

Dollar Store Activities

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LOCOMOTOR DICE (dice, index cards)

Split the class into smaller groups of 3-4. Give each group a die and a "Locomotor Dice Card" (a paper or card with a locomotor skill assigned to each number of the die). This is a relay with objective for each group being to score as many points as possible in the given time period.

On "go" the 1st player in line rolls the die. The player checks the number on the card to find out what locomotor skill to perform. The player travels out to a cone and back. After receiving a "high 5" from the 1st player, the 2nd player rolls the die and completes the journey to the cone and back. The time limit should be 3-5 minutes.

GO FISH 2! (index cards)

Scatter "fish" (cards with a locomotor skill written on them) inside a circle (the pond). Divide the class into groups of 2-3. Assign each group a spot around the pond. On the "go" signal, one player from each group runs to the pond, takes a fish back to his/her spot and shares with his/her partner. When a group decides which locomotor skill is written on the card, the players join hands and perform the skill around the playing area (larger than the pond). Upon reaching the home spot again, another player goes "fishing". Play continues for 3-5 minutes. Count up the number of fish caught.

MUSICAL CARDS (playing cards)

Place a set of playing cards face down in a large circle. Each player stands behind a card. When the music begins the players move around the circle of cards. When the music stops the players stop and stand behind a card. The players turn the card over and perform an exercise the number of times indicated on the card (i.e. 10 of spades = 10 jumping jacks). The number cards are face value. The face cards are worth 15 points and the ace is worth 1 point. After performing the music begins again and the students move around the circle.

Variations:

- Change the exercise and/or locomotor skill
- Use ball skills instead of exercises.

CUP CATCHING (cups, rubber balls, ping pong balls)

Any plastic cup may be used for the following activities. In addition, the balls used for these activities may and should vary in size, weight and color. However, which ever ball is chosen, it should fit loosely inside the cup.

One Cup Activities:

Basic Toss and Catch: Each student is given 1 cup and 1 ball. Students toss the ball up and try to catch the ball with the cup. Encourage the students to switch the hand used for catching. Higher level skills would include catching without letting the ball bounce and tossing the ball higher.

Partner Toss and Catch: Student tosses his/her ball to a partner, while trying to catch his/her partner's ball.

Two Cup Activities:

Cup To Cup: Each student has 2 cups and 1 ball. Challenge the students to toss the ball up and catch with the opposite cup.

2 Ball Cup To Cup: Using 2 cups, with a ball in each cup, challenge the students to toss the balls at the same time and catch each ball with the same cup.

2 Ball Crossover: Toss the 2 balls but catch the balls in opposite cups.

For Fun!

Bounce In: Place all of the cups down on the floor. Challenge the students to try and bounce their ball into a partner's cup.

Launch and Landing: Challenge each student to bounce the ball and then place his/her cup on the ground trying to judge where the ball will come down!

Group Juggling with Cups: In groups of 5-7, the students must toss a ball to someone in the circle who is: not standing next to him/her and who has yet to have someone toss a ball to him/her. Everyone in the circle should receive the ball once before someone receives it twice. Once a pattern is established, try to complete as many cycles through the group as possible with out dropping the ball. Add more balls! Try with or without bounces!

LOCOMOTOR TIC-TAC-TOE (dice, any markers)

Students sit at opposite ends of the playing area. Each student is given a die a copy of a locomotor playing card. A tic-tac-toe game board and pieces are placed halfway between the players. On the "go" signal, each player roll the die. The student compares the number on top of the die with the number on the

playing card. The student performs the locomotor skill to the tic-tac-toe game board and places a game piece onto the board. The players run back and roll the die again. Play continues until someone scores a tic-tac-toe or it is determined the game is a draw.

"200" (dice, balls)

Split the class into small groups - 2's and 3's work best. Give each group a ball and an information sheet prepared ahead of time. On the sheet write the words "ground ball" and "fly ball" next to the numbers 1-6. To start the game, each group decides who will start as the "batter" and fielder. The teacher rolls the die. The batter throws a ball that indicated by the number on the info sheet (1 might be a fly ball, 2 might be a ground ball...). If the the fielder catches the ball s/he receives points - 50 for a ground ball, 100 for a fly ball. Play continues until the fielder scores 200 points and then roles are switched.

WILD CARDS

Create task cards with activities that focus on 1 skill or on a variety of skills. Mark the back of the task cards with one of the playing cards - Ace through King. Place the cards in various spots around the playing area.

Divide the class into smaller groups (1-4). Give each group a deck of cards and have them place the deck face down at their "home" spot. Position the groups towards the middle of the playing area. When the activity starts, each group turns over one card. The entire group travels to the task card labeled with the corresponding playing card. For example, if a group turns over a "king", they would travel to a task card marked with a "K", turn over the task card and perform the indicated activity.

Variations:

- Create multiple stations of "Ks", "10s", etc... If the groups turn over more than one 10, they will have different stations to choose from.
- Give students only one suit of Ace through King. This will shorten up the game. When they run out of cards the activity is over or they may begin another round.
- On the task card describe an activity but do not indicate the number of repetitions. Use the different suits to indicate the number of reps or time. Ex. hearts = 5 reps (or 5 secs), clubs = 10 reps (10 secs), diamonds = 25 reps (30 secs), spades = 50 reps (1 min)

CHINESE JUMP ROPES (Chinese jump ropes)

Chinese jump rope activities work on jumping and landing, balance and sequencing movements. Normally played against one or more players, Chinese jump rope may also be used as a self-challenge. In groups of 3, one player is the jumper and the other two players stand with the rope forming a rectangle or triangle (advanced). To start, students select a level at which to perform (beginner, intermediate, advanced). Next, the player determines which sequence to use. All jumpers start at the lowest jumping level (rope around the ankles) and move up as the sequence is performed without a miss. If a sequence is missed a new jumper is chosen.

BASIC SKILLS

- "In" - Jump and land with both feet inside the ropes.
- "Out" - Jump and land with both feet on the outside of the ropes.
- "Over" - Jump over the ropes and land on the opposite side.
- "On" - Jump and land with a foot on each rope.
- "Straddle" - Jump and land with both ropes between the legs.
- "Side by side" - Jump and land straddling one rope and then the other.

JUMPING LEVELS

If you can perform a sequence successfully 4 times in a row, move up to the next level!

- level 1 ... Ankles
- level 2 ... Calves
- level 3 ... Knees
- level 4 ... Thighs
- level 5 ... Hips

BEGINNER JUMPING SEQUENCES

Sequence #1

"In" - "Out"

Sequence #2

"Straddle" - "In"

Sequence #3

"Side by side" - "On"

Sequence #4

"Straddle" - "Out"

Sequence #5

Make up your own sequence using 2 skills.

INTERMEDIATE JUMPING SEQUENCES

Sequence #1

"In" - "Over" - "On" - "Out"

Sequence #2

"On" - "Straddle" - "Out" - "In"

Sequence #3

"Over" - "Side by side" - "On" - "Out"

Sequence #4

"Straddle" - "In" - "Out" - "On"

Sequence #5

Make up your own sequence using 4 skills.

ADVANCED JUMPING SEQUENCES

Sequence #1

"Over" - "Over" - "In" - "Out" - "On" - "Out"

Sequence #2

"On" - "Straddle" - "Out" - "In" - "Side by side" - "In"

Sequence #3

"Over" - "Side by side" - "On" - "Out" - "Straddle" - "Out"

Sequence #4

"Straddle" - "In" - "Out" - "On" - "Side by side" - "On"

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FITNESS GRAB BAG

Write letters on dominoes. Place the dominoes in a bag or bucket. Divide the class into smaller groups of 2-3. Create a "grocery list" of fitness activities, assigning a fitness activity to each letter of the alphabet.

On the "go" signal", one player from each group runs to the bucket, pulls out one domino and then runs back to his/her group's home base. After checking the letter on the "grocery list" (indicating which activity the group performs), the group totals up the number of dots on the domino. The total of number of dots indicates how many of the fitness activity to perform. After the group performs the activity, the group sends out a player for another domino. At the end of the time limit, the groups total up all of their points.

PICK MY SCRUNCHIE TAG (hair scrunchies)

Divide the class into smaller groups. Each group is represented by a different color/type scrunchie. In a bucket place 1 scrunchie for each group. Reach into the bucket and pull out a scrunchie. The group scrunchie that is selected become the tagging team. The taggers try to tag as many players in the other groups as possible. If tagged, players must perform a quick exercise to return to the game. After approximately 1 minute, mix up the bucket up and pick another scrunchie.