

Share the Wealth 2015
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Gym Walk- Instant Activity: Students enter gym and pick up a task card. The task card includes a combination of walking and running activities to get students moving instantly: Example includes: walk the baseline, hourglass, line touches, etc....

Number Touch: Instant Activity- Numbered poly dots (1-30) are scattered around the playing area. Students select a number and jog to the next number in the sequence. For example if the student begins at the number 12, they will go to number 13 next and so on until they get to number 30. Once the student reaches 30, they will find the number 1 and repeat the sequence. The object is to see how many times you can complete a cycle by getting back to your original number.

3 passes- Large group game- throwing and catching. Students find a partner and begin tossing object to complete 3 passes. Three successful passes scores an individual point. Students must keep up with their own points. Once three passes have been completed, both individuals retreat and find a new partner (the one with the object finds a partner without an object and vice versa). Find as many partners as you can and score as many points as possible!

Picture Perfect- Students work in teams of 3-5. The team is given a picture to review. Once students have reviewed the picture, the picture is returned to the teacher. Various objects will be scattered in the middle of the gym for the team to replicate the picture. The team must complete a task before sending a team member to the middle to retrieve an object. The object of the activity is for the team to retrieve all the items they need to recreate the picture they were originally given.

Dice Duel- Form two separate teams. Students meet in the middle of the gym finding an opponent from the other team. Several hoops are on the midline that contains two dice. A student from each opposing team rolls the die. The student that rolled the higher number wins. He/she will pick up a token to place in the team bucket. Once that task is complete, the student will go back to the middle and dice duel with another partner. The student that rolled the lower number will count the total of the dice rolled and touch a line that represents that total. For example, if the total was 5, the student will touch 5 different lines on their side of the court before returning to play another round of Dice Duel. If both students roll the same number, they will both complete line touches before returning to the center for another duel. The team with the most tokens wins the game!!!

Cool Down- Silent Exercise: The teacher gives 5-6 different students a numbered task card. Each task card has a number on the front and an exercise on the back. The teacher will call a number and the student with that card will lead the exercise until the teacher calls the next student with a numbered task card. I use activities that include crossing the midline so that students will be able to return to class ready to learn.

Fitness Graphic Organizers: Students work in teams of 3 or 4. Each team will receive a graphic organizer that includes a picture of one of the components of physical fitness. Each team must complete the tasks listed on the graphic organizer before they can write a word on the organizer that describes the picture. This is a great activity to review any skill or concept.

Moon Ball: Students work in teams of 5 or 6. Each team is provided a beach ball. The object of this activity is to strike the ball as many times as possible without letting it touch the ground. Each time the team strikes the ball they call out the total number of strikes for the team. Once the ball hits the ground, the team must erase all their points and start over again.

Bounce Pass Math: Students select a partner. The students will place a token between them and attempt to hit or move the token using a bounce pass. If a team member hits the token, he/she will take the token to color coordinated bucket (red token goes in red bucket. They will pick up a new token and return to their partner and begin again. The partner that is waiting should practice dribbling until the other partner returns. At the end of the activity, student will calculate total points from the buckets. Each color represents a point value.

All About that BASE: Players (partners) receive an exercise task card (a playing board that has two baseball diamonds drawn on it with tasks identified at each base), two player pieces, a die and a dry erase marker. Each person places a player piece on his/her home plate. Player one rolls the die and moves his/her game piece to the appropriate base (1-single, 2- double, 3- triple- 4- homerun, 5- ball (roll again), 6- strike- out (lose turn. Both players perform the activity listed on the corresponding base. Player 2 rolls the die and does the same. Players continue taking turns. Each time a player crosses home plate, he/she records a run in their score box.