

I Teach More Than Gym - 2k18

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Sango Elementary School

Clarksville, TN 37043

We Will Rock You

Organization:

- The students will sit in a large circle.

Procedures:

Introduction

- Clap thighs with the corresponding hand 2 x's
- Clap hands 1 time
- Repeat 7 x's

Verse #1

- Side step with right foot as you clap both thighs
- Clap both thighs while feet are spread apart
- Clap hands as feet come together
- Repeat Steps 1-3 7 x's

Chorus

- Right foot forward and stomp
- Left foot forward and stomp
- Clap hands
- Repeat steps 1-3 3 x's (clap 2 x's on the 4th time)
- Right foot backward and stomp
- Left foot backward and stomp
- Clap hands
- Repeat steps 5-7 3 x's

Verse #2

- Clap both thighs 2 x's
- Lift right leg and clap hands under the right knee
- Clap both thighs 2 x's
- Lift left leg and clap hands under the left knee
- Repeat steps 1-4 3 x's

Chorus (See Above)

Verse #3

- Clap both thighs 2 x's
- Clap hands 1 time
- Get down on 1 knee and clap both thighs 2 x's
- Clap hands one time
- Get down on 2 knees and clap both thighs 2 x's
- Clap hands one time
- Gently hit the floor 2 x's
- Clap hands one time
- Gently hit the floor 2 x's
- Clap hands one time
- Clap both thighs while on your knees 2 x's
- Clap both hands
- Get one knee and clap both thighs 2 x's
- Clap both hands
- Stand up and clap both thighs 2 x's
- Clap hands

Chorus

See Above

Repeat Chorus

Air Guitar

- When the first guitar chord strike....students may do their best air guitar.

Roll 'Em (Grades: K and above)

Equipment: 20 or more soft-type volleyballs (enough for 1/3 of your PE class) and some poly spots

Organization:

- The balls should be placed in the middle of the gym (I place them in large tubs).
- The poly spots should be spread out around the perimeter and designated as the exercise areas.

Procedure:

- When the music starts, the students will slow jog (or any other locomotor movement) in a counter-clockwise direction around the "track" (area between our basketball and volleyball boundary lines) for 30 seconds. When the music stops, all students freeze.
- A classroom (or group of students) is called to come to the center of the gym (we traditionally have three or four classrooms in the gym at a time) to sit with a soft-type volleyball in front of them. When the teacher gives a signal, the children in the center circle should roll their soft-type volleyballs at the students that are frozen in an attempt to hit their feet.
- The teacher then asks the students to clean up their mess. At the same time, the students that were hit by a ball should move to the exercise area (the poly-spots that are spread out around the perimeter).
- When the music starts, all students should once again jog for 30 seconds while the children in the exercise area do jumping jacks (or prescribed exercise).
- Repeat

Rules:

- If a ball hits the foot of a child who has JUST completed jumping jacks, then they DO NOT have to stay in the exercise area.
- If the ball ricochets off of one student and hits another, then BOTH students move to the exercise area.

Balloon Bash (Grades: K and above)

Equipment: 8 wide buckets (I use tubs that are approx. 30" W x 24" H), 1 balloon and ½ pool noodle per pair, and several bagels (2" sliced pool noodles inside each bucket), slow motion buttons

Organization:

- Students will pair up and sit around the perimeter of the basketball court (solid black line).
- The tubs should be spread out on the floor. The tubs are about 15-20' away from the students.

Procedure:

Level One

- On the signal to begin, the first student of each pair will toss up their balloon and begin to strike it with the ½ pool noodle. The student will continue to strike the balloon with the noodle in an attempt to get it to go into one of the tubs.
 - If the balloon goes into the bucket, the student will retrieve their balloon, get a bagel, and return to their partner.
 - If the balloon touches the floor, the student simply picks up the balloon, returns to their partner.
- K-1 students are allowed an unlimited number of strikes / 2nd + students are allowed 5 or less strikes to get it into the tub.

Level Two

- The teacher will become a Balloon Basher. That is, they move around and attempt to strike the balloons.
- If the balloon touches the floor OR the Balloon Basher strikes your balloon, the student simply picks up the balloon, returns to their line, hands the equipment to their partner, and then waits their turn.
- All students are now allowed an unlimited number of strikes to get it into the tub.

Level Three (2nd +)

- The teacher will select a handful of Balloon Basher. I select about 2-3 per homeroom.
- Each Balloon Basher is allowed to strike three balloons and then they should give their noodle to someone else.
- Use a slow motion button as needed

Treasure Island

This is a chasing, fleeing, & dodging activity designed for scooters. However, you can use paper plates as a slow motion button to help control the taggers! Here is the link to free lesson plan from my TpT store.

<https://www.teacherspayteachers.com/Product/Treasure-Island-Large-Group-PE-Activity-1670827>

Mr. & Mrs. Noodle (Grades: K and above)

We use two characters we created to lead the little ones in fitness exercises. The students will mimic the moves the Mr. & Mrs. Noodle perform. Sorry, this one is too hard to describe...

A Typical 50-Minute Class

Entering The Gym (1-2 minutes) - The classes enter and are either walking or skipping (teacher's choice). From here, we move into our fitness section of our class.

Fitness Section (15-17 minutes) - The classes complete about 5 minutes of interval walking and jogging (we typically do this as boys and girls). The students then participate in a variety of fitness activities designed to increase their heart rate and engage the major muscle groups. This may include student or teacher-led activities, partner activities, and or large group activities.

When completed with the exercises, we all move to the stage and have a 1-2 minute health/fitness tip.

Lesson (25-30 minutes) - We will spend about 25 minutes on the standards-based physical education lesson. It may be a demonstration and then working through a skills progression or a large group activity (depending on the unit).

Clean-Up & Exiting The Gym (1-2 minutes)

-This Blog Article contains a detailed description (October 2015):

<https://iteachmorethangym.wordpress.com/2015/10/27/what-does-a-typical-pe-class-look-like-at-my-school/>

842 Chicken (Grades: K and above)

Equipment: Several ½ cones, bagels (sliced pool noodles), poly spots, and rubber chickens. Each pair of students will need 1 bean bag. You can vary the equipment depending on what you have in your closet.

Organization: The students will partner up and sit on one side of the gym. Spread out a bunch of ½ cones about 8-15' in front of them. You can then skip a few feet and spread out some bagels. Skip a few more feet and spread out some poly spots followed by some rubber chickens.

Procedure: On the signal to begin, partner #1 will go and stand beside a ½ cone. Partner #2 will toss/throw the bean bag to partner #1. If partner #1 catches it, then they will pick up their bean bag, collect the ½ cone, and return back to their line. If the partner drops the bean bag, misses the bean bag, or has to move BOTH feet to catch the bean bag, they shall return with only their bean bag. Once you and your partner collect eight ½ cones, you can move to the next area and attempt to catch the bean bag while standing next to a bagel. Once you collect 4 bagels, you may attempt to catch the bean bag while standing next to a poly spot. Once you collect 2 poly spots, you may attempt to catch the bean bag while standing next to a rubber chicken. Once you collect one rubber chicken, you start the process all over!

Ghost Football (Grades 3-5)

Equipment: Nerf (Foam Football), Cones

Organization: All students should sit with a partner along the long side of the gym. One student is the QB and the other is the receiver.

Procedures: Each pair has four throws to pass the ball from point A to point B (across the short side of the gym). The QB stays at the line of scrimmage while the receiver moves closer to point B. Once the receiver picks a spot to stop, they are only allowed to move one foot to catch the ball (this helps keep things in order and requires a more accurate throw).

If the throw is caught, the line of scrimmage moves up to where the ball was caught. The above process continues. If a ball is dropped then they try again from the same line of scrimmage. If they make it all the way across the gym in 4 or less throws then they score a point. If they fail to do so, the ghost gets a point. After a point is scored, the students switch roles and go back the other way. The first one to 5 wins.

Variation: If a pair beats the ghost 5-0, you can lengthen the distance they must travel between point A and point B (i.e., let them try the long side of the gym).

Scooter Hoops (Grades 3-5)

Equipment: each group will need a bean bag, scooter, Velcro connector, and hoop (the hoop is connected to the scooter handle with the Velcro connector).

Organization: All students should sit with a group of 4 students in a four square court (their home base). One team member will ride the scooter and be on defense while the remaining members are on offense.

Procedures: Upon a signal from the teacher, the first partner will leave their four square court and ride their scooter around the gym. They should position the scooter in a manner that allows the hoop to be behind them. The offense will work together to move the beanbag from their home base and attempt to toss the beanbag into their scooter hoop. One person on offense should pick up the beanbag while the others spread out. If a person is in possession of the beanbag, they are frozen and can only pivot and pass. If they are not in possession of the beanbag, they can move all around. They must pass the ball at least three times prior to attempting to toss their beanbag in the hoop. If a team drops the ball, misses a shot, or scores, they must return to their home base, reset, and start again. After 2-3 minutes, the teacher will send everyone back to their home base to reset and to rotate who is riding the scooter.

NOTE: Encourage the offense to make quick and short passes.

Scooter Tails (Grades K-5)

Equipment: each person or pair should have one scooter, one ½ noodle, and one juggling scarf. You should also have 2-3 tubs with extra scarves and a bucket of sliced up pool noodles (rings) in the middle of the gym.

Organization: All students should sit around the solid black line (basketball court) at a blue number or orange letter. Allow all students to build their scooter tails (e.g., stick the ½ noodle upright in one of the handles and then stuff the scarf inside the tip of the tail).

Procedures: Upon a signal from the teacher, each person will begin to move around the gym while riding their scooter on their bottom. Each person should attempt to sneak up on others people and grab their scarf. If your scarf is taken, you should stand, grab the tip of the tail, and drag your scooter (by the tail) to one of the tub to get a new scarf. Note: you may want to establish safe zones where your scarf cannot be taken while getting a new scarf. If you collect three scarves (I like to have them get one orange, yellow, and pink scarf), you may scoot to the middle of the gym and trade them in for one ring. When you come to the middle, you must have collected three scarves and still have your scarf in the tip of your tail! Each student is allowed to move around the gym while trying to avoid being tagged.

Variation: If you have a large class, allow them to work as partners. One person waits their turn while the other scoots around. You can call switch every 1-2 minutes or allow them to rotate themselves.

Non-Stop Kickball (Grades 3-5)

Equipment: 1 5-gallon bucket/crate for each team – each should contain 2-3 balls (I use the covered foam balls inside and a PGB outside), 1 regular cone, 2 pennies, as well as a handful of bagels (sliced pool noodles)

Organization:

1. 7 buckets will be evenly spaced along the long solid black line (length of BB court). There will be one cone about 15-20 feet away.
2. The students will sit in groups of 6-8 behind a bucket
3. 3-4 players will stay at the bucket while 3-4 players will take a cone and stand about 15-20 feet away
4. 1 fielder will be selected to wear the penny

Procedure:

1. All of the members of the kicking team must stay seated against the wall.
2. When ready, the first person will get up, pick up a ball, place it on the ground, and kick it.
3. As soon as this happens, they should run and touch the cone that is 15-20 feet in front of them (after touching the cone, they may run back to the end of their line)...meanwhile, the closest fielder should retrieve the ball and proceed throw it to a teammate who has the penny on (they are the only one who can return a ball to the bucket).
4. As soon as the kicker touches the cone, the next kicker may get up and repeat Step #3.
5. If at any time the next kicker reaches in for a ball and there is no ball in the bucket, then they score one point and can get one bagel out. They should then wait for the next ball to be returned and repeat Step #3.
6. If the fielder wearing the penny gets too tired then they can switch with a teammate.

7. After 2-3 minutes, switch the kicking and fielding teams

Rules:

- Only the fielder with the penny can return a ball to the bucket
- Stay seated until the kicker in front of you touches the cone

Safety:

- Watch where you are moving at ALL times!
- Be careful as moving around since people are kicking, running, and throwing the balls
- Players in the field should pay attention at all times so they do not get hit with the ball that is kicked!

Bean Bag Shuffle (Grades: 2 and above)

Equipment: At least one bean bag per person

Organization: The students will be divided in half and sit on opposite sides of the gym. The bean bags will be spread out in the middle of the floor. If you have a large class, you may have one round on each end of the gym.

Procedure:

Level One: On the signal to begin, students will pick up a bean bag, slide it across the floor, and attempt to hit the foot of someone on the opposing team. If your foot is hit, you should move to an orange letter, execute 10 jumping jacks, and then return to the activity.

Level Two: Same as above except, if your foot is hit, then you sit against the wall. At this level, each round is only 60 or so seconds. After 60 seconds, the teacher will start to count, “5, 4, 3, 2, 1.” As the teacher is counting, all students prepare for the next round by spreading out and getting one bean bag. When the teacher gets to 1, the next round begins.

Level Three: Same as above except, you can go anywhere and anyone can slide the bean bag at you.

Dice Basketball (Grades K-5)

Equipment: Dice (1 per pair), basketball, basketball goals

Organization: The students will sit with a partner around the perimeter of the gym. - Each basketball goal should be numbered 1-6.

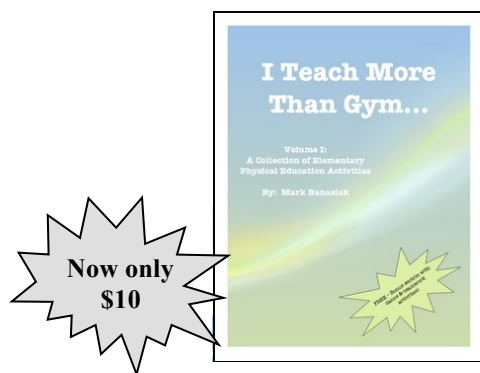
Procedure: Partner #1 will roll the dice. Partner #1 then dribbles to whichever goal corresponds to the number they rolled. They take one shot. If they make it, they retrieve their ball, go to the middle of the gym, get a half-cone or bagel, and then return to their partner. If they miss it, they simply retrieve their ball and return to the partner. Partner #2 then takes a turn.

Please check out Mark B's blog & eBook

<https://iteachmorethangym.wordpress.com>

I created this blog as a place where I can ask physical education questions and share information with other physical educators.

The blog also has links to my eBook as well as other free or individually priced resources!
(Click on “Resources” in the menu)



I Teach More Than Gym Volume I: A Collection of Elementary Physical Education Activities

This collection contains complete lesson plans and easy to understand diagrams for 30 large group activities that my students love!