

Share the Wealth 2020 Activity List(s) - Chip Candy

We've Got the Beat -

1. Keep the Beat/My Clap/Clap Out
2. Alabama, Mississippi
3. Maestro
4. Stomp Swing
5. Bean Bag Pass
6. Circle Step Practice/The Learning Circle
7. The Pose Dance
8. Same Ole 2-Step

Groups of 3 -

1. On My Toes/On My Toes 3 Style
2. Robot Master
3. Cooperative Kickball/Handball
4. Relay Tag w/skills
5. 1 v 2 Tag/Odd Person Out Tag
6. Corn Hole (3 Person Relays)
7. Figure (Crazy) 8 Skill Run (Basketball)
8. Hoop Runs

Adventure FUNN Social and Emotional Learning -

1. Find Someone Who...
2. Snowball
3. Have You Ever...
4. Pinkies/Scarves Rally
5. Turnstile
6. Look Up
7. World View Tag
8. Spot-It

We've Got the Beat

1. The Learning Circle – Begin with everyone in a large circle while playing music with a good steady beat. Start with easy clapping to the beat, and then add faster, slower, funkier clapping. Next add steps by having students watch and move (demo and follow). Some suggestions...step together right/left, 2 steps right/2 steps left, grapevine right/left, delayed grapevine right/left, shimmy right/left, 4 step spin right/left, forward 4 steps/back 4 steps, 4 count slide right/left, roll hands high/low, wave hands right/left (one count and two count), disco points high/low...etc.
2. The Easy Stomp/Swing – a beginner partner dance
Facing a partner...begin using no music, then add any music with a good beat...I love “Soul Man” by Sam and Dave, and “Fireball” by Pitbull
cts. 1-4 – Clap Hands (self, or with partner) 4 X
cts. 5-8 – Stomp foot (or feet) 4 X
cts. 9-12 – R arm swing with partner 4 beats
cts. 13-16 – March away to any new partner 4 steps
*variation...instead of the swing, add your own dance move.
3. Pose (or the Freeze) –
cts. 1-4 – Move around/dance around randomly
cts. 5-8 – Pose (freeze in place)
Round 2 – With a partner...on the freeze part, change levels...one partner high, one partner low switching jobs each round.
Round 3 – Add the band (students with rhythm instruments for movement). Beat, beat, beat, beat the instruments and everyone moves 4. Then silent 2, 3, 4 and everyone (including the band) freezes.
Round 4 – Add music...include the band...have fun!
Round 5 – Change the beat...1, 2, 3, pose; 1, 2, 3, pose
Round 6 – Everyone begins in a large circle, then moves towards the center 1, 2, 3, 4, then pose 5, 6, 7, 8. Continue until everyone comes together in the middle attaching to each other in one large statue. Continue moving (changing) in place 4 beats, then pose/statue 4 beats.

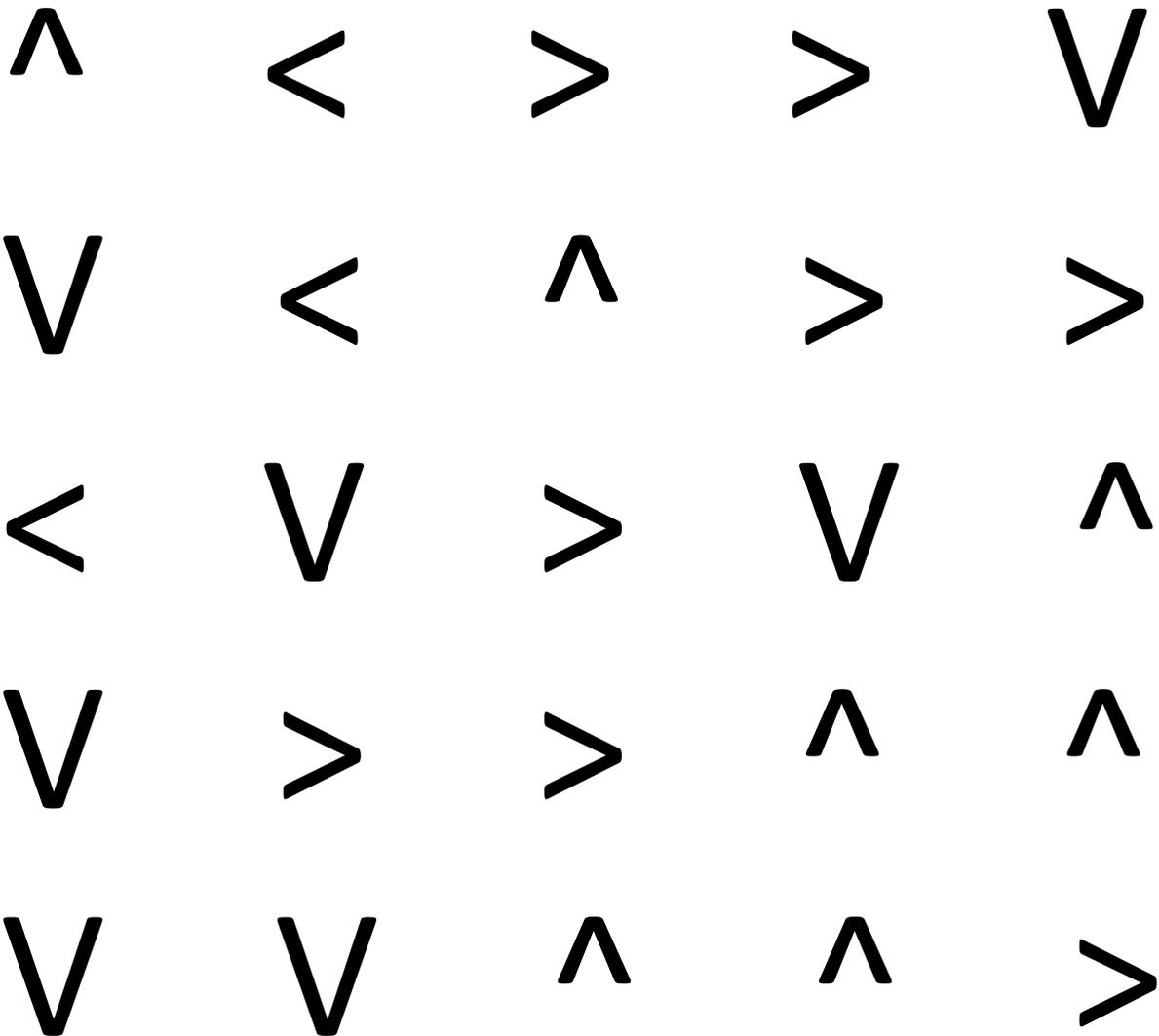
SAME OLE 2STEP (4 wall line dance)

Music – “Same Ole 2step”, by ENT DISTRIKT

- 8 cts. – Two steps L, two steps R
- 8 cts. – Step forward L hold, R hold, then step L, R, L, R (all forward)
- 4 cts. – Step back R, L, R, L (together)
- 8 cts. – Two steps L, two steps R
- 4 cts. – Slide R (R, L), then slide R again while turning $\frac{1}{4}$ L

X	<	>	X	O
>	<	X	X	>
X	X	O	O	X
O	>	>	<	>
O	X	>	O	<
<	X	O	>	O
X	O	>	X	>

Maestro (from Project Adventure) – On a large board/paper, put symbols in rows that correspond to a movement. The movements should be simple (2 count), and there should be no more than 4 to 5 symbols per paper (but many rows of the random symbols). Examples would be – arrows pointing to the left or to the right (meaning 1 step right or 1 step left), an X meaning a quick jump/cross of the feet and jump un-cross, and an O meaning a squat. The Maestro then points to the symbols as the group moves in rhythm doing each movement. Assessment – Give students large sheets of paper and a marker and have groups create their own movements/symbols. Have each group share their creation with others. Put a key on the bottom of the page letting others know what the movements are. Variation – Just use arrows, creating a “line dance”. Try it first w/o music, then add some tunes!



6. Keep the Beat - Teach the “beat” by clapping out an easy beat (1, 2, 3, 4) and have the students respond. Then try new beat patterns in the clap/respond style. Next, try setting up two groups...one starts the 1, 2, 3, 4 beat pattern and bring in the second group with a new beat pattern. If there is success with 2 groups then move to 4 groups, all with different beat patterns. Let students make up their own beat patterns in groups of 4!

7. Alabama, Mississippi -

“Alabama Mississippi,
Alabama New Orleans,
Alabama Number 1 (or 2, 3, 4, etc.)
You Gotta Shake, Shake, Shake, Shake it Baby
Shake, Shake, Shake, Shake it Baby
Shake, Shake, Shake, Shake it Baby
Shake it Back to New Orleans”

8. Beanbag Pass - Using a beanbag (or tennis ball, scarf or anything that can be easily handled/passed), move the beanbag around a circle by using a specific easy beat/rhythm pattern...

Beat one - lift the object up overhead with the left hand

Beat two - pass it overhead from own left to right hand

Beat three - bring the beanbag down with the right hand

Beat four - pass the bean bag with the right hand to the person on the right
(receive the beanbag with the left hand)

Groups of 3

On My Toes – Circles of students stand in a toe to toe to toe circle. The teacher will yell out a category that one person in the circle fits (tallest student...longest hair...oldest, etc.). That person runs to another part of the gym and yells; “on my toes”. The group must reform their circle, and as above, roll the 2 dice and do the listed exercise and reps from the posted list as fast as possible (trying to beat the other teams).

Robot Master- In a confined area with many groups of three, each trio will have 2 robots, and one robot master. The robots begin back to back and walk away from each other in a straight line only. Whenever a robot comes to an outside line, or anything like another robot gets in their way, they must stop and begin beeping. The robot master must run and turn them in a new direction to move again. In round two, the group designates a new robot master, and adds their own personalized stop signal (other than beeping). Round three will include a new sound and a movement by the robots to call their master.

3 Person Relays- 2 people face one person, and “relay” back and forth using skill building activities...which may include- a. Z-ball grounders, or one hoppers, or off the wall bounces, b. Basketball, Soccer, Field Hockey, etc. dribbling, c. Football, Basketball, Soccer, Lacrosse, Field Hockey, Frisbee, etc. passing, d. Rolling/Bowling at a target (pin, cup, bucket, etc.), e. Gymnastics skills...forward rolls, log/pencil rolls, animal mimetics, cart wheels etc., f. Footwork/Agility Ladders, g. Mini Hurdles, h. Ping Pong Ball on a Spoon, i. Golf putting into a bucket, j. Cup Stacking, k. Tennis/Ping Pong ball carry on racquet, and just about anything else you can think of!

2 v 1 Tag- 3 people shoot out a one or a two, with the odd person (the one that does not match...example-shot a 2) speed walking away to avoid being tagged. The two who matched (example- both shot ones) must high 5 right and left, then chase the odd person out. Once tagged, re-shoot and continue the next game quickly.

3 Person Relay Tag- In a large circle, groups of three line up facing the middle, and the first person enters the inside playing area. Five seconds later the next person (#2) enters trying to tag the first person. Once tagged, the first person returns to their line and sends the third person in to tag person number two. Add skill work to this by having the person being chased dribble a soccer/basketball, and not allow a steal.

Crazy 8- The two-post people stay still, while the third person runs a figure 8 around them. Try it with a basketball or soccer ball, using a crossover dribble in the middle to keep the ball in the outside hand/foot around the post. This is very hard, but excellent with a field hockey stick/ball. This is a great way to teach switching from right hand to left hand in lacrosse.

3 Through the Hoop- 3 people run while carrying a hula hoop...either randomly or in a circle/pattern. Every time the bell rings (10 to 20 second intervals) all 3 people must pass through the hoop quickly...and resume their running as fast as possible.

Hoopla Run- Two people hold the hoop, the third person is inside, and may not touch the hoop while running. This can be done as a race, a random/scattered run, a quick change run, etc., or...as the music plays, the 3's move and when the music goes off, the middle person sits down, and the outside 2 people must pick up a new inside runner.

Cooperative 3 Person Strike and Catch – There is a different set-up for this one. Number 1 is “up to bat”, number 2 is the “pitcher”, and number 3 is the fielder. The pitcher (#2) rolls, tosses, or bounces the ball (depending on the skill), to the batter (#1). The batter's job is to strike the

object with enough skill and control to allow the fielder to catch it in the air (points awarded for catches). The fielder then becomes the pitcher. The pitcher goes in to bat, and the batter runs out to the field. Try it with tennis, pickleball, kickball, wiffleball and others!

Cornhole – Place a hoop on the ground about 6 feet away from the starting line. There will be a fielder behind the hoop and the other 2 are at the start line. Player 1 throws the beanbag and tries to land it in the hoop. If the throw lands (and stays) in the hoop, the thrower (#1) runs out and flips the hoop one time (away from the start line). The fielder (#2) grabs the beanbag and runs it back to the next thrower (#3). How far can they move the hoop from the starting line?

Adventure FUNN Social and Emotional Learning

Directions - Find a person to fit each category/question below and have them sign your sheet (no repeats) ...Find Someone Who...

1. Is a Share the Wealth Rookie
2. Has attended Share the Wealth more than 10 times
3. Has eaten raw oysters
4. Has run a marathon
5. Speaks a second language
6. Owns a cat or fish
7. Loves the beach
8. Worked at a fast food restaurant
9. Visited a foreign country in the past 5 years
10. Has been to the emergency room in the past year
11. Likes wearing hats
12. Is a tennis player or golfer
13. Is a coffee drinker in the morning

14. Loves grits

15. Works out 5 times a week (or more)

16. Would consider retiring on Jekyll Island as an option

17. Knows what the outcome of the Super Bowl will be

Snowball – Have the participants write on a plain piece of paper, answering any SEL style starter question(s). As an example, what was your worst day (or best day) in school? Then crumple them up and, while standing in a circle, throw them in the air and try to catch any other snowball other than yours. Read the response on the paper, and re-throw them trying to read as many as possible. It is also fun to write a response on the paper before throwing it again. Other ideas for distributing the snowballs...a. simply pass them around the circle until someone says stop, b. divide the group into 2 teams on either side of a court, gym, net, etc. and throw them back and forth until someone says stop.

Look Up- Split the group into 2 different circles. A leader in each group says look down and everyone looks at the ground. When the leader says look up, everyone picks their head up, and looks directly at another person in the group. If that person is looking back at you, both must scream and move to a new circle. If not, look down and try again. How long can you stay in your original circle?

Variation 1- The first time two people are looking at each other they lose a foot, the second time they lose an eye, third time and your outta there to a new circle.

Variation 2- Fitness Style...Have multiple circles spread out around the playing area so that participants must run a distance when knocked out.

UBUNTU Cards/Spot It – Created by Ryan McCormick at High5 Adventures...these cards are a unique way to bring groups together. Instructions/ideas come with each set of 54 cards. Great for icebreakers, team builders, problem solvers, creating connections, and debriefing. Spot It cards are available at Target/Walmart/Amazon

World View Tag – Using any tag game (relay tag works well), all of the participants play with reduced vision (and reduced speed/more care each round)

- a. Blinders – both hands on the sides of the eyes (horse blinder style)
- b. Binoculars – two hands circle the eyes binoculars style
- c. Cyclops – cover one eye with one hand
- d. Monocular – cover one eye and circle the other eye with the other hand

***REMEMBER SAFETY...elbows down and in by the sides! As the game progresses, the speed should decrease!

TURNSTILE

The Turnstile is one of the oldest of the Project Adventure activities and a similar initiative was even part of the New Games Foundation workshops in the 1970's. It appears in Karl Rohnke's book Silver Bullets published in 1984. It is still being used in Project Adventure curriculum guides and is one of our student's favorites. Many set-ups (framing/briefing), variations of the doing, and debriefing, along the adventure wave exist...but this is our style. It is important that a strong debriefing session is planned, with plenty of time for conversation at the end of the activity.

Age Appropriateness- Middle School and above...while younger groups can complete this activity, it can be frustrating, and if the objective is tied to the debrief at the end, it is a much better activity for older groups.

Materials- One long jump rope (or a retired climbing rope).

Procedure- While two enders turn a long rope, invite the group to figure out the solution to the activity by giving only the following specific directions:

1. One rope turn.
2. One person.
3. No jumps.
4. Consecutive.

The solution is that the group must run through the rope one at a time, without jumping. One person must pass through with each turn of the rope, and no turns of the rope without someone running through. The leader should only give clues by counting successful attempts, and not counting wrong solutions. No other clues should be given.

Variations-

1. Pyramid- Just tell the group that the next activity is called pyramid...and let them use trial and error to figure it out. The solution is that each time the rope turns... 1 person, then 2 people, then 3, then 4, etc. must pass through consecutively.
2. Pyramid Jumps- As above, tell them the name and turn them loose. The solution is that the first person jumps once, the next jumps twice, then 3 jumps, etc.
3. Partners/Trios/Quads- The basic Turnstile set-up, but everyone with a partner, or in trios, or quads passing through...one rope turn, no jumps, consecutive.

4. Categories- Give the group a category (things that are red, or fruits, or states, etc.) and have them do the basic Turnstile activity while saying something in the category while passing through the rope...no repeats. Have the group volunteer a category that they would like...songs with the word love in the title.
5. Helper- Partners pass through the Turnstile with the original rules, however one of the two is non-sighted (blindfolded if the person is comfortable with it). Switch roles each time through.
6. How few turns of the rope are needed to get the entire group through the Turnstile?
7. Both Ways – Turn the rope one way and the entire group passes through together. Immediately turn the rope in the opposite direction and the group goes through again, consecutive, no jumps.
8. Turnstile Run – Have 2 ropes turning on opposite sides of the gym and see how many running laps the group can do (passing through the ropes) without missing.
9. The Gauntlet – Set 4 to 6 ropes up in a line across the gym and run “The Gauntlet”. If someone misses they replace an ender and the action continues.
10. The Box – Set 4 ropes up in a large square (box) with the entire group inside. How quickly can the group exit with no misses and no jumps?
11. Over and Back – The enders turn the rope once, then stop it and turn it the other direction. The first person passes through, and when the rope reverses, they run back through to where they started and pick up the next person. These two moves through and back with no stopping (continuous). Each time they return to the start side, another person gets “picked up”. The goal is to keep picking people up, one at a time, to see how many can be added to the group. We have had up to 18 people make it successfully. You need to break our record!
12. Turnstile in 4 Minutes (advanced version) – Back to the start of this activity...the rules are the same, but the group only gets one rule each minute. They may figure it out earlier than the 4-minute mark (actually the 3-minute mark), but the only clue that should be provided (other than the 4 rules in order...one a minute) is the count by the facilitator of successful continuous “run throughs”.

Debriefing-

1. The Memory Game- Have the group stand or sit in a circle and describe the activity... the first person speaking for 10 seconds, then the next person in the circle continues for 10 seconds, and so on until the group is satisfied that everything has been covered in detail.
2. Partner Debrief- Have everyone in the group get a partner and discuss what the activity looked like, what it sounded like, and what it felt like...voluntarily share with the large group. (Variation- What? So What? Now What?)

Pinkies/Scarves - Two students hold a scarf in their left hand and volley a pinkie ball (or any other good bounce ball) over the scarf. After 10 successful hits, one takes the scarf, one takes the ball and each looks for a new partner.

Class “Finishers” – Try ending your class with a “bring it in”, or “bring it together” saying that leaves them with a group togetherness feeling...

- a. Teacher, “Remember we are a TEAM”. Students respond, “and a FAMILY” (thanks Dave Blackney).
- b. Teacher, “Take care of each other”. Students, “1,2,3, Family”
- c. Teacher, “Today is (say the date...Tuesday, March 2nd). Students, “Make it a good one” (thanks Nicole Escudero).
- d. Teacher, “We Work HARD”. Students, “We Work TOGETHER”.
- e. Teacher, “Team on 3, Team on 3...1, 2, 3”. Students, “TEAM”
- f. Teacher, “Together we can”. Students, “Together we WILL”.

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