

# BENJAMIN PIRILLO

2015 TAHPERD ELEMENTARY TEACHER OF THE YEAR

2016 SOUTHERN DISTRICT ELEMENTARY TEACHER OF THE YEAR

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## FITNESS FUN FOR EVERYONE

### RUBIK RELAY

**Grade Level:** K-12th

**Equipment:** Colored Cubes, Poly Spots, Rainbow Sets of Cones

**Organization:** Use the poly spots to setup a grid 3 across and 3 in the center of the gym. Put one cube on top of each poly spot with various colors face up. Place the 6 color cones on the sidelines of the gym so 3 on one side and 3 on the other. Create as many of these courts to fit the needs of the class size. Divide the class out so there are two students at each cone.

**Activity Description:** This activity is played in rounds. Each round is timed for 2 minutes. Students will take turns running out to their grid and turning one cube to their teams' color. After they turn one cube they will return to their partner so they can take a turn. The students will repeat this pattern until the time has expired. The team who has the most cubes turned to their color is the winning team.

**Modifications:** You can vary the time used for each round. Have the winning teams rotate to a new group between rounds.

### RUBIK RUNNERS

**Grade Level:** K-12th

**Equipment:** Colored Cubes, Rainbow Sets of Cones

**Organization:** Place the cubes in the center of the gym with various colors showing on the top. Use the 6 rainbow cones to create a track around the perimeter of the gym. Divide the class into 6 teams and assign them a color cone.

**Activity Description:** All students are moving at the same time. Students will go two laps around the gym. When they return to their starting color cone, they will move to the center of the gym, turn one cube to their teams' color, return to their teams' cone, and start their two laps again. The team that has the most cubes turned to their color at the end of the activity is the winning team.

# RUBIK FITNESS

**Grade Level:** K-12th

**Equipment:** Colored Cubes, Rainbow Sets of Cones, BANG Fitness Cards, Buckets

**Organization:** Place the cubes in the center of the gym with various colors showing on the top. Use the 6 rainbow cones to create a track around the perimeter of the gym. Place then bucket with some fitness cards inside it by the cones. Divide the class into 6 teams and assign them a color cone.

**Activity Description:** All students are moving at the same time. Students will go one lap around the gym. After completing their lap, they will stop at their teams' bucket, draw a fitness card, perform the activity, and head to the cubes. Once they get to the cubes they turn one cube to their teams' color, return to their teams' cone, and start their lap again. The team that has the most cubes turned to their color at the end of the activity is the winning team.

# ZIG ZAG RUBIK

**Grade Level:** K-12th

**Equipment:** Colored Cubes, Poly Spots

**Organization:** Place the poly spots down both sidelines of the gym with one cube on each poly spot. Divide the class into 6 teams and assign the team a color.

**Activity Description:** All students are moving at the same time. Students will jog from one sideline to the other. When they get to there, they will turn one cube over so their teams' color is facing up. The students will then jog back to the opposite sideline and turn over one cube. Students will repeat the pattern until time has expired. After time has expired determine the winner by the most turned upward. Start another round.

**Modifications:** Use different times based on grade levels. Could use the baseline instead of the sidelines of the gym for students to travel further.

# RUBIK TAG

**Grade Level:** K-12th

**Equipment:** Colored Cubes, Poly Spots, Rainbow Set Foam Coated Balls

**Organization:** Scatter the poly spots around the perimeter of the gym with a colored cube on each one. Select 6 students to be the taggers. Give each tagger one of the foam coated balls.

**Activity Description:** Students will move around the gym avoiding being tagged by the color taggers. When the students are tagged, they will raise their hand, and go to a cube. Once at the cube the students will turn the cube over so the side of the color that tagged them is facing upward. After turning one cube the students may start playing again. Change the taggers every few minutes. In between taggers count to see which tagger has the most cubes turned upward.

**Modifications:** Could have less taggers.

# DICE IT UP

**Grade Level:** K-12th

**Equipment:** Colored Cubes, Cones, 1-6 Number Signs, Dice

**Organization:** Use the cones to create a jogging path for the students to use. Place the number signs around the perimeter of the gym with 6 cubes at each sign with one of each color face up. Put the dice in the center of the gym. Divide the class into 6 teams and assign each team a color.

**Activity Description:** Students will perform 2 laps around the gym. After completing their laps, they will go to the center of the gym and roll one die. The number it lands on is the sign the students go to. When they get to the sign, they will rotate one cube to their teams' color. Once they rotate one cube, they will start their 2 laps again.

**Modifications:** Can change the amount of laps required to perform. Have students perform various locomotor skills.

# LOCOMOTOR FLIPPERS

**Grade Level:** K-12th

**Equipment:** Colored Cubes, Poly Spots, Dice

**Organization:** Scatter the poly spots around the gym with one cube on each. Put the dice down both sidelines of the gym. Assign a locomotor skill to each number from the die (i.e. 1=jog, 2=gallop, etc.). Divide the class into 6 teams and assign them a color.

**Activity Description:** The students are all participating at the same time. Students will roll the die and perform the locomotor skill as they move to one of the cubes. When they get to the cube they will turn it face up to match their teams' color. The students will then perform the same locomotor skill to the perimeter to roll again.

**Modifications:** Could project the locomotor skill to the wall. Create locomotor animated gifs to project.

# ROCK, PAPER, SCISSORS

**Grade Level:** K-12th

**Equipment:** Colored Cubes, Poly Spots, Cones

**Organization:** Place the cones around the perimeter of the gym to create a path for students to jog. Scatter the poly spots around the center of the gym with one cube various colors face up on top. Divide the students into 6 teams and assign each team a different color.

**Activity Description:** Students will jog 1 lap around the perimeter of the gym. After they finish their lap, they will stand next to a cube and wait for another student to join them. When there are two students at one cube, they will play a game of rock, paper, scissors. The winner from the game will turn the cube so their teams' color is face up. Students will then start jogging their lap again.

**Modifications:** Vary the amount of cubes based off class size. Could have less color teams.

# INFORMATION STATION



CONTACT INFORMATION



WEBSITE



YOUTUBE



TEACHERS  
PAY  
TEACHERS



SURVEY

[teachphysed.weebly.com](http://teachphysed.weebly.com)  
[www.youtube.com/gepetto652](http://www.youtube.com/gepetto652)

# THANK YOU