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Noodle Mania

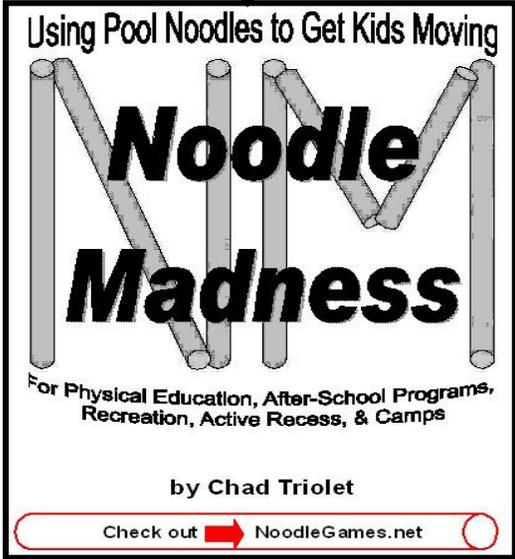
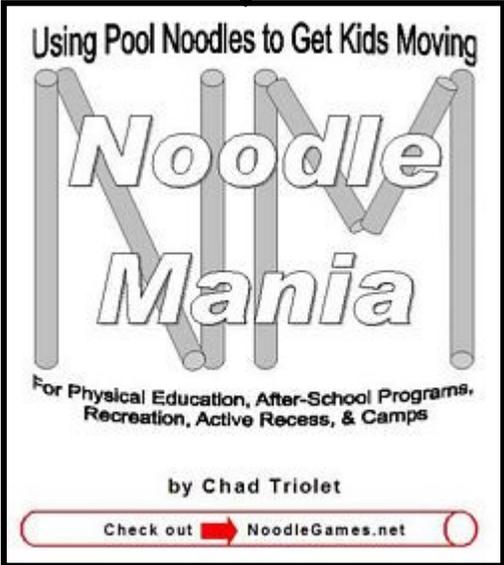
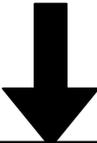


by Chad Triolet

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Now Available: Noodle Mania & Noodle Mania 2 (Noodle Madness)



Noodle Vocabulary

Grande – A noodle that is uncut.

Demi - Noodle – A noodle piece that has been cut in half

Foot – Long – A 12” noodle piece

Noodlette – A small noodle piece about 2 – 3 inches in height



General Tips for Noodles:

1. Noodle can be found at just about any large shopping chain. The best times of the year to purchase noodles is in the month of August. By that time of the year, they are usually on clearance and you may save you some money.
2. For the safety of your students, do not use solid noodles. They are too dense and could cause injury to others.
3. Remember that noodles are not easily found from September to May unless you are in a warmer climate.

Noodle Rules:

1. **Students may only tag others on the legs or feet.**
2. **Students should not excessively bend the noodles.**
3. **Fingers do NOT belong in the hole of the noodles.**
4. **Noodles should NOT be slammed on the floor.**
5. **When waiting for instructions, demi-noodles should be placed under an arm with hands off the noodle.**

Noodle Uses:

1. **Use noodles as a visual way to keep score during games and activities (i.e. – every time a point is scored, the student picks up a noodle that matches their team color and places it on the floor)**
2. **Use noodles for collecting or moving. Many activities require students to collect objects to complete a task. Noodles are light, colorful, and easy to transport.**
3. **Use noodles for tagging games that you already do with your students. When using hands, students slap, hit, and push. Those safety issues are eliminated when using a noodle piece. Just remind students that they should only strike or tag others on the legs or feet.**
4. **Use noodles for balance activities. Holding a noodle in your hand or stack a number of noodlettes is a great way for students to develop hand/eye coordination and balance. As an additional challenge, allow them to move while trying to balance these objects.**

Noodle Activities (Descriptions)

Partner Games

NOODLE DUEL

Each student will find a partner. Partners will face off and place their noodles end to end. When both partners count to 3 and say "Go!", the opponents will attempt to tag each other's shoe to win. Once a shoe is touched, the round is over and the students will resume the starting position and continue the activity.

NOODLE ALPHABET

Partners work together to spell simple words using their noodles and their bodies. Each pair will start on one end of the playing area. On the other side of the space, the teacher will place flash cards with vocabulary words. When the activity begins, one partner at a time will jog and pick up a flash card and bring it back. Once back together, the partners will work together to spell the vocabulary word one letter at a time. When the task is complete, the second partner will return the flash card and pick up a new one. How many words can each team spell in a time designated by the teacher.

** Remind students NOT to excessively bend the noodles.

LEANING TOWER OF NOODLES

Partners work together to complete the task of catching their partner's noodle before it falls to the floor. Partners will start noodle end to noodle end and then place their noodles on the floor next to a foot. When the partners count to 3 and say "Go!", they will attempt to release their noodle and catch their partner's noodle before it touches the floor. Both students must catch them before they fall in order for the task to be completed. For safety, students may not dive or slide on the floor.

TRIANGLE TAG

This activity is a twist on a classic teamwork activity. The group is made up of four players. One person attempts to tag another while the other two players work with the taggee to protect him/her. The student who is the "tagger" will have a demi-noodle in their hand and must tag the person who they designate to be "it". The "tagger" may only tag outside the triangle and must tag "it" on the legs.

Large Group Activities

NOODLE TAG – ("Ankle Biter")

Each player plays against the others (no friends in this game). Each player attempts to get other players out by tagging them below the knee. Players who are out must earn their way back into the game by doing a physical activity (push-ups, curl-ups, etc.).

NOODLETTE ATTACK/STORM

Noodlettes fly everywhere in this activity. Each student can throw one noodlette at a time at any other player. Any target hit earns a point. How many points can each player score? For safety, no student should be throwing a noodlette at a person's face or head.

HORNET TAG

The hornets try to tag others with their stinger (a demi-noodle). If a hornet tags someone, they must drop the stinger. Someone else may then become the next hornet. If tagged, the person must leave the playing area and do a fitness activity to get back into the game (push-ups, jumping jacks, curl-ups, etc.).

NOODLE MADNESS

Four to six teams attempt to collect the most noodlettes by gathering them (one at a time) from the other team's hula hoops. Each team will begin with a collection of noodlettes and there will also be one extra hoop in the middle of the playing area full of noodlettes for collection. All team members may move when the game commences. Remind students that they may NOT guard their hoop. For safety, remind students to watch for others and do not pick up noodlettes by leading with their heads.

TREASURE ISLAND

Each person will have an island (poly spot) and a piece of treasure (noodlette). The object is to collect the most treasure. Students may only pick up one piece of treasure at a time and then must take it back to their island. No one may guard their island, or cover up their treasure during the game.

Fun Sports Skills w/ Noodles

NOODLE HOCKEY

Each player will have a hockey stick (demi-noodle) and a hockey puck (noodlette). Students will practice moving their puck around the playing area while developing their hand/eye coordination and aerobic endurance. Place polyspots or cones on the floor as goals and allow students to score points while they move their pucks. Remind students of the proper way to hold a hockey stick and to keep their knees bent while moving to keep from injuring their back muscles.

NOODLE BASEBALL

This is always a class favorite. Each student will need a noodle bat (demi-noodle) and a noodle baseball (noodlette). Each student will need to find an open space for the activity. While in their open space, they will toss the baseball up in the air and attempt to hit it with their bat as it falls to the ground. Students may hit their balls in any direction. Once the ball is away from the hitter, the student will place their bat on the floor and carefully go and collect the ball then return to home before swinging again.

NOODLE HANDBALL

Each student will need a noodlette for this activity. Starting on one side of an open space, each students will attempt to paddle their noodlette with their hands flat across the space. The object is to keep the noodlette in the air while moving forward toward the other side of the space. Students must keep the noodlette away from their bodies while striking it with either hand. If the noodlette falls to the ground, pick it up and continue.

THROW AND GO

Each student will need a noodlette for this activity. Starting on one side of an open space, students will practice their throwing technique by throwing the noodlette across the space. When the noodlette lands on the floor, they will pick it up and continue throwing until they have made it across. Students should be focused on demonstrating the proper technique for throwing (underhand or overhand) throughout this warm-up activity.

Email Chad at noodlegames@gmail.com

For more information about these noodle games and more, check-out <http://noodlegames.net> or purchase the books - Noodle Mania & Noodle Mania 2 (Noodle Madness).

