

GO BIG (in an instant)

Olympic, Rock, Paper, Scissors -

The teacher will separate the gym into three distinctive areas (Gold Medal, Silver Medal, and Bronze Medal). Students will gather in the Bronze Medal area and find a partner. Students will play Rock, Paper, and Scissors and the winner will get to move to the next section of the gym and find a new partner. If a player loses, they will go down to the lower section unless they are already in the Bronze Medal area. The goal is to make it to the Gold Medal area and win while there. If a player wins while in the Gold Medal area, they earn a gold medal point. The object is to get as many points as possible by winning rounds in the Gold Medal section. Throughout the game, it is important to remind students that they should be jogging.

** African Jumping Game –Feet together = rock; one foot front, one foot back = scissors; feet apart (side to side) = paper

** Astronaut, Gorilla, Ninja – Astronaut zaps Gorilla, Gorilla eats Ninja, Ninja defeats Astronaut (students must act out the characters in this game)

PLASTIC BAG ACTIVITIES

Bag Tag (from Jim Deline)

Equipment: One or two plastic shopping bags per student

Skills: Dodging, Fleeing, Locomotor Patterns

Organization: Random (everyone must remain inside the boundaries)

Activity: Each student will get one bag. The bag will be folded/ flattened so that it is straight from handles to the bottom of the bag (see photos). The bag will be tucked into the student's pants like they were tucking in a shirt. Most of the bag should be visible and it must be tucked in on the side of the body near the hip. If the student is wearing a long shirt, they should tuck the shirt in where the bag is located for safety reasons. When the game begins, all students will try to pull off other players bags while avoiding having their bags taken. If a bag is pulled out, it will be dropped on the floor and play will continue. The person who had the bag pulled will pick it up and move to "outland" (somewhere outside the playing area). Once in "outland", the student will perform a physical activity that has been designated by the teacher before they may rejoin the game.

Adaptations/Tips:

- 1) Have each participant start with two bags, as long as one bag is still tucked in, the player is in the game
- 2) Have the students travel using different locomotor patterns while playing a round
- 3) Remind students that they may NOT hold their own bag, they may NOT dive or slide on the floor, and they should avoid grabbing the opponent's clothing
- 4) Choose fitness activities in "outland" that focus on areas of weakness in fitness testing.

Never-Ending Bag Tag

Equipment: One or two plastic shopping bags per student

Skills: Dodging, Fleeing, Locomotor Patterns

Organization: Random (everyone must remain inside the boundaries)

Activity: Each student will get one bag or two bags to start. The bag will be folded/ flattened so that it is straight from handles to the bottom of the bag (see photos). The bag will be tucked into the student's pants like they were tucking in a shirt. Most of the bag should be visible and it must be tucked in on the side of the body near the hip. If the student is wearing a long shirt, they should tuck the shirt in where the bag is located for safety reasons. When the game begins, all students will try to pull off other players bags while avoiding having their bags taken. If a bag is pulled out, it will be

kept, placed in the waist band and play will continue. Students will attempt to collect as many bags as possible while avoiding having any of the bags taken. During this game, no player is eliminated

Adaptations/Tips:

- 1) Have the students travel using different locomotor patterns while playing a round
- 2) Remind students that they may NOT hold their own bag, they may NOT dive or slide on the floor, and they should avoid grabbing the opponent's clothing.
- 3) Only bags that are tucked in at the end of the round will count towards the player's final score.

1-on-1 Bag Tag

Equipment: 2 plastic shopping bags for each student,

Skills: Dodging, Fleeing, Locomotor Patterns

Organization: Two partners will face one another in an open space.

Activity: Each student will need a partner for this activity. Each partner will have two bags (one for each hip).

Remember the tips provided in the previous description. When the music starts, the partners will attempt to be the first person to pull both of the opponent's flags. If successful, the winner will receive one point

Adaptations/Tips:

- 1) Assign a larger number for points if a player wins (mathematics)
- 2) Remind students that they may NOT hold their own bag, they may NOT dive or slide on the floor, and they should avoid grabbing the opponent's clothing
- 3) Remind students that this is a face-off game, there should be no running and chasing.

Throw the Bag... Tag (from Jim Deline)

Equipment: Enough bags for every student

Skills: Throwing, Dodging, Fleeing

Organization: Random (students must stay in the boundary lines)

Activity: Each student will fold the bag up into a ball shape. The objective of the game is to score the most points by tagging other players on the feet with the bag by throwing it. The teacher will designate the amount of points each successful tag is worth. All students should use only their own bag. Students may jump to avoid being tagged or block attempts by using their hands

Adaptations/Tips:

- 1) Remind students that there is no sliding or diving on the floor
- 2) Assign points so that students can get practice counting by multiples.

Bag Toss and Switch

Equipment: One plastic bag per pair of students

Skills: Throwing, Tracking, Catching, Teamwork

Organization: Students are lined up across from one partner.

Activity: One student tosses the bag into the air and then the partners switch places. The goal is to catch the bag before it touches the ground. If they switch and catch the bag successfully twice in a row, they can take one step back and try it from a longer distance.

Adaptations/Tips:

- 1) Remind students that they should not be diving or sliding to get to the bag. Make a rule that if they are not on their feet when they catch the bag, it does not count as a successful catch.
- 2) Let every student have a bag so that both partners toss a bag and then switch positions to catch the other bag.
- 3) Raise the number of successful catches required before they can move back.
- 4) Have the students travel in different locomotor patterns to add challenge.
- 5) Have students start by laying on their backs, in push-up or in crab walk position to start.

Lava Lamp or Hour Glass Challenge (AKA Builders and Bulldozers)

Equipment: A large collection of cups (i.e. - Solo cups)

Skills: Locomotor Patterns, Changing Levels, Cardiovascular Endurance

Organization: Students will be on one of two teams and will be spread throughout the playing area.

Activity: The students will be on one of two teams. One team creates Lava Lamps, the other team is creates Hour Glasses. The Lava Lamp team will take apart any Hour Glasses and turn them quickly into Lava Lamps. The Hour Glass team will take apart Lava Lamps and build Hour Glasses with the cups. In order for the stack to count for a team, they must be standing properly. After a few minutes doing one job, allow the students to switch jobs.

Adaptations/Tips:

- 1) Have the students use different locomotor patterns when traveling from cup to cup.
- 2) To strengthen the upper body, students must be in bear walk position or crab walk position
- 3) To add to the challenge, have students work in pairs as the either build their Lava Lamps or Hour Glasses (each partner can only touch one cup)



Hour Glass



Lava Lamp

GO BIG (small-sided activities that teach & develop movement skills)

OMNIKIN ACTIVITIES

Outbreak – There are two teams for this activity. Each team will have their own color ball. One team will be designated the “antibiotic”, the other the “virus”. The objective of the game is for the “antibiotic” team to touch their ball on the “virus” ball. No player from either team in possession of the ball may move their feet while in possession of the ball. The balls must be passed among teammates to accomplish the task. Each team will have 1 minute to complete the task. If the “antibiotic” ball touches the “virus” ball before the time is up, the “antibiotic” team will earn a point and the roles will reverse. If a minute is over and the “antibiotic” were not able to complete the task, the round is over, not points are awarded and the teams reverse roles.

ADAPTATION – If the “virus” team is doing a good job blocking the ball with their bodies, then the rules can be changed so that if the “antibiotic” ball touches the “virus” ball or a person holding the “virus” ball then the objective is complete.

Omnikin Basketball (from Super Games, Super Balls book) – There are two teams in this game. The objective is to score points by throwing a ball through a hoop held by a teammate on the other side of the court. The ball can only be passed to advance (meaning, if you are holding the ball, you cannot move your feet). The teammate who is holding the hoop on the other side of the playing area may move anywhere inside the small triangle marked by cones (4 foot by 4 foot by 4 foot at most). If the ball touches the floor or is caught by the opposing team, then possession switches. Any person with the ball must be given a 1 yard perimeter to pass the ball. No ball may be struck while another player is holding it.

Five Passes – There are two different teams for this activity. The objective for the game is to complete five passes in a row without dropping the ball or having it intercepted. If successful, the team will earn points designated by the teacher. If the ball is dropped or intercepted, the opposing team will then attempt to complete the task. The game is timed for 5 minutes. The team with the most points at the conclusion of 5 minutes is the winner.

FRISBEE ACTIVITIES

Flap Jack Attack – This fast paced activity practices the skill of “pancake” catching a Frisbee. Each student will have a polyspot and will need to find a partner. The partners will stand on one of two lines facing on another in the middle of

the playing area (the lines should be between 5 and 8 feet apart). The instructor will designate one student to pick a polyspot and hold it like a Frisbee. The other partner will stand in a ready position prepared to catch the polyspot when it is tossed. The partners will toss the polyspot back and forth in the beginning for practice. After some practice, the teacher will have both partners pick up a polyspot. When instructed, the partners will toss the polyspots at the same time and attempt to catch their partner's polyspot. After more practice the instructor will introduce Flap Jack Attack. In this activity, only one of the polyspots will be needed. The partners will toss the polysport back and forth as before but on the word "Flap Jack", the students will prepare to tag or be tagged and continue cautiously. When the instructor says "Attack", the person who catches the polyspot will be "it" and will try and tag their partner before he/she can get out of the kitchen (boundary lines established by the instructor before the activity begins).

Adaptations/Tips:

- 1) Add movement to the warm-up by having the partners run to his/her side of the kitchen after a designated number of throws and catches.
- 2) Have the partners count in multiples as they make successful throws and catches.
- 3) Allow partners to switch spots after a designated number of catches.
- 4) If students can catch a designated number of throws in a row, they may both take a step further apart.

Slam Jam (concept from Curt Hinson) - For this game, the teacher will put out plastic baskets with poly spots in them (one basket for every 1 or 2 pairs of students). The baskets will be placed on the perimeter of the space and the students will line up behind the cones in the middle facing a basket. Each pair will have one Frisbee. When the game begins the partner without the Frisbee will stand behind the basket facing their partner. When their partner throws the Frisbee, they will try to help block or guide the Frisbee into the top or side of the basket. Frisbees that touch the basket are worth one point, Frisbees that make it into the basket are worth two points. If playing with another pair, the points for both pairs will be added to see who can score the most points.

Defend the Tower (concept from Curt Hinson) – This small sided game is designed to develop the skills of throwing & catching a Frisbee and the concepts of spacing, offense, defense, and teamwork. Two teams of 3 – 5 players will be formed for this activity. Each team will start on their own side of the playing area. On each side of the playing field there will be a plastic basket or bucket with two cups stacked on top (the Tower). Surrounding the Tower will be a 20' piece of rope that is in the shape of a circle. This is known as the Defensive Circle. The only player from either team that may be inside the Defensive Circle is the opposing team's Scorer. The objective of the game is to score points by hitting the Tower or knocking the Tower down using a Frisbee. A team will be awarded 1 point for hitting the Tower and 3 points for knocking down the Tower (knocking over the cups that are on top of the basket or bucket). To start the game, each team will stand behind their defensive circle and one team will "serve" the Frisbee to the other team. Once a team has possession of the Frisbee, they may move the Frisbee by throwing and catching it down the playing area toward the opposing team's Tower. Any player holding the Frisbee may take a pivot step but otherwise may not advance. Players from the opposing team must give the person throwing the Frisbee a 3' foot bubble. If the Frisbee touches the floor or is intercepted, there is a change of possession and the game continues quickly.

The Scorer for each team is allowed to deflect any Frisbee thrown into the Defensive Circle in an effort to score points by hitting the bottom of the Tower or knock the top part of the Tower down.

After any score, the teams will reset next to their Defensive Circle. The team that scored will throw the Frisbee to the other team to start the next round.