (CA) – Partners bring the tips of their fingers thumbs together (one hand), then quickly pull them away while wiggling the tentacles, and swimming the hands away from each other.
18. Pinky Promise (Buttonwood Lane, Cinnaminson, NJ) – Hook right pinky's together and pinky promise that you will never forget this partner's name, and one unusual "secret" fact about them.
19. Bash Brothers (Oakland, CA) – Simply bash (lightly) your forearms together in true old school Oakland A's Bash Brothers style...celebrate your homerun.
20. Bell Ringer (TX) – One partner puts out a high (over the head) thumb up. The other partner grabs that thumb and gently rings the bell (with the accompanying bell sound).
21. Crew/Rower (Philly) – Partner one puts their fists together, with thumbs facing out (away from each other), and palms facing the sky. The other partner grabs the two oars (thumbs), and rows crew style down the Schuylkill River.
22. Outta Here (Harry Kalas, Phillies Broadcaster) – Reach past the partner's hand towards their elbow, and then slide your hand down their forearm and away with a thumb going over your own shoulder while saying "I'm outta here".

ALL TOGETHER NOW CHECKLIST

Directions – Your group must complete the following tasks together and at the same time...in unison, mirror images of each other, same timing, with exact rhythm...all together now! Your group may organize/problem solve any way that you would like

- 1. Jump once...when perfected; try jumping 5 times in a row (land at the same time)**
- 2. 6 Jumping Jacks...then 10 jumping jacks and stop at the exact same time**
- 3. 5 Push-ups...perfect form...exact mirrors of each other.**
- 4. Walk 12 steps...then run 12 steps...then run across the basketball court and stop at the exact same time.**
- 5. Two log/pencil rolls**
- 6. Hold a stretch**
- 7. Hold a balance pose...count to at least 22**
- 8. Skip until it is in unison**
- 9. Clap in unison 14 times in a row...jump and clap 8 times in a row**
- 10. Slide step 6 to the right, then 8 to the left**
- 11. Walk backwards 7 steps...can you run backwards 8 steps?**
- 12. Hold an air squat for 10 seconds...or do 10 squats in unison**
- 13. Jump rope 9 times in a row (with or without a rope)**
- 14. Using an imaginary ball...throw in unison one time with perfect form**
- 16. Ski jump until the group is "all together now"**
- 17. Bonus – Create your own "all together now" and challenge another group to try it with you**