



Fitness

Fun

For

Little Ones!!!



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SHARE THE WELTH
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I HOPE THAT YOU WILL LEAVE TODAY'S WORKSHOP WITH SOME NEW IDEAS AND RENEWED COMMITMENT TO YOUR CHILDREN. YOU HAVE THE GREATEST OPPORTUNITY IN THE WORLD... TO MOLD THE LIVES OF OUR FUTURE LEADERS. WHAT YOU DO DOES MATTER AND DON'T EVER FORGET.... **IT'S THE KIDS THAT COUNT!!!!** HERE ARE SOME OF MY FAVORITE QUOTES- THEY MAKE GREAT WALL DECORATIONS IN THE GYM OR ARE GOOD FOR BULLETIN BOARDS OR LOCKER ROOMS!

"IF IT IS TO BE, IT IS UP TO ME!"

"EVEN IF YOU ARE ON THE RIGHT TRACK, YOU WILL GET RUN OVER IF YOU JUST SIT THERE!!!"

"IF YOU ARE GRINNING, YOU ARE WINNING!"

"IF YOU HAD FUN, YOU WON!!!"

"YOU CAN'T BE FIT, IF YOU SIT!" "FIT IS IT!"

"YOUR BEST WILL DO JUST FINE!"

"CAN'T IS NOT SPOKEN HERE!"

"WINNING IS NOT NEARLY AS IMPORTANT AS THE WILL TO WIN!"

"TO FINISH FIRST, YOU MUST FIRST FINISH!"

"DON'T MAKE FUN, HAVE FUN!"

"PRACTICE MAKES PERFECT, SO BE CAREFUL WHAT YOU PRACTICE!"

"SUCCESS COMES IN CANS, NOT CANNOTS!"

"WHETHER YOU THINK YOU CAN OR THINK YOU CAN'T – YOU ARE RIGHT"!

"PLAY HARD--- PLAY FAIR---BE A WINNER!"

"IF YOU DON'T TAKE CARE OF YOUR BODY, WHERE WILL YOU LIVE?"

"WARNING!!!" – THE SURGEON GENERAL SAYS IT IS OK TO "SMOKE" YOUR OPPONENTS!!

THANKS FOR ALL YOU DO!!!!

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INTEGRATION FAVORITE!

RED, WHITE AND BLUE

THIS IS A GREAT WARM UP ACTIVITY AND IT ENFORCES GOOD LISTENING AND THINKING SKILLS, AS WELL AS, HAS ENDLESS POSSIBILITIES TO INTEGRATE ANY SUBJECT AREA! IN THE GYM- WE USE THE TWO END LINES AND THE CENTER LINE OF THE BASKETBALL COURT. ONE END LINE IS RED, THE CENTER LINE IS WHITE AND THE OTHER END LINE IS BLUE. THE CLASS STARTS OUT ON A COLOR AND WE CALL OUT ANOTHER COLOR AND THE CLASS RUNS QUICKLY TO THE LINE THAT CORRESPONDS TO THAT COLOR. IF A STUDENT GOES THE WRONG WAY OR IS THE LAST ONE TO THE LINE (WITHIN REASON), HE/SHE MUST GO TO THE BOARD AND WRITE THE COLOR THEY MISSED AND WHERE IT IS LOCATED 3 TIMES BEFORE THEY REENTER THE GAME. CHANGING THE LINES TO GREEN, GRAY AND GOLD HELPS WITH THE LISTENING PART OF THE GAME!!

THEN WE CHANGE THE GAME TO AN INTEGRATION GAME AND CHANGE THE LINES TO A SENTENCE. ONE END LINE IS "JOE"; THE CENTER LINE IS "RUNS", AND THE OTHER END "LINE "FAST." THEN WE ASK THE STUDENTS TO RUN TO THE LINE THAT IS THE SUBJECT IN THE SENTENCE? VERB? WHICH LINE SHOULD BE CAPITALIZED? WHICH LINE SHOULD THE EXCLAMATION POINT COME AFTER? THEN WE CHANGE THE LINES TO NUMBERS 7, 8, AND 9. WE CALL OUT A MATH PROBLEM AND THE ANSWER WILL EITHER BE 7, 8 OR 9 AND THEY HAVE TO GO TO THE CORRECT LINE. IF THEY CHOOSE THE WRONG LINE, THEY MUST GO TO THE BOARD AND WRITE THE MATH PROBLEM AND SOLVE IT 3 TIMES. WE SAVE SCIENCE AND SOCIAL STUDIES FOR ANOTHER DAY. THERE ARE ENDLESS POSSIBILITIES DEPENDING ON THE GRADE LEVEL AND WHAT THE STUDENTS ARE STUDYING AT THE TIME. THESE ARE JUST A FEW EXAMPLES THAT WE USE. THIS IS A GREAT GAME TO TAKE UP TIME WHEN YOU FIND YOU HAVE A FEW MINUTES LEFT AT THE END OF CLASS OR TO START YOUR DAY ANY DAY!! CHANGE THE LOCOMOTOR MOVEMENTS EVERY QUESTION TO KEEP THEIR HEART RATES SOARING!!

IN FEBRUARY, DURING "HEALTHY HEART MONTH, "WE CHANGE THE FORMAT TO INTEGRATE HEALTH, SCIENCE AND PHYSICAL EDUCATION. WE DO THIS BY ASKING QUESTIONS ABOUT THE HEART USING THE LINES AS ARTERIES, VEINS AND CAPILLARIES. WE ASK SOME OF THE FOLLOWING QUESTIONS AND THEY MUST RUN TO THE CORRECT LINE AS QUICKLY AS POSSIBLE OR GO TO THE BOARD AND WRITE THE CORRECT ANSWER 3 TIMES! WE CALL THIS VERSION "CIRCULATION THROUGH THE BODY"!!! THESE ARE TINY, ONES CALLED VESSELS. (CAPILLARIES) THESE CARRY BLOOD AWAY FROM THE HEART. (ARTERIES) MOST ALL OF THESE CARRY BLOOD TO THE HEART. (VEINS) MOST ALL OF THESE BLOOD VESSELS CARRY

BLOOD THAT IS OXYGEN RICH. (ARTERIES) THESE BLOOD VESSELS CARRY BLOOD FROM ARTERIES THAT IS OXYGEN POOR. (VEINS) THESE MOVE OXYGEN POOR BLOOD FROM ARTERIES TO VEINS. (CAPILLARIES) THESE BLOOD VESSELS HAVE THICK, MUSCULAR WALLS BECAUSE THEY MUST WITHSTAND THE MOST PRESSURE FROM THE HEARTBEAT. (ARTERIES) THE AORTA IS THE LARGEST _____ (ARTERY) IN THE BODY.

TWO PASS AND FIVE PASS

TWO PASS- WITH A VARIETY OF BALLS SPREAD ALL OVER THE GYM –SEE HOW MANY BALLS YOU AND YOUR PARTNER CAN PICK UP AND SUCCESSFULLY MAKE TWO PASSES IN ONE MINUTE WITH! IF YOU AND YOUR PARTNER DROP A BALL, DROP THAT ONE AND MOVE ON TO A DIFFERENT ONE AND DO NOT COUNT THAT ONE.

FIVE PASSES:

1. WITH A PARTNER- CHOOSE A BALL AND MAKE 5 SUCCESSFUL PASSES, SWITCH PLACES WITH YOUR PARTNER AND MAKE 5 MORE SUCCESSFUL PASSES. COUNT HOW MANY YOU CAN DO IN ONE MINUTE. IF YOU DROP YOUR BALL, START YOUR COUNT OVER. TRY IT WITH JUST YOUR DOMINANT HAND – HOW MANY? THEN TRY JUST YOUR NON-DOMINANT HAND – WHAT WAS THE DIFFERENCE AND WHY?
2. WITH A DIFFERENT PARTNER AND DIFFERENT BALL, MAKE 5 PASSES, ON THE 5TH PASS THE PARTNER WITHOUT THE BALL LAYS DOWN, AND THE OTHER PARTNER JUMPS OVER THEM, AND THEN CONTINUE WITH YOUR 5 PASSES FOR ONE MINUTE. COUNT HOW MANY.
3. WITH A DIFFERENT PARTNER AND A DIFFERENT BALL, MAKE 5 PASSES, ON THE 5TH PASS THE PARTNER WITHOUT THE BALL LAYS DOWN AND MAKES A BRIDGE, AND THE OTHER PARTNER CRAWLS UNDER THEM, AND GETS UP QUICKLY, AND THEY CONTINUE THEIR PASSES FOR THEIR ONE MINUTE. COUNT HOW MANY.
4. WITH A DIFFERENT PARTNER AND A DIFFERENT BALL, MAKE 5 PASSES AND ON THE 5TH PASS FIND A DIFFERENT PARTNER THAT NEEDS YOU- FOR EXAMPLE, IF YOU HAVE THE BALL FIND A PARTNER THAT DOES NOT HAVE THE BALL, AND MAKE 5 PASSES WITH THEM, IF YOU DO NOT HAVE THE BALL, FIND A PARTNER THAT DOES HAVE A BALL AND MAKE 5 PASSES WITH THEM AND KEEP GOING UNTIL YOU HAVE MADE 5 PASSES WITH EVERYBODY IN THE GYM AND USED EVERY PIECE OF EQUIPMENT!

COOPERATIVE HIGH - FIVE!

STUDENTS FACE A PARTNER ABOUT 30 FEET APART (WE USE THE SIDELINES OF THE BASKETBALL COURT.) ON OUR SIGNAL, THEY RUN TO THE CENTER OF THE COURT AND GIVE EACH OTHER A HIGH FIVE WITH THEIR RIGHT HANDS AND QUICKLY RETURN BACK TO THEIR STARTING POINT. WE BUILD ON EACH ACTIVITY BY ADDING NEW ONES AND THE PARTNERS MUST REMEMBER THE CORRECT SEQUENCE. IT IS FUN TO COME UP WITH CLEVER SIGNALS TO GO – SUCH AS “NEVER SMOKE” OR FOR HALLOWEEN “BOO”!!

HERE’S A SIMPLE ONE WE USE: HIGH FIVE RIGHT HAND, HIGH FIVE LEFT HAND, HIGH FIVE BOTH HANDS, LOW FIVE RIGHT HAND, LOW FIVE LEFT HAND, LOW FIVE BOTH HANDS, BACK TO BACK OVER THE BACK HIGH TEN, BACK TO BACK BETWEEN THE LEGS LOW TEN, SITTING FACING EACH OTHER AND TOUCH RIGHT FEET IN THE AIR, SITTING FACING EACH OTHER AND TOUCHING LEFT FEET IN THE AIR, SITTING FACING EACH OTHER AND TOUCH BOTH FEET IN THE AIR. YOU ALSO CAN ADD EXERCISES WHEN THEY RETURN TO START EACH TIME FOR A VARIATION.

ELBOW TAG – GREAT GAME – 3RD GRADE AND UP – ALSO GOOD FOR TEENS AND ADULTS!

THIS IS A FUN AND EXCITING GAME THAT CAN BE PLAYED INDOORS OR OUTSIDE. PLAYERS SELECT PARTNERS AND "CONNECT" BY HOOKING ELBOWS. DEPENDING ON THE SIZE OF THE GROUP, THREE OR FOUR STUDENTS ARE SELECTED TO BE THE “CHASERS” AND THEY TRY TO HOOK ELBOWS WITH AN OUTSIDE ELBOW OF A PAIR OF PARTNERS.

PARTNERS TRY TO AVOID THE CHASERS BUT CANNOT COME UNHOOKED AT ANY POINT OR THEY MUST BECOME CHASERS ALSO. IF A CHASER IS SUCCESSFUL IN CONNECTING ONTO AN ARM OF A PARTNERED PAIR THE PARTNER THAT THEY DID **NOT** CONNECT ON TO MUST DROP OFF AND NOW BECOME THE CHASER! IT IS A CONTINUOUS TAG GAME THAT IS GREAT FUN AS PARTNERS FLEE FROM CHASERS AND CHASERS TRY TO CONNECT ON OUTSIDE ELBOWS!

PARTNERS MUST BE CAREFUL NOT TO CONNECT WITH EACH OTHER BACKWARDS AND NO TWO CHASERS ARE ALLOWED JUST TO CONNECT WITH EACH OTHER TO MAKE PARTNERS – THEY MUST CONNECT ONTO ANOTHER PAIR AND MAKE THE OUTSIDE PARTNER DROP OFF AND BE THE NEW CHASER!

VARIATION: START THE GAME OVER WITH NEW PARTNERS THAT YOU HAVE NOT BEEN WITH YET AND NEW CHASERS! THIS MAKES SURE EVERYBODY GETS TO PLAY BOTH ROLES!

A GOOD RULE TO HAVE, AS ELBOW PARTNERS, IS THAT YOUR HANDS MUST BE ATTACHED TO YOUR HIPS AT ALL TIMES.

TOM AND JERRY

THIS IS A GREAT TAG GAME THAT INVOLVES COOPERATION AND SOME THINKING AND STRATEGY!! IT ALSO DISGUISES WORKING ON UPPER BODY STRENGTH! DIVIDE THE CLASS INTO GROUPS OF THREE AND HAVE THEM LIE DOWN SIDE BY SIDE IN THEIR OWN SPACE. TO LET THEM GET THE HANG OF THE GAME, WE USUALLY START WITH JUST ONE TOM AND ONE JERRY - TOM IS "IT" CHASING JERRY AROUND THE GYM AND JERRY CHOOSES TO LIE DOWN BESIDE ANY GROUP HE/SHE WANTS TO - WHEN THAT HAPPENS THE PERSON ON THE OPPOSITE SIDE OF THE THREE MUST JUMP UP AND RUN FROM TOM QUICKLY AND CHOOSE A NEW GROUP TO LIE DOWN BESIDE. IF TOM CATCHES JERRY THEN THE ROLES SIMPLY REVERSE AND THE CHASING CONTINUES! ONCE THEY GET THE HANG OF IT WE CHOOSE SEVERAL (TOM AND JERRYS) TO BE RUNNING AT ONE TIME AND THEN THE FUN BEGINS. THE ONLY MAJOR RULE IS YOU CAN NOT LAY DOWN AT THE GROUP OF THREE THAT YOU JUST GOT UP FROM - YOU MUST RUN TO ANOTHER GROUP. THIS GIVES THOSE "TOMS" A CHANCE TO CATCH THOSE SNEAKY MICE!! (IT IS SAD WHEN YOU HAVE TO EXPLAIN TO YOUR KIDS WHO "TOM AND JERRY" ARE - SOME OF THEM HAVE NEVER EVEN SEEN THE CARTOON - SO YOU MAY HAVE TO COME UP WITH A DIFFERENT NAME!!)

MONSTER BASKETBALL DRIBBLE

WITH A PARTNER – CONNECT HANDS OR HOLD ONTO A SCARF AND DECIDE WHO IS GOING TO BE OFFENSE AND WHO IS GOING TO BE DEFENSE. YOU ARE NOW ONE BIG MONSTER AND ONE HALF OF YOU IS OFFENSE AND WILL BE THE DRIBBLER AND THE OTHER HALF IS DEFENSE AND WILL PROTECT THE DRIBBLER FROM OTHER MONSTERS ON THE COURT. IF YOU LOSE CONTROL OF YOUR BASKETBALL, DOUBLE DRIBBLE, BOUNCE THE BALL OFF OF YOUR FEET, OR ANOTHER MONSTER KNOCKS OR STEALS THE BALL AWAY FROM YOU – YOU MUST RETRIEVE YOUR BALL. THEN YOU MUST STAND BACK TO BACK AND PUT YOUR BASKETBALL BETWEEN YOUR BACKS AND DO FIVE COOPERATIVE JUMPING JACKS AND THEN SWITCH ROLES. THE DEFENSIVE HALF OF THE MONSTER NOW BECOMES THE DRIBBLER AND THE DRIBBLER NOW PLAYS DEFENSE AND PROTECTS

THE DRIBBLER FROM OTHER MONSTERS. LET YOUR STUDENTS CHOOSE WHICH HAND TO DRIBBLE WITH AND STRATEGIZE WAYS TO WORK COOPERATIVELY TO BE SUCCESSFUL FROM OTHER MONSTERS, WHILE AT THE SAME TIME, KNOCKING AWAY BASKETBALLS FROM OTHER MONSTERS. PLAY HALLOWEEN MUSIC OR OUR FAVORITE “THE MONSTER MASH” FOR ADDED FUN!

BACK ME UP TAG

WHEN TAGGED, YOU SIT ON THE FLOOR...TO GET BACK IN; YOU MUST CRAB WALK OVER TO ANOTHER SEATED PERSON, AND STAND UP, BACK TO BACK, WITHOUT LOSING “BACK CONTACT”. GREAT FUN TO PLAY GIRLS ONLY TAG BOYS AND BOYS ONLY TAG GIRLS AND SEE IF THEY CAN GET EVERYBODY SEATED – OR PLAY CLASS VS CLASS.

FIT- FUEL AND FUN!!!

(3RD –ADULT) EQUIPMENT: CONES, 20 BEAN BAGS, 4 HOOPS AS PRODUCE PILES, 20 FOAM BALLS, FLAGS AND SCARVES, PINNIES, SIDELINE EXERCISES CARDS OR JUMP ROPES.

START WITH 2 TEAMS WEARING PINNIES AND FLAGS OR SCARVES, ONE TEAM ON EACH SIDE FOR THE HALF COURT. PUT POLYSPOTS ACROSS THE MIDDLE TO MAKE THE SIDES AND PLACE CONES ON THE SIDELINES TO MARK OFF THE AREAS FOR JUMPING ROPE OR DOING THE EXERCISE TASK CARDS. PLACE 2 HOOPS A FEW YARDS APART IN THE BACK OF EACH AREA WITH EQUAL NUMBERS OF BEAN BAGS IN EACH ONE. DIVIDE FOAM BALLS BETWEEN EACH TEAM. THE OBJECT OF THE GAME IS TO GET RID OF FAT AND SNATCH FRUITS AND VEGGIES! THIS GAME IS A MIX OF CAPTURE THE FLAG AND CLEAN UP YOUR ROOM. THE OBJECT FOR EACH TEAM IS TO FUEL-UP WITH GOODNESS AND REDUCE FAT. FOAM BALLS REPRESENT FAT CELLS. STUDENTS CAN REMOVE FAT CELLS BY THROWING THEM TO THE OTHER SIDE. AT THE SAME TIME, THERE ARE HOOPS IN EACH TERRITORY FILLED WITH FRUIT AND VEGGIE BEAN BAGS. (REGULAR BEAN BAGS WORK FINE. THE COLORS CAN REPRESENT YOUR FAVORITE FRUIT AND VEGETABLE). STUDENTS SNEAK INTO THE OTHER TEAM’S TERRITORY TO GRAB ONE NUTRITIOUS BEAN BAG AND RETURN WITHOUT A FLAG BEING PULLED (OR BEING TAGGED IF YOU’RE NOT

USING FLAGS). WHEN SAFELY ON THE OTHER SIDE, STUDENTS ADD THEIR BEAN BAGS TO A HOOP AND THE GAME CONTINUES. IF A FLAG IS PULLED (OR SOMEONE IS TAGGED) IN THE OTHER TERRITORY, THEY MUST GO AND COMPLETE A FITNESS TASK. AFTER COMPLETING THE TASK, THE STUDENTS REENTER THE GAME. THE GAME ENDS AT A SET TIME. GIVE 5 POINTS FOR EACH FRUIT AND VEGGIE. DEDUCT 1 POINT FOR EACH FAT CELL. AFTER EACH GAME – HUDDLE UP AND ASSESS HOW YOUR TEAM CAN BE MORE AFFECTIVE? SHOULD WE ASSIGN WHO IS GETTING RID OF FAT? WHO IS GETTING VEGETABLES? WHO IS PLAYING DEFENSE?

LORD OF THE RINGS – THE GAME AND THE SCENARIO

IN A TIME LONG, LONG AGO, THERE WERE KNIGHTS WHOSE ACTIONS DETERMINED THE FATE OF THE WORLD. THE KNIGHTS KNEW HOW TO WORK TOGETHER TO OVERCOME EVIL. THEY KNEW THAT TEAMWORK COULD OVERCOME GREAT OBSTACLES AND TRIALS. THEIR MISSION WAS TO TOSS THE BALL OF FIRE THROUGH THE RINGS OF ETERNITY, BUT THIS TASK WOULD NOT PROVE TO BE EASY! YOU SEE, THERE WERE BEASTS THAT GUARDED THE RINGS OF ETERNITY AND THEY WOULD USE ALL THEIR SKILLS TO STOP THE KNIGHTS FROM COMPLETING THEIR TASK. BUT THE MISSION DID NOT STOP WHEN THE BALL WAS SUCCESSFULLY TOSSED; YOU SEE THERE WERE MANY RINGS AND MANY BEASTS. THE KNIGHTS COULD NOT GET DISCOURAGED OR TIRE EASILY; NO THIS WAS THEIR MISSION, TO ATTACK AS MANY RINGS AS THEY COULD WITHIN THE DAY!!

STUDENTS ARE PAIRED. TEAMS OF TWO ARE ASSIGNED TO DEFEND A HULA HOOP WHILE ANOTHER PAIR BECOMES OFFENSE ASSIGNED TO SCORE ON THE DEFENDERS BY TOSSING A BALL THROUGH THE HOOP. ONE OFFENSIVE MEMBER GRABS AND HOLDS THE HOOP BUT MUST PLACE ONE FOOT ON THE POLYSPOT AT ALL TIMES. THE OFFENSIVE GOAL-TENDER CAN MOVE TRYING TO POSITION THE HOOP TO ALLOW HIS TEAMMATE TO TOSS THE BALL THROUGH THE HOOP. THE OFFENSIVE PLAYER CANNOT COME WITHIN THREE FEET OF THE HOOP BUT IS ALLOWED TO RUN TO GAIN THE BEST ANGLE TO TOSS THE NERF BALL THROUGH THE RING OR HOOP. THE DEFENSIVE PLAYERS ARE NOT ALLOWED TO GRAB OR

TOUCH THE OFFENSIVE PLAYER BUT MUST GUARD THE HULA HOOP AND NOT ALLOW THE BALL THROUGH THE HOOP. THE DEFENSIVE PLAYERS ARE ALLOWED TO BAT OR CATCH THE BALL IN FLIGHT. THE OFFENSIVE PLAYERS MUST STAY AT THAT STATION UNTIL THE BALL GOES THROUGH THE HOOP. OFFENSIVE PLAYERS SHOULD TRY TO COMPLETE AS MANY DIFFERENT HOOPS AS POSSIBLE.

DEFENDERS STAY AT THEIR HOOP AND WAIT FOR THE NEXT TEAM TO APPROACH.

TIP: SET UP ONE MORE STATION THAN TEAMS TO ENSURE THERE IS NO ONE WAITING FOR AN AVAILABLE RING TO PLAY. HALF WAY THROUGH THE PERIOD – TAKE SCORE AND SWITCH – OFFENSE AND DEFENSE. TAKE CLASS SCORES FOR SCHOOL RECORDS! SWITCH PARTNERS AND PLAY AGAIN!

ASSESSMENT: WITH YOUR PARTNER; ANSWER THE FOLLOWING QUESTIONS:

1. HOW CAN WE WORK TOGETHER BETTER TO BE MORE SUCCESSFUL ON OFFENSE?
2. HOW CAN WE WORK TOGETHER BETTER TO BE MORE SUCCESSFUL ON DEFENSE?
3. HOW CAN BEING BRAVE LIKE A KNIGHT IN THE LORD OF THE RINGS GAME AND NEVER GETTING DISCOURAGED COMPARE TO YOUR EVERYDAY LIFE AFTER SCHOOL?