

**EXTREME**

# CREATIVITY

**#PHYSED ACTIVITIES THAT WILL  
BLOW YOUR MIND!**



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Share the Wealth PE Conference

Jekyll Island, GA

**Friday**, January 25, 2019 • 8:10 am – 9:00 am

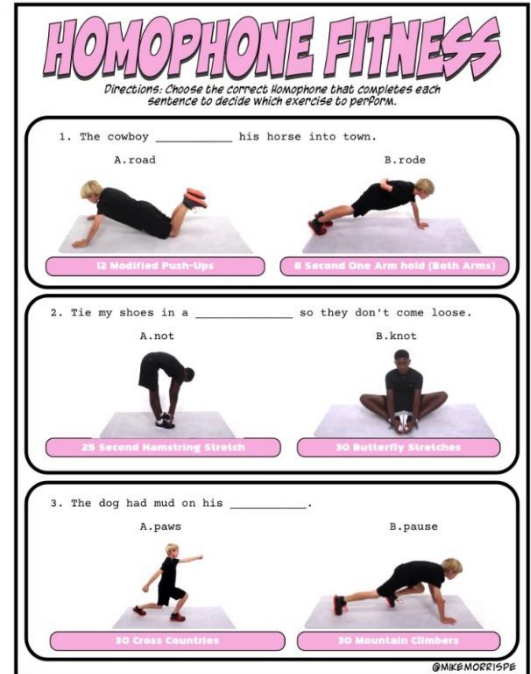
# Homophone Fitness

**Equipment needed:** Homophone Fitness Sheets, Cones, Music.

**Activity description:** Students can work with partners or in small groups. On the teachers signal, one student in each group will retrieve a Homophone Fitness sheet. They will then take the sheet back to their group and choose the correct homophone that completes each sentence on the sheet to decide which exercise to perform. For 3 to 5 minutes, each group will try to complete as many sheets as they can. When they finish with one sheet, they can exchange it for another.

Download Homophone Fitness Sheets here:

<https://www.mikemorrispe.com/fitness-activities>



# Basket Flip Relay

**Equipment needed:** Baskets, large dodgeballs, poly spots.

**Activity description:** Divide students into groups of 3 or 4. Each group will have 6 polyspots lined up in front of their group. Each group will also need a basket and a large dodgeball that should be placed inside of the basket. The basket should start on the first polyspot. On the teachers signal, the first student in each group will race out to the first polyspot, flip the basket 180 degrees in an attempt to make the basket land upright with the ball inside. If successful, the student will move the basket to the second poly spot and flip the basket again. If unsuccessful, the student will return back to their line and tag the next player in line, who will then proceed to flip the basket. The first team to flip their basket successfully on all 6 polyspots, will be deemed the winner.

# Clean the FRONT Yard

**Equipment needed:** Scarves, Several pieces of JARU Fake dog poop (purchased from dollar general), Poly Spots, and Cones.

**Activity description:** Divide students into two teams. Each student will need a scarf. Each team will begin on opposite ends of the playing area. Cones will be placed down the center of the playing area dividing it into two sides. Poly spots with JARU poop on top will be scattered on each side throughout the playing area. On the teachers signal, students will race to pick up a fake poop on their side of the playing area (front yard) using their scarf, and move it to an open poly spot on the opposite teams side of the playing area (front yard). At the end of the activity, students will return to their starting line. The team that has the least poop in their front yard will be deemed the winner.

**Variations:** If you don't have fake poop, use bean bags.

# Loose Change

**Equipment needed:** Hula Hoops, Large Play coins (pennies, nickels, dimes, and quarters) (regular play coins work as well), buckets.

**Set up:** Students will be divided into groups of 3 and will stand on one end of the playing area. Coins will be scattered on the opposite end of the playing area. Each team will need a hula hoop, and a bucket to place collected coins in.

**Activity description:** Students will take turns rolling their team's hula hoop, trying to get the hoop to land on the play money coins scattered at the opposite end of the play area. Whichever coins the hoop lands on, students will retrieve the coins and take them back to their teams bucket. Students are only allowed to collect coins that are fully inside of the hula hoop. When all the coins are collected, or at the end of the allotted time, students will add up the change that their team collected. The team that accumulates the most change will be deemed the winner.

**Variations:**

Instead of using play coins, used play money bills for younger students.

# Strikers vs. Dribblers

**Equipment needed:** Basketballs, foam baseballs or small gator skin balls, baseball bats, large traffic cones or batting tees, cones.

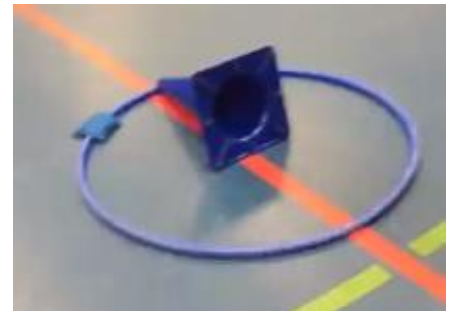
**Activity description:** Divide students into groups of 3. 1 student will be the Striker, and will stand at one end of the play area beside the bat and tee. The dribbler will stand at the opposite end of the play area behind a cone with a basketball. A cone will be placed mid-way for students to use for running to score. On the teachers signal, the striker will strike the ball off of the tee, drop the bat and run back and forth between the Tee and the midway cone to score points. The fielder will dribble to field the ball, and return it to the tee while dribbling as fast as possible and yell STOP! The striker will then become the dribbler, and the dribbler will become the striker. The student who accumulates the most points by the end of the game will be deemed the winner.

**Variations:** Give strikers a variety of balls to choose from.

# CONE hole

**Equipment needed:** Cones, Hula Hoops, Bean Bags, Buckets, and Noodle Bits.

**Set up:** Divide students into teams of 2. Each team will have a hula hoop and a cone that is lying flat inside of the hoop. Across from each team will be their opponent with a hula hoop and a cone that is also lying flat. Distribute 1 bean bag for every two teams. Behind each teams hoop should be a bucket with 8 noodle bits inside.



**Activity description:** On the teachers signal, students will begin tossing the beanbag back and forth towards the opponent's cone in an attempt to make the beanbag land inside of the cone or inside of the hula hoop. If the beanbag lands inside the cone, then the student who tossed it will run to retrieve 3 noodle bits from the opposing teams bucket. If the beanbag lands in the hoop, the student who tossed it will run to retrieve 1 beanbag from the opposing teams bucket.

# Dice Bonk

**Equipment:** 1 Dice per 2 students, 1 cone per 2 students, 1 PVC pipe insert for cone per 2 students (optional), 1 Ball per 2 students, 1 Score Card per 2 students, 1 clothespins for each student, 1 poly spot for each student.

**Set Up:** Students will be positioned along 2 sidelines of the playing area. Each Student has an opponent who is on the opposite sideline. Each student will have a poly spot which designates their color. Cones with a piece of PVC pipe that has a die balanced on top will be placed down the middle of the playing area (One Cone per 2 students). A scorecard is placed next to the cone with 2 clothespins attached that correspond to the color of each player's poly spot. Each set of opponents get 1 ball.

**Activity Description:** Students will take turns with their opponent throwing at the Cone to knock down the dice to score points. If a student knocks down the dice, they will add the points to the scorecard by moving their clothespin to the number of points that they have accumulated. After adding their points, the student will reset the dice on top of the PVC pipe. The First student to reach 21 points, or the player with the most points at the end of the allotted time will be deemed to winner.

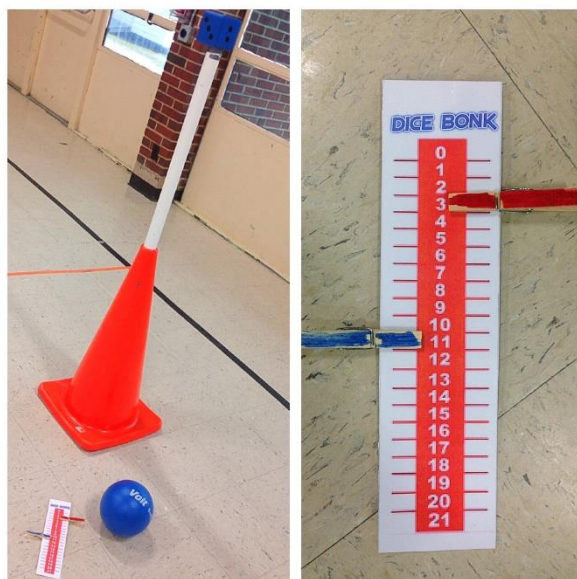
## Variations:

Students can play in teams of 2 or more, taking turns after each throw.

Instead of throwing, roll, or toss the ball to knock down the dice.

Instead of having PVC pipe inserted inside the cone, the dice can be placed directly on top of the cone.

Instead of having one cone per 2 players, each player or team can have their own cone, and the scorecard can be placed in the middle of the playing area. (Similar to corn hole setup).



# The Superbowl

**Equipment needed:** 1 bowling Pin, Balls, and Flag belts.

**Activity description:** Students will line up with their balls on one end of the playing area. Each student will need a flag belt. One student will be selected to be the defender. The defender will stand on the opposite end of the playing area. A bowling pin will be placed in the middle of the playing area on top of a poly spot. On the teachers signal, students will roll their balls in an attempt to knock over the bowling pin. Once the pin falls, rollers will attempt to retrieve their ball and return to the end line that they rolled from. Rollers are not allowed to leave until the pin falls. When the pin falls, the defender will rush to set the pin up, and afterwards attempt to pull a rollers flag belt. The defender can only pull a flag of a roller with a ball. If a rollers flag belt is pulled they will become the new defender.

**Variations:** Instead of rolling, students can throw or kick. You can add more bowling pins and defenders. Instead of using flag belts, students can play by tagging, or use scarves as flags.

# Stinky Feet

**Equipment Needed:** 3 or more “Prankz Fun” Mega Poop (purchased from five below) or → <https://www.amazon.com/Prankz-Fun-Mega-Poop-Prank/dp/B07CN6W6JM>

**Activity description:** Select 3 or more students to be “It”. On the teachers signal, have the students move throughout the general space. The students who are “it” will kick the mega poop with inside of foot to make it slide across the floor attempting to hit someone's foot/feet with the poop.

If a student's foot is hit with a mega poop, that student performs 10 reps of previously determined (or student choice) exercise before rejoining the game.