

I Teach More Than Gym – version 2014

STW PE Conference 2014

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A Typical 50-Minute Class

- Entering The Gym (1-2 minutes)
The classes enter and are either walking or skipping (teacher's choice). From here, we move into our fitness section of our class.
- Fitness Section (15-17 minutes)
The classes complete about 5 minutes of interval walking and jogging (we typically do this as boys and girls). The students then participate in a variety of fitness activities designed to increase their heart rate and engage the major muscle groups. This may include student or teacher-led activities, partner activities, and or large group activities. When completed with the exercises, we all move to the stage and have a 1-2 minute health/fitness tip.
- Lesson (25-30 minutes)
We will spend about 25 minutes on the standards-based physical education lesson. It may be a demonstration and then working through a skills progression or a large group activity (depending on the unit).
- Clean-Up & Exiting The Gym (1-2 minutes)

All Kick Kickball (1st-5th)

(Note: this description is for one area. I usually have 8+ areas lined up outside)

Equipment: One bucket for each group – each should contain 1 PGB and 2 regular cones

Description: One player will sit at the bucket and place a cone next to it while 3-4 players will take a cone and stand about 15-20 feet away. The kicker will strike the ball (k-2 – place the ball on a poly spot/3rd+ allow a fielder to roll it – if it is a pitiful roll then the kicker may place it next to the bucket and kick it!). As soon as they kick it, they should run back and forth touching both cones....meanwhile, the closest fielder should retrieve the ball and proceed to throw it to a teammate who will then throw it to another and so on (all team members must touch the ball). When the original fielder receives the ball back they should lay it in the bucket and yell, "STOP!" The kicker gets one point for each time they touched a cone. The kicker will then become a fielder and one of the fielders will take a turn as the kicker. Repeat.

Variation #1 – If it is a large class, I may have 10 areas lined up outside and have it 4 on 4. After all 4 have kicked then the kicking team and fielding team switch.

Variation #2 - Allow the kicker to kick the ball in any direction

Disc Kick (K-5th)

(Note: this description is for one area. I usually have 2-3 set up outside or may do 1 area for a small class of < 40 students inside)

Equipment: 1/2 cones, 8 different colored discs (frisbee's) or PGB's

Description: The students will be organized in 8 relay lines around a circle (our circle is about 30' in diameter). When the teacher gives a signal, the first student from each line will run 1 lap around the circle. When they return to their starting point, they may kick the disc toward the middle in an attempt to knock the pin over. When the pin is knocked over, everyone cleans up and returns to the end of their line. Repeat.

Variation #1: Use soccer balls Variation #2: Use defenders to protect the pin Variation #3: Bean Bag Relay – same routine except, when they return their starting point they toss 2 bean bags at targets in the middle.

Reference: I observed this from watching Geri Grimmert & Laura Vaden during collaboration

Musical Hula Hoops (K-2nd)

Equipment: 20-30 hoops (depending on class size) scattered throughout the gym

Description: When the music starts, the students begin demonstrating the assigned locomotor skill throughout general space. When the music stops, the students must then get with others and do what the teacher calls out. Select one of the following: 4 hands in a hoop/ 2 hands in a hoop / 3 hands and 3 feet in a hoop / 6 fingers and one foot in a hoop / 8 feet in a hoop / 5 feet, 2 elbows, and 3 hands in a hoop / 2 feet in a hoop / 10 hands in a hoop / 6 feet in a hoop / 2 feet and 6 hands in a hoop.

Reference: I observed this from Brandy Biggar during collaboration

Tennis Ball Golf (2nd-5th)

Equipment: 1 bucket, 2 matching cones per group of 3-4 students. Each student also needs their own tennis ball.

Description: The students move to the field and place a single cone down as the tee box. The second cone is placed somewhere else with the bucket. This becomes the hole. All students take turns tossing/throwing from the tee box. Whoever makes it into the hole with the least number of throws is the winner. Use golf etiquette to take turns. The group then moves and plays a different hole that was created by their peers.

(Cont'd on next page)

The student with the lowest scores selects the next hole. Allow the students to adjust 1 hole 1 time half way through.....just to change it up.

Variation #1 - Use Frisbees (4th-5th) Variation #2 – Randomly place cones and let them select which cone to go towards

Dribbling Progression (K-2nd)

Equipment: 1 dome or partially deflated ball per student (if outside then use a regular PGB), 1 PGB per child, a few half noodles

Soccer Progression:

-Dribble around general space with a dome (if given a thumbs up move to next level)
 -Dribble a in general space with a ball
 -Dribble, Dribble, Dribble, trap – change directions
 -Dribble Tag – (Soccer style) The students dribble around in general space. If they lose control of the ball or their ball is tagged by a teacher (with a ½ noodle), then they should go to the side and do 10 jumps and return.

Basketball Progression:

-Dribble in self space (if given a thumbs up move to next level)
 -Dribble in general space
 -Dribble, Dribble, Dribble and change directions
 -Dribble Tag – (Basketball style) The students dribble around in general space. If they lose control of the ball or their ball is tagged by a teacher (with a ½ noodle), then they should go to the side and do 10 jumps and return.

Dribble Tag - Good, Better Best (2nd-5th)

Description: Divide the gym into thirds. Allow the students to rate their ability as Good, Better, or Best and go to that third of the gym. The students then dribble around their area. If they lose control for ANY reason then they must go to the side and do 10 jumps. They may then return. The teacher may act as a tagger or select highly skilled students to be taggers. If a tagger touches your ball with their ½ noodle, then you must go and do 10 jumps before returning.

“On Top of the World”- Imagine Dragons

Movements are in bold, corresponding lyrics are in parentheses

Intro

-Clap 8 counts (Song begins with clapping)
-Twist down for 4 counts & twist up for 4 counts , REPEAT (Instrumental)

Section 1a

-Grapevine to the Right and to the left for total of 8 counts ***start on the strong beat immediately prior to the lyrics***(If you love somebody Better tell them while they're here 'cause)

-Lean R, L, RR then lean L, R, LL for total of 8 counts (They just may run away from you)

-Grapevine to the Right and to the left for total of 8 counts (You'll never know quite when, well, then again it just depends on)

-Lean R, L, RR then lean L, R, LL for total of 8 counts (How long of time is left for you)

Section 1b

-Raise the roof 4 times and push the floor 4 times for a total of 8 counts (I've had the highest mountains, I've had the deepest rivers)

-Raise the roof 4 times and push the floor 4 times for a total of 8 counts (You can have it all but life keeps moving)

Section 2

-Look left and right - 5 counts (I take it in but don't look down)

-Shimmy right and jump on “ay” - 4 counts (Cause I'm on top of the world, 'ay)

-Shimmy left and jump on “ay” - 4 counts (I'm on top of the world, 'ay)

-Turn for 8 counts (Waiting on this for a while now. Paying my dues to the dirt)

-Shimmy right and jump on “ay” - 4 counts (I've been waiting to smile, 'ay)

-Shimmy left and jump on “ay” - 4 counts (Been holding it in for a while, 'ay)

-Turn for 8 counts (Take you with me if I can. Been dreaming of this since a child)

-Pause for 6 counts (I'm on top of the world)

Repeat Section 1a

Repeat Section 2

-Wave arms back and forth slowly for 16 counts (Whoah-oh oh oh...)

Repeat Section 2

Repeat Section 1a & 2

*Note: at the end it quickly goes into the next Section 2 (there is no looking left or right....immediately into the jump on “ay”

Modified from a dance that was developed by Courtney J. Abernathy who student taught at Sango Elementary School in the Fall of 2013.

Originally modified from Montreat Youth Conference Recreation Resources (Energizer 2012)

Wavin' Flag "Coca Cola Celebration mix"

By: K'Naan – The Official World Cup 2010 Anthem

This is not an exact dance to the beat rather movements to music. The song is full of clear changes in music and that is the key to this dance!

The Lyrics are in regular type and movements are in *italics*

Intro

- *Rapid drum beats (*pat thighs rapidly*)
- *3 big drum beats (*act like hitting large drum 3 times*)
- *Rapid drum beats (*pat thighs rapidly*)
- *3 big drum beats (*act like hitting large drum 3 times*)
- *Rapid drum beats (*pat thighs rapidly*)

Section 1

- *Ooooooh (*hop on right foot to the right while left foot and arms are extended to the left and are lagging behind*)
 - *Wooh (*Small Pause*)
 - *Ooooooh (*hop on left foot to the left while right foot and arms are extended to the right and are lagging behind*)
 - *Small Pause
- REPEAT

Section 2

- *Give me freedom (*turn 90° to the L & do 2 fist pumps*)
 - *give me fire (*turn 90° to the L & do 2 fist pumps*)
 - *give me reason (*turn 90° to the L & do 2 fist pumps*)
 - *take me higher (*turn 90° to the L & do 2 fist pumps*)
 - *See the champions (*slide to the right*)
 - *take the field now (*cross right arm then left arm at waist then uncross simultaneously and snap*)
 - *unify us (*slide to the left*)
 - *make us feel proud (*cross right arm then left arm at waist then uncross simultaneously and snap*)
- *REPEAT

Section 3

- *Singing forever young (*twirl with arms extended to the right and end with a clap*)
 - *singing songs underneath that sun (*twirl with arms extended to the left and end with a clap*)
- REPEAT

Section 4

- *We all say....
 - *When I get older (*jump diagonally to the right*)
 - *I will be stronger (*hold arms up and flex*)
 - *They'll call me freedom (*hold arms like you are about to shoot a bow and arrow up in the sky at a 45° angle*)
 - *just like a wavin' flag (*swirl both arms above your head slowly*)
- REPEAT
- *So wave your flag (*twirl your right hand*)
 - *now wave your flag (*twirl your left hand*)
 - *now wave your flag (*twirl your right hand*)
 - *Oooohhh,

REPEAT Section 1

REPEAT Section 2

REPEAT Section 3

REPEAT Section 4

REPEAT Section 1

REPEAT Section 4

**Developed by:
Mark Banasiak
Sango Elementary School
2011**

Modified from Montreat Youth Conference Energizer '11

WE WILL ROCK YOU

ORGANIZATION:

- The students will enter the gym and sit on the purple circle.

PROCEDURES:

Introduction

1. Clap thighs with the corresponding hand 2 x's
2. Clap hands 1 time
3. Repeat 7 x's

Verse #1

1. Side step with right foot as you clap both thighs
2. Clap both thighs while feet are spread apart
3. Clap hands as feet come together
4. Repeat Steps 1-3 7 x's

Chorus

1. Right foot forward and stomp
2. Left foot forward and stomp
3. Clap hands
4. Repeat steps 1-3 3 x's (clap 2 x's on the 4th time)
5. Right foot backward and stomp
6. Left foot backward and stomp
7. Clap hands
8. Repeat steps 5-7 3 x's

Verse #2

1. Clap both thighs 2 x's
2. Lift right leg and clap hands under the right knee
3. Clap both thighs 2 x's
4. Lift left leg and clap hands under the left knee
5. Repeat steps 1-4 3 x's

Chorus (See Above)

Verse #3

1. Clap both thighs 2 x's
2. Clap hands 1 time
3. Get down on 1 knee and clap both thighs 2 x's
4. Clap hands one time
5. Get down on 2 knees and clap both thighs 2 x's
6. Clap hands one time
7. Gently hit the floor 2 x's
8. Clap hands one time
9. Gently hit the floor 2 x's
10. Clap hands one time
11. Clap both thighs while on your knees 2 x's
12. Clap both hands
13. Get one knee and clap both thighs 2 x's
14. Clap both hands
15. Stand up and clap both thighs 2 x's
16. Clap hands

Chorus

See Above

Repeat Chorus

Air Guitar

- When the first guitar chord strike....students may do their best air guitar.

**Developed by Mark Banasiak, Geri Grimmitt, & Laura Vaden
SANGO ELEMENTARY SCHOOL - CLARKSVILLE, TN**