

Plickers, Plagnents and Play

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KARIE LEE ORENDORFF
KARIE@EMAIL.SC.EDU

Credit Goes TO:

- ▶ California Middle School Physical Education Workshop (HOLLA)
- ▶ Chip Candy
 - ▶ Play Hard, Play Safe, Play Fair
- ▶ John Hichwa
 - ▶ Right Fielders Are People Too

Wha-Chi-Chi-Wa

- ▶ Gather students in a circle
- ▶ Clap to every syllable of WHA-CHI-CHI (Twice)
- ▶ Then add WA at the end of the second cadence
- ▶ Student's must call a number starting at 1 and step into the circle
- ▶ If you are the last person who has not called a number you are out
- ▶ If call a number at the same time as someone else you are out

This or That

- ▶ Coke or Pepsi
- ▶ Superman or Batman
- ▶ Steak or Chicken
- ▶ Lake or Ocean
- ▶ PB and J or Tuna Sandwich
- ▶ Vacuum or Clean Windows
- ▶ Jell-O or Pudding
- ▶ Rake or Mow
- ▶ Morning person or Evening Person
- ▶ Hula Hoop or Jump Rope
- ▶ Board Game or Card Game

Math On the Run

- ▶ Face your partner
- ▶ One side is odd, one side is even
- ▶ Say a math problem
- ▶ If the answer is odd, even chases them into the safe zone
- ▶ If the answer is even, odd chases the into the safe zone
- ▶ If caught before the safe zone, 2 jumping jacks and get back into position

- ▶ If time demo, team R,P,S

All Together Now

See how many tasks your group can complete TOGETHER and AT THE SAME TIME, in unison, mirror images of each other, same timing, with exact rhythm. Your group may organize/problem solve any way that you would like!

ALL TOGETHER NOW TASKS

- ▶ Jump once, when perfected try jumping 5 times in a row (landing at the same time)
- ▶ 6 Jumping jacks... then 10 jumping jacks and stop at the exact same time
- ▶ 5 Push ups, perfect form, modified or traditional but mirroring
- ▶ Walk 12 steps... then run 12 steps and stop at the exact same time
- ▶ Clap in unison 14 times in a row..... Jump and clap 8 times in a row
- ▶ Slide 6 steps to the right, then 8 steps to the left
- ▶ Walk backwards 7 steps.... run backwards 8 steps

BUMPITY BUMP, BUMP, BUMP

- ▶ Form a circle
- ▶ One person runs to anyone they want
- ▶ They say RIGHT, LEFT or YOU
- ▶ Person being pointed at needs to say the name of the person to right, left or their own name before person says BUMPITY BUMP, BUMP, BUMP
- ▶ If they are successful original person runs to another person and tries again.
- ▶ If they are not successful they switch places and head off to find a new person

CLAP, JUMP, SPIN, RUN

- ▶ Form a circle
- ▶ Person starts with a **CLAP**
- ▶ Going to the right, the next person **JUMPS**
- ▶ Continuing to the right, the next person **SPINS** 360
- ▶ Continuing to the right, the next person **RUNS** to find a new spots and **CLAPS**
- ▶ Start over again

- ▶ Once they get it, trying going to the right and the left at the same time
- ▶ Change Clap, Jump, Spin, Run to sitting down in a circle clap, then a push-up, then a sit up and then someone gets up and runs to a new spot and claps

Plickers and Plagnets

- ▶ Switch to new PPP