

Welcome to PE2theMax by J.D. Hughes!

By the author of *No Standing Around In My Gym*, *PE2theMax I and II*, *PE²*, *HyPEd UP* and *Volumes 1, 2, 3, and 4 DVDs*

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It is my privilege and pleasure to welcome and thank you for attending *PE2theMAX: Maximizing Skills, Participation, Teamwork, and Fun*. It is my desire today to equip you with a more up-to-date look at what physical education has evolved into, which is an exciting and dynamic experience that all children need and deserve.

As physical education teachers, it is our job to promote and develop positive attitudes towards physical activity. Our task is challenging; teaching the value of physical activity and skills acquisition, while making physical education fun for all in the process. Often times, teachers implement lessons and games that are fun to teach, but may be activities that fail to maximize participation, are developmentally inappropriate, or lack originality. Another problem is that some physical educators find their classes too large to even consider many physical education ideas, games, and activities. No question, these are just a few of the major problems facing many physical educators everyday.

This stimulating assortment of fun-packed, educational games and ideas not only focuses on participation and involvement for the large class, but will intrigue, engage, and motivate your students for years to come. Today's presentations provide all inclusive, fun activities, which in turn minimize discipline problems and maximize participation.

Over my teaching experience as a physical education specialist since 1995, I have developed, designed, modified, or obtained from colleagues all of the material presented. The games and activities presented are classroom-tested and have been used successfully with children ages 4 to 14. They maximize participation and ensure that every child is provided with numerous opportunities to succeed while learning basic fitness- and sport-related skills. I have focused special emphasis on many games and activities to include experiences that teach cooperation and encourage teamwork. These values are instilled through motivating and challenging activities that will have all children coming back for more. **Today you will learn....**

- A. a variety of enjoyable, all-inclusive physical activities, designed to build self-confidence, and promote cooperation, fair play, and responsible participation, while encouraging lifetime fitness.
- B. more activities that are action-packed, providing lots of choices and opportunities to challenge your students with countless opportunities for success, no matter the skill level.
- C. to move from comfortable, familiar, and functional physical education to movement education instruction that is rich with opportunities to engage children with fun, challenging, and dynamic experiences.
- D. fun, movement and skill-based games, provided in a context of realistic situations that promote the skills of communication, cooperation and personal responsibility, while learning to apply critical thinking and problem solving; crucial life-skills that are necessary to allow all of us to think for ourselves and be productive human beings. Incorporating these skills in games is the perfect way to teach for transfer by providing children with a hands-on approach to practicing and learning skills of this nature.
- E. to implement games that go beyond exhibiting rote memorization of performing skills to games and activities that present problems, thus requiring students to learn how to brainstorm, collaborate, put into action and evaluate strategies in order to be successful.
- F. to take advantage of the opportunities, especially after attending this workshop, to relate the game's challenges to some real-life situations that students may encounter one day.

May you have greater success in your physical education program and most importantly, the ultimate goal of seeing students getting physically fit and having some fun in the gym. In Christ.

BOUNCE BRIGADE (2-8)

Objective: To reinforce the skills of cooperation, hand-eye coordination, patience, strategy, and teamwork in the wacky, nerve-racking game of Bounce Brigade.

Equipment:

- Wiffle balls or tennis balls (3 per team; preferably colored wiffle balls. For example, three red, blue, green, etc. per team or number the three tennis balls with #1, three with #2, etc.). This helps players keep track of their team's balls.
- 100-110 ounce cans (2 per team; can be found in most school cafeterias)

- 5-Gallon buckets (8)
- Hula Hoop (1 per team to place balls and cans inside)
- Optional: Ricochet ball (1 per team; sometimes referred to as a Z-ball or reaction ball; these balls are small, but bounce all over the place)

Procedure: The following procedures are based on a class of 48 students with 6 players per team. It is recommended that team size be between four to eight players per team. Before classes arrive, set out the eight buckets as depicted in the diagram. Place four hula-hoops at each end of the gym with three tennis balls, two 100-ounce cans, and one Ricochet ball inside each hula-hoop. The object of the game is for all teams to successfully transfer each one of their four balls to each bucket and trashcan located at the opposite end of the gym. Teams will race against each other to determine who will accomplish this feat the fastest. Note: no positions will be assigned. Players are responsible for choosing what equipment to use and how they want to contribute to the game.

Divide the class into eight teams of six and send each team to a hula-hoop to sit down and await further instructions. Explain that each team must decide who will be “throwers” and “Canners.” To Begin: Play begins by standing inside the team’s hoop to advance a ball to a teammate down the court. “Throwers” can toss or throw the balls, but one bounce (no more) must occur before a “canner” can catch a ball. Note: a “thrower/canner” progression must be followed to advance any ball down the court. For example, throwers, starting from inside their hoop must toss the ball and the canner (allowing the ball to bounce one time) must catch it with the can. Note: “Canners” hold the cans and may switch positions with teammates at any time. The canner may then rotate and toss it to the next thrower waiting further down the court. All balls that are caught before bouncing or are dropped or make more than one bounce must go back and start from the beginning. Each team will continue the “thrower/canner” progression until each ball is very close to one of the four buckets. Finally, a score can only be made by a one bounce into the bucket or trashcan. All misses result in going back to the team’s hoop and reentering each ball to start over. The only exception to this rule is with the Ricochet ball. It is advanced the same way as all other balls, but it must be dropped (not bounced) into a bucket or trashcan by a canner.

Teams will need to be encouraged to never give up because patience will be tested due to the sometimes-difficult degree of accuracy needed to get the balls into the buckets. Each team will continue the process of advancing each of the four balls to all four buckets. The team to successfully get one ball into each bucket and trashcan the fastest will be declared the winners for that round. Clean up and start a new round.

Rules and Safety:

1. A ball cannot be exited from a team’s hoop unless a player stands in the hoop to throw to another teammate.
2. Balls can only be advanced by a one bounce to a teammate. All balls that are caught before bouncing or are dropped or make more than one bounce must go back and start from the beginning.
3. All throwers or canners who catch balls may rotate their bodies to then bounce the balls to teammates.
4. Players may not walk or advance toward a bucket while in possession of a ball.
5. Players can make overhand or underhand throws for short or long distances to teammates. Note: make sure players are careful with the Ricochet balls since they are much heavier than the other balls.
6. A player may only be in possession of one ball at a time. A “thrower/canner” progression must be followed to advance any ball down the court.
7. Canners may not shield balls into the can with their bodies and may not touch a ball with their hands.
8. Teammates may use any grouping strategy to accomplish the task of getting balls into buckets. Hint: the “assembly line” method works well, especially when a team gets to the last ball.
9. Each team must score at the buckets located on opposite ends of the gym. A team may not have more than one ball in the same bucket or trashcan. Remember, all balls must be scored with a one bounce with the exception of the Ricochet ball, which must be dropped by a canner into a bucket or trashcan.

The Thriller Dance Modified (Michael Jackson)

Introduction: neck twitch....tilt head down to the right while simultaneously lifting right shoulder up to towards head. Perform the neck twitch during the lead up into the actual song. Remember, you’re a possessed dance creature of the night!

Part 1: “Monster Claws”

- | | |
|---|-----------------|
| Step to the R while creating monster claws to the R | 2 counts |
| Step to the L while creating monster claws to the R | 2 counts |
| Repeat R, L, R, L for the remaining 4 counts performing the monster claws | 4 counts |

Part 2: “Slide, Shimmy, Clap”

Step to the R with an exaggerated slide of your L foot until it meets your R foot **4 counts**
Note: as you slide R, shimmy your shoulders up and down in an alternating pattern and bring your arms straight above your head and clap once on the 4th count.

Step to the L with an exaggerated slide of your R foot until it meets your L foot **4 counts**
Repeat the slide, shimmy, clap on the 8th count

Part 3: “Breast Stroke”

Forward.....Shuffle step R, L, R, L as if you are performing the breast stroke **4 counts**
swim in waist-deep water.

Forward.....Shuffle step L, R, L, R as if you are performing the breast stroke **4 counts**
swim in waist-deep water.

Part 4: “Zombie Stomp Backwards”

Backward.....stomp R while performing monster claws, eyes bulging **2 counts**

Backward.....stomp L while performing monster claws, eyes bulging **2 counts**

Backward.....stomp R, L, R, L with monster claws and eyes bulging **4 counts**

Note: remember to make your best zombie impression throughout the dance move!

Part 5: “Dealing Cards”

Stand with feet shoulders width apart. Bend the right leg; lift the heel, and **4 counts**
move your leg in and out (like opening and closing a door), while
simultaneously dealing cards with your right hand each count. Also,
slightly lean further and further to the right with each deal of a card.

Stand with feet shoulders width apart. Bend the left leg; lift the heel, and **4 counts**
move your leg in and out (like opening and closing a door), while
simultaneously dealing cards with your left hand each count. Also,
slightly lean further and further to the left with each deal of a card.

* Turn a quarter turn counterclockwise (to face the wall to your left) as you deal the last card to the left on EVERY 8th count.

START OVER

HULA HUT THROW DOWN (2-8)

OBJECTIVE:

Hula Hut Throw Down is a non-stop, action packed game adapted from Hula Hut Relay (No Standing Around in My Gym) and Castle Ball (Larouche, PE Central; Kelly-Cram, Great Activities). Hula Hut Throw Down combines the art of hula hut building, the strategical tactics incorporated in offense and defense, the skills of hitting various targets, along with the “never give up” attitude it takes to be successful.

EQUIPMENT:

- Gatorskin balls (30+; the more the better)
- 36” Hula hoops (36+; the more the better)
- Trashcans or barrels (4)
- Basketball goals (2; set between 8’ to 10’)
- 28” Traffic Cones (2)
- Optional: Jerseys for at least one team are recommended, but not required

PROCEDURE:

Before classes arrive, place all Gatorskin balls in the center of the gym and place half the hoops around one traffic cone at the center of the sideline and the rest of the hoops around the other cone at the opposite center sideline (see diagram). Finally, place one trashcan in each corner of the gym. The **object** of the game is to be the team with the most Hula Huts built when the time expires.

Divide the class into two teams and send each team to opposite sides of the gym to sit down and await further instructions. Provide a brief explanation of the Scorer, Builder, Gatherer, Protector, and Destroyer positions (described below), informing students that they can choose and change any position at **any time** during the game. Also, provide a quick, one-time demonstration of how to build a hula hut.

To Begin: On the teacher’s signal, “**Scorers**” (everyone will be scorers at this stage in the game) will begin

throwing the Gatorskin balls, trying to score them into the basketball goal or corner trashcans located on the opposite end of the gym. All players who make a shot into the basketball goal are allowed to go and “capture” one hoop from either cone to take and put on their team’s side. All players who score a ball into the trashcan are allowed to go and “capture” two hoops from either cone to take and put on their team’s side. *Note: Encourage scorers to go and get the scored balls out of the trashcans before getting the hoops.* Each team will continue the “hoop capturing” process for the entire game, keeping in mind that for every six hoops captured, one Hula Hut may be built. Once a Hula Hut is built, the four positions of Builder, Gatherer, Protector, and Destroyer may be instituted. Each of the positions, other than the Scorer, that can be performed during each game will be defined as: 1. **“Builders”** are any players who choose to help build a Hula Hut each time six hoops have been captured. 2. **“Gatherers”** are any players who choose to cross the midline and go to the opposing team’s side to gather balls to bring back to their team’s side. The Gatherer position is important, especially when there are not many balls available on a team’s side. 3. **“Destroyers”** are any players from the opposing team who choose to roll or throw balls with the intent to destroy or knock down Hula Huts. Each Destroyer who knocks down a Hula Hut, causing all the hoops to fall to the ground, must cross the midline and gather the six hoops from the fallen Hula Hut and place them back around one of the traffic cones for the chance to be re-captured again. 4. **“Protectors”** are any players who choose to do whatever it takes to defend a Hula Hut from the destroyers’ rolled or thrown balls. *Note: nobody, other than the Protectors who guard the Hula Huts, are allowed to play defense by blocking balls or guarding the trashcans at any other time during the game.* Scorers will continue to capture hoops that are still available, Builders will continue building Hula Huts for every six hoops that are captured, Gatherers will continue retrieving balls from the opposing team’s side, Protectors will continue protecting as more Hula Huts are built, and Destroyers will continue destroying the opposing team’s Huts as long as at least one Hula Hut is still standing until the stop signal (time limit to be determined by the teacher) is given. The team to have the most Hula Huts built when the time expires will be declared the winner for that round. Clean up and start a new round. *Note: remind students that all four positions are available to anyone and that any player can change positions at anytime. Also, mention that all positions are chosen and performed on a voluntary basis, especially Protectors who are at the risk of getting hit by balls while protecting their Hula Huts.*

RULES AND SAFETY:

1. Scorers and Destroyers may not cross the midline to roll or throw balls.
2. Gatherers may cross the midline to go and retrieve balls from the opposing team’s side, but may not roll or throw balls until they are back on their team’s side.
3. Scorers are allowed to capture one hoop for each score into the basketball goal and two hoops for each score into the corner trashcans.
4. Hula Huts may be built anywhere on a team’s side, but Builders should strategize and determine the safest and best places to build Hula Huts.
5. All Hula Huts are “free game” to be destroyed once a Builder places the last hoop (roof) on top of the hut. Players may not touch the Hula Huts again once a Builder places the last hoop on top of the hut. Also, a damaged Hula Hut may not be repaired at anytime.
6. Protectors may guard the Hula Hut in any way as long as they do not touch the hut.
7. Protectors are the only players allowed to play defense and their defense is limited to protecting Hula Huts. Defending trashcans or blocking balls that are not directed at the Hula Huts is not allowed.
8. Destroyers may also cross the midline, but only to collect the six hoops of the Hula Hut that they have completely destroyed. All hoops of a destroyed hut must immediately be returned to one of the traffic cones.

Protectors must understand that they are at risk of getting hit by balls since they are guarding the Hula Huts. The teacher may administer a one to five-minute penalty if it is determined that a student is intentionally throwing at another student.

STACK ATTACK (2-8)

OBJECTIVE:

Students will practice and improve throwing and bowling for accuracy, defensive strategy, and cardiovascular endurance in the intense game of Stack Attack. Stack Attack combines the art of cup stacking, the strategical tactics incorporated in defense, the skill of bowling and throwing to hit various targets, along with the “never give up” attitude it takes to be successful.

EQUIPMENT: (needs are based on a class of 48)

- Gatorskin balls (30+; the more the better)
- Small, plastic buckets (36 to 48 total or 18 to 24 per team; divide the buckets into two groups by color. For example, Team 1 will have the combination of the red, orange, and yellow buckets for a total of 18 buckets and Team 2 will have the combination of the blue, green, and purple buckets for a total of 18 buckets).

PROCEDURE: Before classes arrive, place all balls in the center of gym. Separate and place Team 1’s buckets on the ground against one end wall and separate and place Team 2’s buckets on the ground against the opposing end wall. When classes arrive, divide the class into two teams and send each team to opposite sides of the gym to sit down and await further instructions. The **object** of the game for each team is to collect and stack as many buckets as possible in order to earn the most points when the time expires.

Provide a brief explanation of the Scorer, Builder, Gatherer, Protector, and Destroyer positions (described below). Inform students that they can choose and change any position at **any time** during the game. **To Begin:** On the teacher’s signal, “**Scorers**” (everyone should be scorers at this stage in the game), starting at the midline, will begin crab walking to the opposing team’s wall where their team’s buckets are located. *Note: each team will want to collect buckets because getting buckets is the only way to earn points.* All players, each time they get a bucket, must crab walk, balancing the bucket on their bellies until they cross back over the midline (See Figure 5). *Note: a redo is necessary if the bucket touches the ground before the player crosses back over the midline. A redo involves standing up and taking the bucket back to the wall before returning to your team’s side to start over.* The Scorer position can be played as long as there are buckets to be earned. As buckets cross over the midline, the positions that can be implemented will be defined as: 1. “**Builders**” are any players who choose to help stack buckets, within their team’s boundaries, each time buckets are earned (See Figures 1 through 4 for the stacking examples and their point values.

2. “**Protectors**” are any players who choose to do whatever it takes to defend a bucket or stack of buckets from the destroyers’ rolled or thrown balls (See Figure 6). Protectors must always stand and may not touch the buckets while protecting. 3. “**Destroyers**” are any players from the opposing team who choose to roll or throw balls with the intent to destroy or knock over buckets or bucket stacks. Each Destroyer who knocks a bucket over on its side must cross the midline and only gather the bucket or buckets that were knocked over (See Figure 7). After retrieving the buckets, the Destroyer must place them back at the opposing team’s end wall to be re-earned. *Note: sometimes a stack of buckets will get hit, but a Destroyer may not capture the bucket unless it was knocked over on its side.* 4. “**Gatherers**” are any players who choose to go anywhere, even crossing the midline to go to the opposing team’s side, to gather balls to bring back to their team’s side. The Gatherer position is important, especially when there are not many balls available on a team’s side.

Scorers will continue to earn buckets that are still available, Builders will continue stacking buckets, Protectors will continue protecting as buckets are stacked, Destroyers will continue destroying the opposing team’s buckets or bucket stacks, and Gatherers will continue retrieving balls until the stop signal (time limit to be determined by the teacher) is given. The teacher will quickly add up points based on the types of stacks built and the team with the most points will be declared the winner for that round. Clean up and start a new round. *Note: remind students that all five positions are available to anyone and that any player can change positions at anytime. Also, mention that all positions are chosen and performed on a voluntary basis, especially Protectors who are at the risk of getting hit by balls while protecting their bucket stacks.*

RULES AND SAFETY:

1. All Scorers, each time they get a bucket, must crab walk, balancing the bucket on their bellies until they cross back over the midline
2. Bucket stacks may be built anywhere within the boundaries on a team’s side, but Builders should strategize and determine the safest and best places to stack buckets. All bucket stacks are “free game” to be destroyed once a Builder places the last bucket on a stack.
3. Destroyers may not cross the midline to roll or throw balls, but Destroyers may cross the midline to capture buckets that have been knocked over on their side.
4. Protectors must always stand and may not touch the buckets while protecting.
5. Protectors must understand that they are at risk of getting hit by balls since they are guarding buckets. The teacher may administer a one to five-minute penalty if it is determined that a student is intentionally throwing at another student.
6. Gatherers may cross the midline to go and retrieve balls from the opposing team’s side, but may not roll or throw balls until they are back on their team’s side.

BullsEye

OBJECTIVE:

This whacky, action-packed teamwork game reinforces spatial awareness, throwing for accuracy, eye-hand coordination, communication, and perseverance. BullsEye will test each student's accuracy by challenging them to hit various student-created bullseyes to achieve and earn multiple cash prizes.

EQUIPMENT:

- Gatorskin balls (40+; the more the better)
- Hula hoops (5-8 per side)
- EC1109 Pack of 300 Play Money Bills from S&S Worldwide/www.ssw.com. Each pack contains (100) \$1 play money bills, 50 each of \$5, \$10, and \$20 play money bills, and 25 each of \$50 and \$100 play money bills. If possible, laminate each bill to increase durability.
- 5-gallon buckets (3 cash buckets to store the \$1.00, \$5.00, and \$10.00 bills)
- Container or 5-gallon buckets (1 per team to store cash prizes)
- Traffic Cones (8-12; For example, 4 cones per line)

PROCEDURE:

Before students arrive, cone off an area on each side of the gym to create the "Bullseye Zone". *Note: increase or decrease the boundaries based on the proficiency levels of each class.* Place 5-8 hula hoops and one Team Cash Container in each Bullseye Zone. Put all Gatorskin balls in or near the center of the gym. Finally, place each of the three Cash Buckets containing the \$1.00, \$5.00, and \$10.00 bills somewhere outside of the boundaries that will not interfere with game play (see diagram for set up).

Divide the class into two teams and send each team to opposite sides of the gym to sit down and await further instructions. Provide a brief explanation of the Archer, Bullseye Holder, Catcher, and Gatherer positions (described below), informing students that they can choose and change any position at **any time** during the game. The **object** of the game is for each team to score as many bullseyes as possible in order to earn the most cash.

To Begin: All "Archers" will begin throwing balls (without crossing the midline), attempting to score a bullseye to earn \$1.00, \$2.00, \$5.00, or \$10.00 bills. The "Bullseye Holder" may stand anywhere inside the Bullseye Zone (area between traffic cones and wall) and hold a hula hoop in a way to allow the thrown ball from the Archer to go through the hula hoop. In order to earn cash, a third player who is called the "Catcher" must catch the ball after it goes through the bullseye being held by the Bullseye Holder. Specific cash amounts are earned based on the following options.

1. \$1.00 is earned for every ball that goes through a bullseye (held to the side of the body) and is caught by a Catcher (See Figure 1).
2. \$2.00 is earned for every ball that bounces, then goes through the hoop, and is caught by a Catcher (See Figure 2).
3. \$5.00 is earned for every ball that goes through a bullseye (held over head) and is caught by a Catcher (See Figure 3).
4. \$10.00 is earned for every ball that drops through the basketball goal, and is directly caught by a Catcher (See Figure 4).

Note: a Bullseye Holder will not be needed for this option.

Immediately upon catching a ball, the Catcher (and only the Catcher) must go and retrieve the dollar amount that was earned based on the way the ball was caught after completing one of the above options. Each Catcher must then go and place the cash earned into the Team Cash Container. "Gatherers" may gather up balls anywhere in the gym to continue throwing or to supply friends with balls. *Note: remind students that all four positions are available to anyone and that any player can change positions at anytime.*

The teacher will collect each Team's Cash Container when the time limit has expired and add up the cash earned by each team to determine the Bullseye Champions. *Option: choose 1-2 Captains from each team and allow them to take money out of their Team's Cash Container. Each Captain can trade \$100.00 in smaller bills to the teacher in exchange for a \$100.00 bill. This strategy will allow you to replace the smaller bills into the Cash Buckets and make it easier to total money at the end of the game.*

RULES AND SAFETY:

1. Blocking thrown balls or playing defense is not allowed. See "Variations" for exception.
2. Archers may not cross the midline when throwing balls.
3. Cash can only be earned by completing the options listed above.
4. A Catcher, after catching a ball, must retrieve the dollar amount earned and place it in his or her Team's Cash Container before going to catch another ball.
5. \$50.00 will be removed from the Team Cash Container if any player is caught cheating or taking more money than was earned!

Egypt, Egypt (by Egyptian Lover) or Down (by Jay Sean)

Part 1:

- Egyptian or King Tut hand gestures to the R **2 counts**
- Egyptian or King Tut hand gestures to the L **2 counts**
- Egyptian or King Tut hand gestures to the R **2 counts**

- Egyptian or King Tut hand gestures to the L **2 counts**

Part 2:

- Jump and row to the R (like rowing a boat) **2 counts**
- Jump and row to the L (like rowing a boat) **2 counts**
- Jump and row to the R (like rowing a boat) **2 counts**
- Jump and row to the L (like rowing a boat) **2 counts**

Part 3:

- Moving Forward...shuffle step R, L, R, L while swiveling your R foot **4 counts**
- Moving Forward...shuffle step L, R, L, R while swiveling your L foot **4 counts**

Part 4:

- Moving Backward...step R as you chest pump twice with your arms (imagine you are doing a standing push up-elbows back, chest forward) **2 counts**
- Moving Backward...step L as you chest pump twice with your arms (imagine you are doing a standing push up-elbows back, chest forward) **2 counts**
- Moving Backward...step R as you chest pump twice with your arms (imagine you are doing a standing push up-elbows back, chest forward) **2 counts**
- Moving Backward...step L as you chest pump twice with your arms (imagine you are doing a standing push up-elbows back, chest forward) **2 counts**

Part 5:

- Step to the R as you do a R uppercut (immediately pull R arm down) **2 counts**
- Step to the L as you do a L uppercut (immediately pull L arm down) **2 counts**
- Step to the R as you do a R uppercut (immediately pull R arm down) **2 counts**
- Step to the L as you do a L uppercut (immediately pull L arm down) **2 counts**

Note: you can rotate clockwise or change walls at the 7th and 8th count by upper cutting L as you step to the R

- **START OVER AT PART 1**

Billie Jean, PYT, or Don't Stop 'Til You Get Enough (Michael Jackson)

Part 1:

- Kick R, L, R, then slide forward at a diagonal to the R **4 counts**
- Kick L, R, L, then slide forward at a diagonal to the L **4 counts**

Part 2:

- Step backwards to the R while shaking or wiggling your bottom **2 counts**
- Step backwards to the L while shaking or wiggling your bottom **2 counts**
- Step backwards to the R while shaking or wiggling your bottom **2 counts**
- Step backwards to the L while shaking or wiggling your bottom **2 counts**

Part 3: {while moving to the right....}

- Step R on 1st count, while simultaneously pointing L toe to the ground **1 counts**
- Step L on 2nd count, while simultaneously pointing R toe to the ground **1 counts**
- Step R on 3rd count, while simultaneously pointing L toe to the ground **1 counts**
- Step L on 4th count, while simultaneously pointing R toe to the ground **1 counts**
- Perform Michael Jackson's Moonwalk back to the starting point and return to the face forward position on the 4th count **4 counts**

Part 4:

- Kick R, replace R foot on 1st count, then butterfly feet and elbows on 2nd count (butterfly on balls of feet with heels and elbows out then in) **2 counts**
- Kick L, replace L foot on 3rd count, then butterfly feet and elbows on 4th count (butterfly on balls of feet with heels and elbows out then in) **2 counts**
- Kick R, replace R foot on 5th count, then butterfly feet and elbows on 6th count (butterfly on balls of feet with heels and elbows out then in) **2 counts**
- Kick L, replace L foot on 7th count, then butterfly feet and elbows on 8th count (butterfly on balls of feet with heels and elbows out then in) **2 counts**

Note: you can change walls by kicking L foot to a new wall on 7th count

- **START OVER AT PART 1**

Frisbee Smack Down 2-8

OBJECTIVE: Students will develop and improve Frisbee manipulation skills of visual tracking, accuracy, control, throwing, and catching. Frisbee Smack Down utilizes various positions to provide teammates multiple opportunities to communicate and elicit teamwork and strategy to become team champions.

EQUIPMENT:

- Two storage containers of noodle pieces (100-200 per container; create mini noodles by cutting long foam noodles into 1- or 2-inch pieces--an electric carving knife works best). *Note: two different colored noodle pieces (blocks) is highly recommended to help with the redistribution of blocks at the end of the game.* For example, return Team 1's blue noodle pieces to one side and Team 2's red noodle pieces to the other side.
- Indoor Frisbees or foam discs (30+; the more the better)
- Optional: jerseys or wristbands to distinguish each team
- Optional: Traffic Cones (12 or 6 per side)

PROCEDURE: Before classes arrive, place all Frisbees in the center of the gym. Finally, place one container of noodle pieces (blocks) at the center of each sideline of the gym (see diagram for set up). The **object** of the game is to be the team with the most towers built when the time expires or at the end of a round.

Divide the class into two teams and send each team to opposite sides of the gym to sit down and await further instructions. Provide a brief explanation of the Thrower/Catcher, Builder, Gatherer, Protector, and Destroyer positions (described below), informing students that they can choose and change any position at **any time** during the game. **To Begin:** On the teacher's signal, teammates should attempt to get into as many 2-person "**Thrower/Catcher**" teams as possible. Thrower/Catcher teams are created by finding a teammate and deciding who will be the Thrower and who will be the Catcher. The Catcher will cross the midline to go and get between the end line and the wall (The Catch Zone). *Note: use the optional traffic cones to designate the Catch Zone if the space between the end line and the wall does not provide a big enough area (see diagram).* Throwers will then begin throwing Frisbees to their partner Catchers (See Figures 1 and 2).

All Thrower/Catcher teams to make a successful throw and catch in the Catch Zone allows the Catcher to go and get 3 blocks from either container to take and put on their team's side. Each team will continue the "block earning" process for the entire game, keeping in mind that for every six blocks earned, one tower may be built.

Each of the positions that can be performed during each game will be defined as: 1. "**Builders**" are any players who choose to help build a tower each time six blocks have been earned. *Note: towers may be built with anybody's six blocks anywhere on a team's side except within the Catch Zone.* 2. "**Gatherers**" are any players who choose to cross the midline and go to the opposing team's side to gather Frisbees to bring back to their team's side. The Gatherer position is important, especially when there are not many Frisbees available on a team's side. 3. "**Destroyers**" are any players from the opposing team who choose to throw Frisbees with the intent to destroy or knock down towers. Each Destroyer who knocks down a tower, causing one or more of the blocks to fall, must cross the midline and gather the six blocks from the fallen tower and place them back into one of the containers for the chance to be re-captured. 4. "**Protectors**" are any players who choose to do whatever it takes to defend a tower from the destroyers' thrown Frisbees.

Thrower/Catcher teams will continue to earn blocks, Builders will continue building towers for every six blocks that are earned, Gatherers will continue retrieving Frisbees from the opposing team's side, Protectors will continue protecting as more towers are built, and Destroyers will continue destroying the opposing team's towers as long as at least one tower is still standing until the stop signal (time limit to be determined by the teacher) is given. The team to have the most towers built when the time expires will be declared the winner for that round. Clean up and start a new round. *Note: remind students that all five positions are available to anyone and that any player can change positions at anytime. Also, mention that all positions are chosen and performed on a voluntary basis, especially Protectors who are at the risk of getting hit by Frisbees while protecting their towers.*

RULES AND SAFETY:

1. Throwers and Destroyers may not cross the midline to throw Frisbees.
2. Gatherers may cross the midline to go and retrieve balls from the opposing team's side, but may not throw Frisbees until they are back on their team's side.
3. Catchers are allowed to earn three blocks for each catch within the Catch Zone.
4. Towers may be built anywhere on a team's side except within the Catch Zone, but Builders should strategize and determine the safest and best places to build towers.
5. All towers are "free game" to be destroyed once a Builder places the sixth block on top of the tower. Players may not touch the towers again once a Builder places the last block on top of the tower.
6. A tower is considered destroyed if one or more blocks are knocked off of the tower.
7. Protectors may guard the tower in any way as long as the each Protector remains standing and does not touch the tower.
8. Protectors are the only players allowed to play defense and their defense is limited to protecting the towers. Defending or blocking Frisbees from Thrower/Catcher teams is not allowed.
9. Destroyers may also cross the midline, but only to collect the six blocks of the tower that was destroyed. All blocks of a destroyed tower must immediately be returned to one of the containers.
10. Protectors must understand that they are at risk of getting hit by Frisbees since they are guarding the towers. The teacher may administer a one to five-minute penalty if it is determined that a student is intentionally throwing at another student.

Jenga-Janga 1.0

K-5

OBJECTIVE: Jenga-Janga is a great lead up activity for the FITNESSGRAM PACER test. Adapted from the game of Jenga, the fast-paced, jogging and counting game of Jenga-Janga will definitely captivate your students. Teams will compete against each other by jogging to collect noodle pieces in order to build towers, being careful not to be the one to cause a tower to fall.

EQUIPMENT:

- Hula Hoops (10-16)
- Noodle pieces/sections (preferably 100-200 of two different colors, each stored in their own container)
- 5-gallon buckets or baskets (3-4 per team)
- Bucket of wristbands (or anything to represent points)

PROCEDURE:

Before classes arrive, place one set of hula hoops on one side of the midline of the gym and the other set of hula hoops on the opposite side of the midline, across from the other set of hoops (See Figure 1). Space each hoop approximately 3-5 feet apart. Next, place one container of noodle pieces (**blocks**) on one end of the gym against the wall and place the other container of noodle pieces on the opposite end of the gym against the wall. Place the point bucket on one side of the midline (see diagram for set up). The **object** of the game is to successfully build more 15-block towers than the opposing team.

To Begin: divide the class into two teams (for example, Team Yellow and Team Blue) and send to opposite sides of the gym to sit down and await further instructions. **Note:** *I chose these colors based on the color of noodle pieces I own. I purchased multiple packs of the Noodle Sections, item # W10808 from www.ssw.com that come in a pack of 100 yellow and 100 blue pre-cut pieces.* Choose 3-4 players from each team to be **Sweepers** and give each of them a 5-gallon bucket. **Note:** *switch Sweepers every 5-10 minutes.* When the game begins, each player from Team Yellow and Team Blue will jog and collect **one** block from the container on their side of the gym (See Figure 2). After collecting a block, each player will jog to any hula hoop on their side of the midline and carefully begin stacking the blocks in order to create 15-block towers (See Figure 3). **Note:** *Adjust the 15-block tower to more or less depending on the types of noodle pieces you own and the age group of the class. For example, K-1 students must create 10-block towers to earn points.* A point is earned for each 15-block tower that is successfully built inside a hoop (See Figure 4). A Sweeper will quickly go and “sweep” up all 15 blocks into his/her bucket and dump them back into the noodle container before going to get one wristband from the point bucket (See Figure 5). Any tower that falls before reaching 15 blocks must also be swept up and dumped by the Sweepers before a new 15-block tower can be restarted inside the hoop (See Figure 6). Each team will continue jogging to collect blocks in order to build the 15-block towers to earn points until the time expires. All wristbands will be collected and counted for each team to determine the Jenga-Janga Champions.

RULES AND SAFETY:

1. Players may only collect one block per trip.
2. A 15-block tower earns one point to be collected by a Sweeper.
3. The Yellow Team may not cross the midline and interfere or knock down the towers being built by the Blue Team and vice versa.
4. Players may not hold or touch the tower when stacking blocks.

Jenga-Janga Pro

2-8

OBJECTIVE: Jenga-Janga Pro is the advance, next-level game to Jenga-Janga 1.0. Adapted from the game of Jenga, the fast-paced, jogging and counting game of Jenga-Janga Pro will definitely captivate and challenge your students. Teams will compete against each other by jogging to collect noodle pieces in order to build towers, being careful not to be the one to cause a tower to fall.

EQUIPMENT:

- Hula Hoops (4-5 yellow and 4-5 blue)
- Noodle pieces/sections (preferably 100-200 of two different colors, each stored in their own container)
- 5-gallon buckets or baskets (4 per team)
- Bucket of wristbands (or anything to represent points)

PROCEDURE:

Before classes arrive, place the four yellow hoops and the four blue hoops approximately three feet apart on one end line of the gym (See Figure 1). Next, place the container of yellow noodle pieces and container of blue noodle pieces (**blocks**) against the wall at least 10 feet apart on the opposite end of the gym (See Figure 2). Place the point bucket on one side of the midline (see diagram for set up). The **object** of the game is to earn the most points by causing fewer towers to fall than the opposing team.

To Begin: divide the class into two teams (for example, Team Yellow and Team Blue) and send to opposite sides of the gym to sit down and await further instructions. **Note:** *I chose these colors based on the color of noodle pieces I own. I purchased multiple packs of the Noodle Sections, item # W10808 from www.ssw.com that come in a pack of 100 yellow and 100 blue pre-cut pieces* Choose 4 players from each team (2 girls and 2 boys) to be **Sweepers** and give each of them a 5-gallon bucket. **Note:** *switch Sweepers every 5-10 minutes and/or allow them to choose any teammate to take their position anytime during the game.* When the game begins, each player from Team Yellow and Team Blue will jog and collect **one** block from their color container (See Figure

3). After collecting a block, each player will jog to any hula hoop on the other side of the gym and carefully begin stacking the blocks keeping in mind that the towers have to be stacked by alternating colors (See Figure 4). **Note:** *to help avoid overcrowded areas, I created the rule that girls can only build at the yellow hoops and boys can only build at the blue hoops.* A point is earned if a tower falls for the following reasons. **Note:** *other reasons will probably arise once you play. The teacher will actively move around to monitor and referee the game to help determine points.* Below are some possible scenarios for winning/losing a point:

- A Team Blue player places a blue block on top of a tower causing it to start swaying and eventually to fall, resulting in a Yellow Sweeper getting a point from the bucket.
- The opposing team will be awarded a point if a player from the other team goes to stack a block and touches the tower causing the tower to fall, even if that player did not place the block down because he or she decided to pull the block back. It was the initial contact that resulted in a point for the other team since the tower fell immediately after pulling back the block.
- Team Blue is awarded a point if a Team Yellow player “accidentally” sneezes, breathes or blows in the direction of a tower causing it to fall over. I say “accidentally” because that always seems to be the reason it given to me for why it fell over ;).
- A team is afraid to put their block on top of tower because they fear the next block will cause the tower to fall. The teacher and only the teacher, after noticing this dilemma, can then start a 10-second countdown. A point will be awarded to the team who has their block on top if a block was not added to the tower by the opposing team within the 10 seconds. A block added results in a new countdown if deemed necessary by the teacher.

A fallen down tower results in the Sweeper (from the team that won the point) quickly going and “sweeping” up all of the blocks (both yellow and blue) into his/her bucket and dumping them back into the noodle container before going to get one wristband from the point bucket (See Figures 5-6). **Note:** *I only allow one Sweeper the privilege of cleaning up an area to earn a point because if more than one Sweeper helps they both think they have earned a point.*

Note: *there is a lot of excitement and energy around this game, especially as the towers grow higher and higher. This typically results in players huddling around the tower to see who causes it to fall. Make sure you are in the vicinity to watch and ensure fair play. It is fun to watch the students get a little hysterical once a tower does fall.* Each team will continue jogging to collect blocks in order to build the towers to help their team earn points until the time expires. All wristbands will be collected and counted for each team to determine the Jenga-Janga Pro Champions.

RULES AND SAFETY:

1. Players may only collect one block per trip.
2. Players may not step inside or be inside of a hula hoop at anytime, especially while building towers (See Figure 7).
3. The Yellow Team girls may only compete against Blue Team girls at the yellow hoops and Yellow Team boys may only compete against Blue Team boys at the blue hoops.
4. Players may not hold or touch the tower when stacking blocks.
5. Players may not blow or make any type of movement that would cause a tower to fall.
6. Only one Sweeper can clean up an area to earn one point.

Just Concentrate!

K-8

OBJECTIVE: Reinforce the skills of football and teamwork with this unique, football follow up game of Just Concentrate! Just Concentrate combines the high-energy passing/throwing skills of football and hitting various targets, while also giving the brain a real workout through the matching card game of Concentration.

EQUIPMENT: (needs are based on a class of 56)

- Foam or indoor footballs (40+; add or substitute the footballs with regular Gatorskin balls and/or indoor Frisbees)
- Standing Targets (8-10; use traffic cones, basketball goal and/or trashcans for additional targets)
- Decks of Concentration cards (2-4 decks)
- Traffic cones (6-10)
- Game clock or stopwatch

PROCEDURE:

Before classes arrive, place all of the footballs in the center of the gym. Place the traffic cones on the midline to create a boundary line between the Passing Zone and targets. Set up the targets on the opposite side of the Passing Zone (See Figure 1). **Note:** *consider the age level when determining placement and positioning of the various targets.* Create or section off an area to randomly spread out the decks of Concentration cards face down on the floor. (See Figure 2 and diagram for set up).

The **object** of the game is to pass the footballs through the targets to earn chances to find all of the card matches. **To Begin:** all students will pick up a football and become “**Passers**”. The goal of each Passer is to pick out a target, attempting to pass the ball through or into the target (See Figures 3-5 for examples of targets). Passers must stay behind the midline and cones within the Passing Zone while passing balls at targets (See Figure 6). Passers may travel anywhere to collect up to two balls as long as they return to the Passing Zone before passing. **Note:** *remind students to look out for thrown footballs when going to collect balls.* A “scored” target is when the ball completely goes through or into a target. Each score of a target allows that Passer the ability to go and turn over a card or cards depending on which Game Version is chosen by the teacher (See Figure 7). **Note:** *read Game Versions choices below to determine which version will be played the first round.*

Game Version 1: each successful score by a Passer allows the Passer to flip over **one** card and leave it flipped over.

Game Version 2: each successful score by a Passer allows the Passer to flip over **two** cards. If it is not a match, remember the location of those cards before flipping both cards back over just like in the original Concentration card game.

Players, once a match is found when playing either Game Version, will place the matches into the team bucket that is located against the back wall of the Passing Zone (See Figure 8). Play continues until all matches have been found. *Note: as soon as play begins, start the game clock and challenge the class to see how fast they can find all of the matches. After Round 1, announce the time and challenge the class to beat the existing time.* Return the footballs to the center and spread the cards out again before starting a new round.

RULES AND SAFETY:

1. Passers must stay behind the midline and cones within the Passing Zone while passing balls at targets.
2. Each score of a target allows the Passer the ability to go and turn over a card or cards depending on which Game Version is being played.
3. Passers may travel anywhere to collect up to two balls as long as they return to the Passing Zone before passing. Watch out for thrown balls!
4. Players turning over more cards than allowed, turning over cards without scoring a target, or cheating in anyway will result in the teacher removing two of the matches and returning them face down on the floor.