

WILLIS - WINNER WINNER CHICKEN DINNER

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Adaptive PE Teacher(Activity Guide)**

CONSISTENT AND REPETITIVE! Students learn the routine and begin to anticipate and perform. Activities are designed for needed postural, stretching, balance, core strength, and social skills. Start with 1 or 2 activities and , slowly add on more. Teachers and paraprofessionals have enjoyed and benefited from participation with students. Students listen, learn “right foot”, colors, and color signs. and saying “Winner. Most activities are wheelchair friendly.

EQUIPMENT NEEDS:

1. Rings (hula hoops, agility rings, 3 per child)
2. Items to hold (i.e. small ball or other item)
3. 8 inch Dynamo or other Plastic balls
4. Vinyl Frisbee
5. Different colored bean bags, any colors
6. Cones?

WARM UP

1. Stomach, Back, Head, and High - Place rings in a line. Child jumps with two feet into each ring holding ball
A. In front of stomach **B.** Behind back **C.** On top of head **D.** Up high.
2. Bottom, Knees, and Stand - **A.** Holding 8 inch ball, child sits with legs apart 3 to 4 feet from wall, rolls ball on floor to wall. When ball rebounds, child repeatedly pushes ball back to wall. **B.** On knees 4 to 6 feet from wall child bounces ball off wall and catches after one bounce. **C.** Standing 8 feet from wall, child bounces ball off wall and catches after one bounce. Repeat all 10 times if possible.
3. Toes, Hop Scotch and Skier – 6-8 rings of different colors are staggered in two adjacent lines. First ring is on right, second ring on left and slightly ahead of ring on right. Continue to stagger rings. **A.** Student walks somewhat up on toes (tip toes) with right foot in right ring, then left foot in left ring, and continues alternating to end of row. **B.** On command, student jumps into and out of different colored rings. **C.** Jumping two feet at a time, child jumps with both feet (skis) from circle to circle. *Increase speed on all three activities as able.*

CATCH BY COLOR (Leader learns sign language for colors)– See back of page.

?1. Bounce Pass and Ball High – Use a variety of colored rings placed in straight line. Student stands in first ring.

Coach, sitting or standing 4-5 feet from the rings and student, bounce passes the ball to the student and signs

a color to signify which ring to go into next. When out of final ring, Coach tosses ball in air and student catches
with hands low.

2. Gator Catch - Holding both arms extended in front, one arm above the other, dominant hand underneath,
child catches/traps Frisbee between arms tossed from increasing distance.

BEAN BAG RELAY BY THE COLORS (Carl, no mention of color - ?

1. Forward Relay/Reverse Relay - Four large rings 8 to 10 feet apart in a straight line. Put a bean bag in rings 2, 3,
and 4.

- Student stands in first ring. Student listens as Coach says "On your mark, get set, GO". But Coach may say "On your mark, get set, "sit, or pop etc."
- Student must wait for word "GO". Student then picks up first bag and takes it to the empty first ring. Student continues running to get each bag one at a time and place it in ring one.
- When all 3 bean bags are in ring one, student hollers "Winner Winner Chicken Dinner". Children have more fun if several students, each with their own row of rings, do the activity at the same time.
- Reverse the activity returning bean bags to original ring.
- Finishing the activity and hollering "Winner Winner Chicken Dinner" is the goal, not competing.

BEAN BAG RELAYS BY THE COLORS (continued)

2. T Relay/Any Letter or Number Relay

- Set up **4-5** colored **rings 4-5 feet** apart in shape of a straight line, T, or other shape.
- Pile of Bean Bags or other objects is placed in a pile centered 9-10 feet from the rings.
- Coach says "go"; student picks up one bean bag or item, runs to place it in a ring, and runs quickly back to pile to retrieve another bean bag or item.
- When finished student yells "Winner Winner Chicken Dinner"
- Reverse the process putting bean bags back into colored rings.

This activity can be done with two or more sets of rings and students.

OBSTACLE COURSE

1. Green means GO; Red means STOP

- **Two red cones and two green cones are placed at different locations. Student runs from green to red when given command?**

2. Ball Switch **Two rings about 4 feet apart. Ball inside one ring. On color command from Coach, student runs to get ball, and quickly runs to place it into the other ring.**

“ball switch” kid runs to green cone, ball switch, run to ring take ball and put on other rings. Run to red cone.

Start-Stop

CONFUSED. CONES OR RINGS? Not sure of activity.

3, Hair Weave. 10 Cones 4 feet apart in a straight line. (If using wheelchair , 5 feet apart.) Weave in and out,

walking, running, or wheeling. Students may follow one another weaving through the line.

4. Combined Obstacle Activities. Put various obstacle activities together, changing activities.

Teach it in parts. Experienced students love this combined activity.

These activities can be done on tip toes (toe tap) or with jumping for variation with several students at one

time performing the activity.

GROUP AND TEAM ACTIVITIES

1. Hot Potato— Start by holding hands in a circle.

- Coach says “Circle Up”, Drop Hands, Wring Hands, Ready!”. Students drop hands, wrings hands, and

positions to toss or receive ball.

-Students throw soft ball to each other underhand with ball between neck, chest, and knee caps. If ball drops,

student is out.

CONFUSED. WHO DOES THE CHILD THROW THE BALL TO, ACROSS THE CIRCLE RANDOM?

2. Box Ball— Mail crate (can see through)

Like soft ball. 2nd base. Around cone and back home. Mail crate to see through.

SIGNS FOR BASIC COLORS

BROWN - Swipe left side of face.

BLACK - Salute with left hand.

BLUE - Bend thumb into palm and wave with one hand.

Orange - Left fist under chin, repeatedly “squeeze” as if squeezing an orange.

White - ? Left hand fisted, move hand away from under chin?

Green - Touch end of pointer finger to tip of thumb, turn as if turning a key.

PINK - Touch dimple of chin with left pointer finger.

PURPLE -? Touching thumb with ends of 2nd and 3rd finger wiggle hand downward from chin?