



## “PHYSICAL ED-STRAVAGANZA”

(Individual Performance Based  
Physical Education)



“Physical Ed-Stravaganza” (IPBPE), Is a dynamic performance that the Physical Education students at Vidalia Heritage Academy perform at various venues. The activities that they perform are a culmination of skills that are implemented into our daily lesson plans. Almost all of these activities have been drawn from Share the Wealth conferences. The activities you will witness during our presentation are.

- Individual Rope Jumping
- Double Dutch Rope Jumping
- Synchronized Rope Jumping
- Tinickling
- Juggling (scarves, balls, rings, pins, etc.)
- Basketball Handling
- Hula Hooping (combination line dancing)
- Creative Hula Hooping
- Tumbling/Gymnastics



To be in the “Physical Ed-Sravaganza” performance, each and every student in the school physical education classes is given the opportunity to learn each activity and to practice their skills at home. They are also given individual auditions, which challenges them even more to be chosen to take part in the performances.

Creativity is also encouraged. For example some students will work on skills such as juggling while hula hooping, doing push-ups or rope jumping in the tinickling sticks, or developing their own jump rope routine. Here are some ideas as to how to incorporate “Physical Ed-Stravaganza” into your Physical Education program:

- Collect and show videos. For example: Videos by Mark Rothstein on rope jumping, Dave Finnegan on juggling, Sandy “Spin” Slade or Pete Maravich, on basketball handling, You Tube is also a great way to teach your students.
- Challenge your students to attempt each and every skill they see in the videos.
- Set your expectations high for you and your students
- Start these activities in the lower grades (K-2<sup>nd</sup> grade)
- Set strict discipline guidelines (Be firm, fair, and consistent)
- Have lots of contest (who can jump rope or juggle the longest etc.)



- Keep appropriate music playing as much as possible in your classes.
- Encourage students to purchase their own equipment so they can practice at home.
- Incorporate some of the activities into Field Day.
- Play Physical Ed-Stravaganza up as a really big event. (Invite newspaper and TV reporters to come and witness what you are doing)
- If possible, invite parents to come and observe your classes
- Purchase and maintain enough equipment to provide every student a ball, rope, or hoop, etc.
- Develop an effective procedure for distributing and collecting equipment.
- Use high quality media equipment. (Projector, Sound System, etc.)

Here are some suggestions for performance venues:

- High school, college, or professional half time shows
- PTA meetings
- Local parades
- Physical Education conferences
- Festivals
- Malls
- Create your own Physical Education performance



The objective and purpose of the Individual Performance Based Physical Education program is provide a meaningful learning experience for our students that will enhance and create a desire for a life time of physical activity and to provide activities which will raise the fitness level in our students in all 5 of the components of fitness. These components include, muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition.

We have found that some of the benefits for our students from participating in the IPBPE program is, increase in hand-eye coordination, speed, rhythm, balance, and agility. Also we have seen our students show more self-confidence and self-esteem

Here are some positive outcomes for our students through IPBPE:

- Opportunity for extra-curricular activity for all students
- Builds pride and comrade between students
- Allows students work in small groups to attain common goals
- Increases in athletic ability in our students
- Builds school and community pride
- Allows for creativity among students
- Builds support and Public Relations for our school and community



For more information on how to incorporate this program in your Physical Education classes contact:

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