

## **THURSDAY NIGHT – SHARE THE WEALTH**

**MELANIE CHAMPION – JANUARY 25, 2018**

**PARTNER FITNESS CHALLENGES** – Create a music interval of 45 seconds to play for each Fitness Challenge – you can do the first round with the same partner - then do another round with switching partners between each challenge!

- 1. CIRCLE FIVE** – (45 seconds for each person) – one partner runs around the other partner who is standing in place and gives the other partner a High Five on each hand each lap. Then the partner's switch rolls and count to see who can get the most!
- 2. FOOT TAG** – (45 seconds) While grasping each other's shoulders, partners try to touch each other's feet with their own feet, while trying not to get their own feet touched.
- 3. SEAT BALANCE WRESTLING** – (45 seconds) Partners sit facing each other with feet together and hands off the ground. The partners try to knock the other partner off balance with their feet only. If successful, try again, first one to three wins!
- 4. OVER, AROUND, AND UNDER** – (45 seconds each person) One partner goes around the other partner, then under, then around, then over. Repeat for 45 seconds. After 10 seconds, the partners change roles and repeat.
- 5. KNEE TAG** – (45 seconds) Partner's try to touch the other partner's knee with their hands while trying not to get their own knees touched.
- 6. MINI MERRY -GO-ROUND**– (45 seconds) Sitting in a straddle seated position and facing each other, partners joins hands and attempt to move their bodies in a circular fashion. Who can go around the most times?
- 7. Shoe Tie** – In short sit position, sit beside your partner and using outside hands ONLY, untie and tie each other's shoes. No laughing allowed!

## **NEW YEAR – OLD FAVORITES – TRIED AND ENERGIZED**

### **DISGUISED WITH FAST, FUN AND FITNESS!!!**

#### **SHARE THE WEALTH 2018 – MELANIE CHAMPION**

**PARTNER TAG**– Partners hold hands or scarves so one hand is left free to tag others. Partners must remain attached to have tagging power. If a player is tagged, or comes unattached, he/she must let go of their partner's hand and sit down on the floor in hook sit position. The partner that is NOT tagged can go get another player who is sitting down to be his or her new partner. They may NOT join up with somebody else that is standing up! They cannot tag unless attached with a partner (they have no tagging power!) If their hands come apart while moving they both must sit down! For a different variation, we let partners that are sitting down tag as runners go by them and then they can get back in the game and pull up a different partner to be their new partner. The partner they tag must sit down of course. If I see a particular student not being chosen, I will announce – all students with blue shirts, white socks, brown hair, etc. – get up and get a new partner – so nobody sits more than a few seconds. Great warm – up activity – all the ups and downs will get those heart rates soaring quickly and they love it!

**NOODLES OF FUN**-This is a fun team game that our kids love and keeps them wide open and involves plenty of throwing and catching skills and lots of teamwork! The object of the game is to get as many foam balls in the barrel or container as you can before the time limit expires. The students are divided into two even teams – one on each side of the basketball court – one team is wearing pennies or belts. On your signal, the student's start throwing the foam balls to get them to land in the other team's barrel during a 3-5-minute round (depending on the time of your classes). The barrels or trash cans are set up on the free throw lines of each side of the basketball court. Other rules include – Once the balls are inside a barrel – they cannot be taken out. Students must stay on their side of the basketball court when throwing a ball. However, they may cross the centerline if they if they decide it is safe to retrieve a loose ball. Students crossing the centerline may be tagged by the other team. When a player is tagged he/she must leave the ball he/she was trying to retrieve and go back to their own side of the playing area. (Our favorite variation to this is if they are tagged – they must go to the “Holding Zone” which are Hula Hoops at the end of the basketball court along the baseline. They must stay in a Hula Hoop until a teammate can throw them a ball from their side of the court and they can catch it without coming out of their Hula Hoop. If one person can catch a ball – all prisoners on their team in the “Holding Zone” have a “free walk” back to their side!)

Each team may assign 3-4 defenders who will stand 4-5 feet in front of their team's barrel. They will have a fun noodle and can try to knock the balls down from going into the barrel. Sometimes it is helpful to have a restraining line so the defenders don't get too close to the barrel. The jump circle around the free throw line works well for this. Switch defenders every 3-minute round.

Variation: Try two or three barrels or containers per side instead of one after they get the hang of the game. Have older students use an underhand serve instead of just throwing them into the barrel.

**FOUR – CORNER SOCCER** - This game is best played outside – but we have adapted it to be played inside with indoor soccer balls and have used pop-up soccer goals or large cones for goals. We use our sweat bands to designate 4 even teams – Green – Red – Yellow – and Blue and they have the same colored soccer ball. Each team may designate one team member to be their goalie and defend their goal. The goalie is the only team member that may use his/her hands just like in the real game of soccer. The other team members have 2 minutes to huddle and discuss team strategies to meet team goals which are:

1. To not let the other three teams, score on your team.
2. To score on every other team in their goal with your color soccer ball.

We play 3:00 minute games and then switch goalies and let teams huddle up to discuss strategies again. If a team scores on all three other teams within the 3:00 minute time limit – they can simply try and do it again! We don't put a lot of emphasis on keeping score.

Variations – With our more skilled classes – we use the principles of three – we require that at least three passes to at least three teammates be made before a shot on a goal is attempted on any team. This forces every team to spread out and work together more to be successful.

**TOE TAG**– Students are partnered up. Each student has a fluff ball. Students are required to stay connected by interlocking arms at shoulder height. Students must try to hit the foot of their partner with their fluff ball. Each student takes a shot before they retrieve their fluff balls and try again. Students must fake and have quick feet to avoid being tagged. Play first one to tag the other three times wins and then go challenge someone else!

Variation: Everybody starts with a fluff ball and holds it in the air – on the count of 5 – anybody can try and tag anybody's toe. If your toe gets tagged, you must stop and toss your fluff ball to yourself in the air with your non-dominant hand. The object is to be the last one tagged. You must keep up with your own fluff ball!

**NO TIME TO WAIST – “MOVE THEM OUT” – “WEAR THEM OUT”**

**“LOVE THEM OUT THE DOOR!!!”**

**SHARE THE WEALTH - 2018– MELANIE CHAMPION**

**BONE PARTNERS** – This is a “great get to know you” activity to use at the beginning of the year and at the same time integrate some anatomy! Have students find a partner and connect phalanges with that partner. If they don’t know what particular bone that is let them guess first, then tell them fingers or toes. They may connect their fingers or toes, or both with this particular partner and this is their phalanges partner for the rest of the game. Depending on the age of the students, you can also add that they can tell this partner something about themselves, where they went special this summer, etc. You will then find a 2<sup>nd</sup> and different partner and connect scapulae with this partner (shoulder blade or back). This is your scapula partner. Then you would find a 3<sup>rd</sup> and different partner and connect patella’s (knee caps). This is of course being your patella partner. Then, finally a 4<sup>th</sup> and different partner to connect your calcaneus with, which is your heel and this would be your calcaneus partner. Once all bone partners have been established and reviewed once, I will separate everybody and start calling out bones! Everybody must quickly find the correct bone partner and connect the correct bone with that partner before I call out another bone! What a great way to learn anatomy and make new friends at the same time. (We use these four bones as extra credit questions on our first written test to see if they remember them.)

**FRENZY!**– This game is one of my kid’s favorites – especially my soccer fanatics! It involves some strategy and good teamwork and lots of moving!!! Spread out your class randomly over the playing area and roll out enough tennis balls so there is one for every player. The object of the game is to keep the tennis balls moving for as long as possible. I set our score clock for records! I place judges at each corner of the gym and also use them to keep the tennis balls from rolling in the corners or under the bleachers – and at any time a ball stops – the judges yell “BERSERK!” and point to the stopped ball! The players have 5 seconds to get to the ball and get it back moving. Once the class accumulates 5 “BERSERKS!” the “FRENZY” is over! The object is to see how long the class can make the “FRENZY” last! Switch judges and play again and beat your time!! Set class, grade, and school records!!!

**VARIATIONS:** We can divide the class into two teams and put jerseys on one team and make it a competition.

Make it harder on the older grade levels and have the judges throw in another tennis ball every 10 seconds!

This can also be played with balloons instead of tennis balls – just keep the balloons in flight and off the floor using any body part!

**ONE ON ONE VOLLEYBALL** – In groups of 4 - 2 students hold a jump rope chin height to serve as a net. The other 2 students attempt to hit a beach ball or volleyball (depending on skill level) back and forth over the net without hitting it twice on one side, or the ball hitting the ground. We count for school records – using right hand only, left hand only, moving the net in a slow circle while hitting it back and forth, etc. We then integrate by each time a student hits the ball, they must say a multiple of a number correctly. They work together to see how high on the multiplication table they can get without saying the incorrect multiple or missing the beach ball. When a pair misses the beach ball or says the incorrect multiple, they must switch places with the pair that was holding the net and let them try. We also let them spell literary terms, social studies and science vocabulary as they hit the beach ball back and forth over the net.

**RED, WHITE AND BLUE** – This is a great warm – up activity and it enforces good listening skills, as well as, has endless possibilities to integrate any subject area! In the gym – we use the two end lines and the center line of the basketball court. One end line is Red, the center line is White and the other end line is Blue. The class starts out on a color and we call out another color and the class run quickly to the line that corresponds to that color. If a student goes to the wrong way or is the last one to the line (within reason), he/she must go to the white board and write the color they missed and where it is located 3 times before they reenter the game. Changing the lines to Green, Gray and Gold helps with the listening part of the game! We then change the lines to numbers 7,8, and 9 and we give them a math problem with the answer being 7,8, or 9. The students will run to the correct line that is the right answer to the problem making it age appropriate – we even get problems from their teachers. Then you can move to Social Studies – one line is George Washington – one is Abraham Lincoln and one is Thomas Jefferson – we then read facts about each president and the students run to the line that corresponds to the right president. You can do any subject and usually the teachers are more than willing to help – we do a different subject every day or you can do one a week – lots of possibilities!!!

**SUMMER SWIM TAG** – This game can be introduced early in the school year as an ice-breaker activity or played later right before the summer break. It gives all students an opportunity to talk about what they did over the summer or what they plan to do over the summer without taking away from activity time. Equipment includes two inflatable lifesaver rings for the rescuers, two stuffed or drawn sharks or shark fins for taggers and surfing music (we use the theme to jaws for fun). Performing a designated locomotor movement, the students start moving to the music. Two or however how many appropriate for your class size, students with the sharks try to tag the other swimmers. If tagged, a student performs jumping jacks, (similar to waving the arms in distress in the air as a distress signal), until a classmate with a lifesaver ring or a hula hoop comes to his/her aid. The tagged student then tells the lifesaver one fun physical activity that he/she did or is going to do over the summer. This frees the tagged student, who then gets the lifesaver or hula hoop and quickly seeks another student to rescue. The lifesaver rings should be passed and given to the first student in distress; as opposed to waiting until the student sees that his/her best friend needs it. The ring should be carried and not worn over the head or waist. A conversation about what makes an activity physical should take place prior to starting the game, as well as, a discussion about water safety. Integrating sun safety and putting on proper sunscreen would also be appropriate.