

EVERYBODY MOVES IN MY GYM

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**Deep Creek Elementary
Chesapeake Public Schools**

No Equipment Fitness

There are a wide variety of fitness concepts using no equipment that can be used to “camouflage” fitness concepts for your students. Each year I select fourth or fifth grade students who work hard in physical education class to be the models for my “activity cards”. I take photographs of the students performing the activities then use PowerPoint to create the cards then save the slides as .jpg files that are then printed using word and laminated. Below are some of the fitness activities that we use throughout the year to make fitness interesting and fun!

- 1) Push-Up Shoulder Taps (Upper Body Strength, Balance, Coordination) – Assume a push-up plank position. Lift one hand and touch the opposite shoulder, alternate hands.
- 2) Hands to Elbow Push-Ups (Upper Body Strength, Balance, Coordination) – Assume a push-up plank position. Lower one elbow to the floor while maintaining the plank position, lower the second elbow to the floor. Lift the first elbow off the floor then lift the second elbow off the floor. This should put you back in the starting position. Alternate the side of the body that starts first. Make sure the hands are directly below to the shoulders before starting this exercise!
- 3) Push-Up Ts (Upper Body Strength, Balance, Coordination) - Assume a push-up plank position. Lift one hand off the ground, turn the hips and shoulders and place the hand above the body in the shape of a T. Replace the hand and try the other side. Repeat.
- 4) Crab Kicks (Upper Body Strength, Leg Strength)– Get into crab position (hands and feet on the floor with the belly facing up). Alternate kicking legs parallel to the floor while maintaining the crab position. Repeat.
- 5) Crab Kick High 5s (Upper Body Strength, Leg Strength, Balance, Coordination) - Get into crab position (hands and feet on the floor with the belly facing up). Lift one leg so that the foot goes above the belly and lift the opposite hand and touch the foot before going back to the starting position (balance on one hand and one foot while performing the high 5). When back in the ready position, switch hands and feet and repeat.
- 6) Ski Jumpers (Aerobic Endurance, Leg Strength) – Start with feet together. Jump side to side like you are going down the slopes.
- 7) Cross Crawls (Aerobic Endurance, Coordination, Balance) – Start by standing feet together. Lift one knee up and lower the opposite elbow until they touch in front of the body, then return to the starting position. Lift the other knee and lower the opposite elbow to touch that knee in front of the body, then return to the starting position. Repeat.
- 8) Jumping Jacks (Aerobic Endurance, Leg Strength) – Self explanatory.
- 9) Knee Curl-Ups (Abdominal Strength and Endurance) – To start, lay on the back with knees bent at a 90 degree angle (feet flat). Place hands on the thighs with arms extended. Using the stomach muscles, curl forward so that the palms of the hand cover the patella (knee cap). Repeat.
- 10) Scissor Touches (Abdominal Strength and Endurance, Balance, Coordination) – Start by sitting on the bottom with legs extending straight onto the floor. Using the abdominal muscles, lift one leg (straight) in the air and touch it with the opposite hand. Return to the starting position and lift the other leg and touch it with the opposite hand. Repeat.

11) Head-to-Toes (Abdominal Strength and Endurance) – To start, lay on the back with knees bent at a 90 degree angle (feet flat). Place the hands above the head and swing the hands forward toward the toes and curl-up using the abdominal muscles and momentum then touch the toes. Return to the starting position then repeat.

12) Clapping Abs (Abdominal Strength and Endurance) – To start, balance on your bottom with legs bent slightly in front and heels touching the floor. Alternate lifting legs and clap hands between the legs as they move in a scissor like pattern (once the slapping begins, the feet should not touch the ground.).

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) Play the game without eliminating others. If a bag is pulled, the person who pulled the bag can tuck the bag in on the other side of their body and will then have two bags. Players will try and pull as many bags as possible before time is up. The teacher can designate points for bags pulled and bonus points can be awarded for individuals who have more than one bag at the end of the game.

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.

Team Bag Tag

Equipment: At least two different colored bags, enough of the bags for all participants

Skills: Dodging, Fleeing, Locomotor Patterns

Organization: Random (everyone must remain inside the boundaries)

Activity: Each student will be on one of two teams depending on the color bag that he/she collects. The bags will be folded as previously mentioned and tucked in on the side of the waist. The objective is to try and pull the bags of the opposing team. If a bag is pulled, it should be dropped and play continues. 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, if 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) Introduce a third colored bag to make the game more interesting/challenging
- 4) 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

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.

PLASTIC BOTTLES

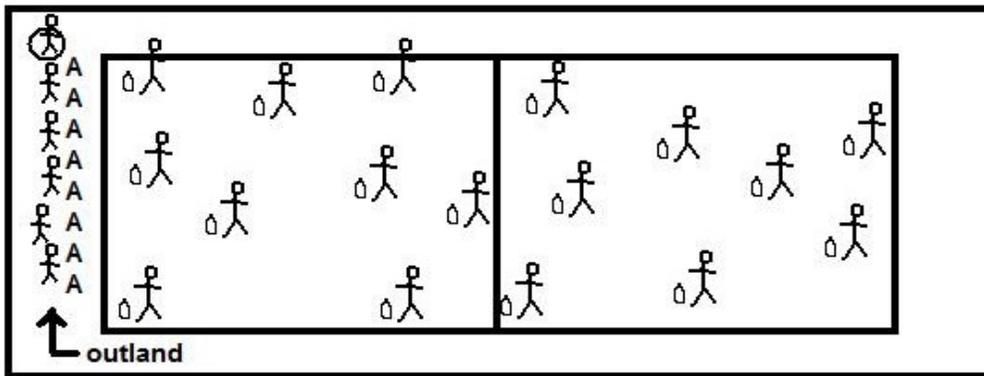
Air Raid (from the 1994 VAHPERD Conference in Norfolk, VA)

Equipment: 15 – 20 plastic bottles, 25 – 50 soft balls, cones to designate “outland”, 1 hula hoop

Skills: Throwing/ Rolling at a Target, Defense, Strategy

Organization: Open space with an “outland” area designated using cones at one end of the playing area (see the picture below)

Activity: The object of the game is to eliminate players by knocking their bottle over by either throwing or rolling a ball. If a ball or the person guarding the bottle knocks the bottle down, the player is “out” and must take their bottle and move to the “outland” line and hand it to the next person in line (the person in the hula hoop). To start the game, the teacher will choose 15-20 players to begin the game. Those students will get a bottle and some balls and find an open space INSIDE the boundary lines to place their bottle on the floor. When the music starts, they may try and knock other players out. The students who are not in the game will be waiting in “outland” (behind the cones in a line). Remind all students that NO ONE in “Outland” may throw a ball to knock someone out. Students may NOT throw a ball until their bottle is standing up. And, if bottle is knocked down by someone who broke the rule, the bottle may be stood up again (but be honest).



Adaptations/Tips:

- 1) Remind students that they may NOT partner with others
- 2) Allow students to perform “sneak attacks” (move close to other players to get a better shot at their bottle)
- 3) While students are waiting in “outland”, the teacher can have the students perform a fitness activity until they get back into the game.

You Sank My Battleship (AKA Partner Air Raid)

Equipment: 16 plastic bottles, 8 hula hoops, cones to mark “outland”

Skills: Throwing/Rolling, Defense, Teamwork, Strategy

Organization: Eight hoops spread out in the playing area, at one end of the playing area is an area that is designated as “outland”

Activity: Students will each need to find a partner for this activity. The teacher will select 8 pairs to begin the game and set up a battleship. A battleship is represented by a hula hoop with two plastic bottles representing nuclear reactors. The pair will take their nuclear reactors and stand them up inside the hula hoop to be in the game. Once in the game, they will attempt to keep their battleship from sinking (keep the plastic bottles standing) and attempt to sink other battleships. To sink a battleship, the players must throw missiles (soft balls). If both nuclear reactors have been knocked over, the battleship is sunk and the team must leave the playing area and hand their nuclear reactors to

another team waiting to play. The teams can decide to stay by their battleship and protect it by blocking the missiles, or they can go on the offensive and try to knock other teams out of the game.

Adaptations/Tips:

- 1) Remind students that as soon as their battleship is sunk, they must collect their nuclear reactors and hand them to the next team waiting in “outland”.
- 2) If a nuclear reactor is knocked over, it cannot be picked up until the team is eliminated.
- 3) Attacking players may get close to the other battleships but they may not be holding a missile when they knock down a reactor.
- 4) They must throw or roll the object to knock down a reactor fairly.
- 5) While students are waiting in “outland”, the teacher can have the students perform a fitness activity until they get back into the game.

FUN GAMES

HULA HUT

(from PE Central & JD Hughes*)

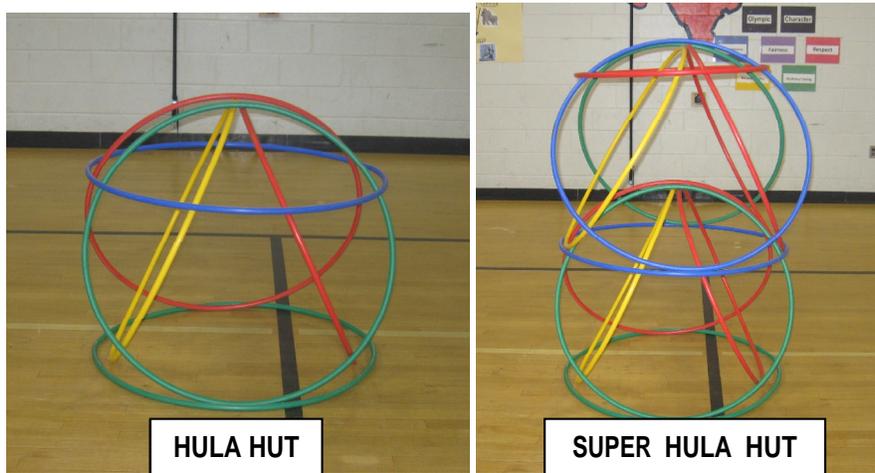
To begin the activity, the instructor will go through the basic concepts of the game one at a time.

Targeting & Collecting Hula Hoops – to collect hula hoops for building huts, each team must throw balls at a target (large cones or soccer goals). If the target is hit, then the student who hit it may get a hula hoop and take it to their team’s construction site (space between the black and white endlines). Building the Hut – Once the team has collected 6 hoops, they may begin building their hut. The first hoop is the base and lays on the floor. The next two hoops build the first walls. The hoops should form a triangle above the base. The next two hoops form the other sides of the hut and rest on the first two walls. The final hoop rests on the top of the four walls. Protecting or Knocking Down Huts – Once the huts are built, the team must protect their huts while attempting to knock down any huts built by the opposing team. If any hut is knocked down, it must be rebuilt.

The first team to successfully have 3 or 4 hula huts (decided by the instructor) standing at the same time wins the round.

** Remind students that they can roll or throw the ball at anytime during the game. No player may block any ball being thrown or rolled at the targets.

*JD Hughes is the author of the books, *There’s No Standing Around in My Gym* and *PE2theMax*.



4-DOWN TOUCHDOWN

This is a small sided activity that requires teamwork and cooperation. Students will review the names of football positions (i.e. – center, quarterback, receiver). Students will also have multiple opportunities to practice throwing and catching throughout the activity.

The teacher will have the students get into small groups of twos or threes for this activity. Each team will have one polyspot and one football. The teacher will set up boundaries for the game. The players will always start at one end of the field and travel toward the “endzone”. The objective is to make as many touchdowns as possible in four passes or less.

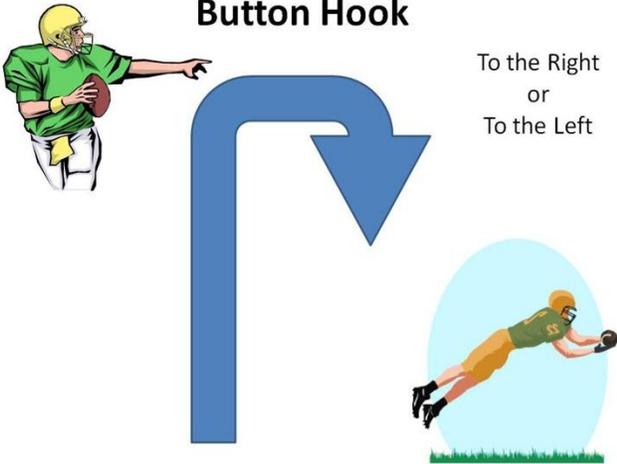
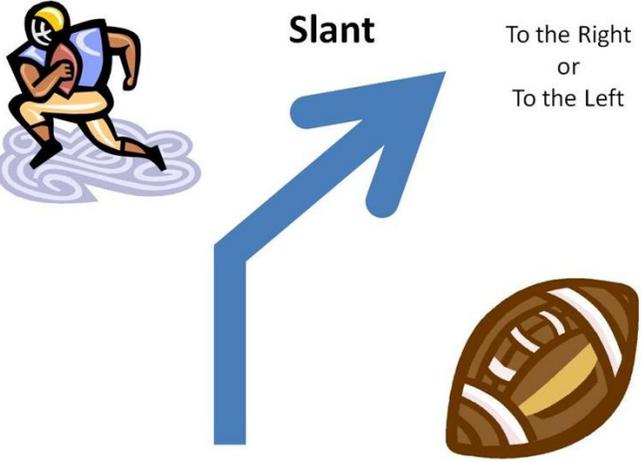
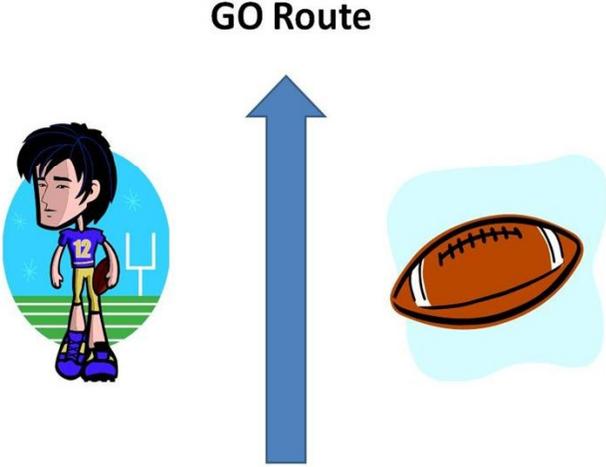
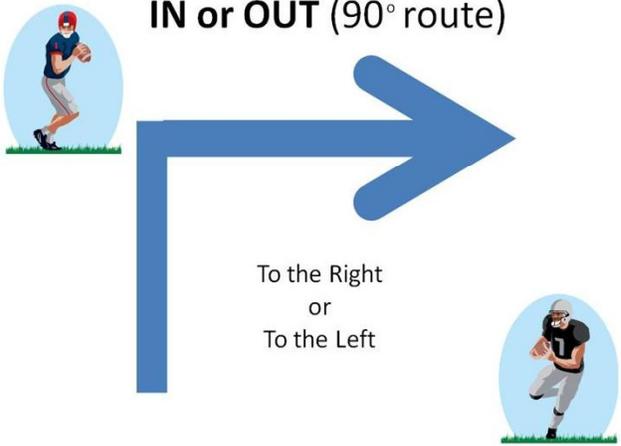
If playing with groups of twos. Partner A will be the center to start and will stand near the polyspot with the ball. Partner B will stand behind Partner A and will be the quarterback. When Partner B says “hike”, the center (Partner A) will hike the ball either through their legs or using a side hike (depending on the directions from the instructor) to the quarterback (Partner B). Afterward, the center (Partner A) will turn into the receiver and go out for a pass. When the quarterback tells the receiver to stop, he/she will turn around and try to catch the ball thrown by the quarterback. If successful, the team will move the polyspot to the location where the ball was caught and the partners will switch jobs. If the ball is dropped, the receiver will bring the ball back and the partners will switch jobs.

If playing with three partners, Partner A will be the center, Partner B will be the quarterback, and Partner C will be the receiver. The rotation will be center to quarterback to receiver, etc.

ADAPTATIONS:

- 1) To help motivate your students provide incentives for scoring “touchdowns”. If the students can make a “touchdown”, they can collect some “Bling” (rubber bracelets, wrist bands, plastic rings, pretend money, etc.). If the team can score the “touchdown” in four or fewer throws, they can collect more of the designated item (2, 3, or 4).
- 2) For more advanced groups, give them a selection of patterns that the quarterback can choose for the receiver to run (example pattern cards are attached below).
- 3) To extend the activity, add defense to the game. The team on offense will work together to try and make successful throws and catches. The defense will try to block or intercept passes. If a ball is intercepted or the defense cannot reach the “endzone” in the required number of plays, the defense goes back to the start line and becomes the offense. Any time a score takes place, the offense and defense switch jobs.

Receiver Pattern Examples:

<p>Button Hook</p>  <p>To the Right or To the Left</p>	<p>Slant</p>  <p>To the Right or To the Left</p>
<p>GO Route</p>  <p>To the Right or To the Left</p>	<p>IN or OUT (90° route)</p>  <p>To the Right or To the Left</p>

OCEAN SOCCER (CONTINENTAL SOCCER, VIRGINIA SOCCER)

This activity can be adapted to any core content material in an effort to reinforce concepts in a physical education setting

The object of the game is to collect as many objects from the ocean as possible during each round.

All students will have a ball of their choice (soccer ball, gatorskin ball, socci ball, tennis ball, etc.). The group will be split into two equal teams (teams will stand in a line on opposite sides of the playing area) and players from each team will be given a different name of an ocean (Arctic, Atlantic, Indian, Pacific, and Southern). In the center of the playing area, the teacher will place a large collection of objects for students to collect (circle fish – polypots, beanie sharks – bean bags, and bottle-nosed dolphins – plastic bottles).

When the game begins, the teacher will call out at least 3 oceans to go “fishing”. To collect the flat objects, students must dribble the ball on the floor and then “trap” their ball on the object (polypots and bean bags). To collect the plastic bottles, the student must knock the object down with their ball. Players may collect one object at a time and return it to their team. The players may continue to collect objects until all of the items are gone. At the end of each round, the teams will count up the number of objects collected.

After the number of objects has been counted, the students will help by replacing the items back in the ocean. During the next round, the teacher will call new oceans and the game continues. Players who are waiting can be given tasks to accomplish while waiting for each round to end (i.e. – dribble around the perimeter of the playing area, practice juggling the ball with different body parts, perform ball taps, etc.).

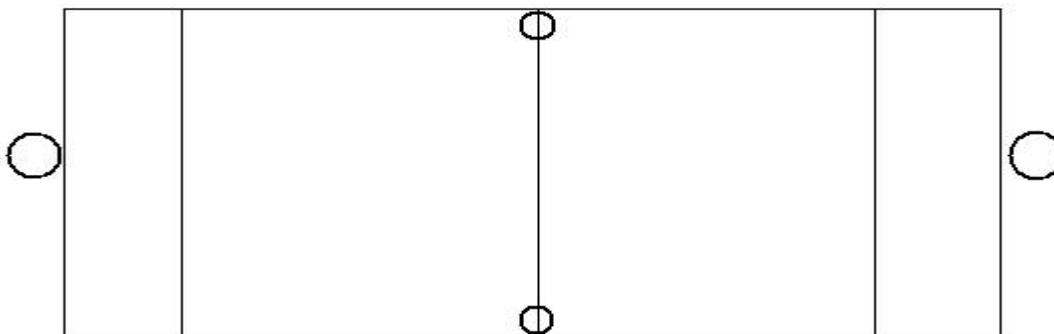
ADAPTATIONS:

- 1) To even out each round, allow the team with fewer items collected to earn brain bonuses by answering trivia questions about the oceans.
- 2) Designate different point values to different objects (use a sign to help students with counting the points at the end of the round).
- 3) Remind students that there is no diving or sliding on the floor. If an object is moved or knocked down on accident, it must be replaced or there could be a penalty assessed.

FOOTBALL FRENZY (from Mark Croson and Jason Tresidder, Winchester, VA)

The object of the game is to score more points than the opposing team. Game involves two jobs. At anytime students can choose to defend their end zone (defense) or try to score points (offense).

- Defense: students cannot have a ball if playing defense. Students defending their end zone may tag any opposing player on their half of the field. If tagged a player must go out of bounds (next to the bucket of footballs) and perform a designated exercise to re-enter the game. If the tagged player has a football they must put it back into the bucket.
- Offense: Players that choose to play offense need a partner (quarterback) to give them a handoff. A point is scored by running the ball into the opposing teams' end zone. If a touchdown is scored the offensive player places the ball in one of the hula hoops. If the class understands the game you can add that the quarterback can pass the ball to their teammate on offense but if the player is tagged before the pass is thrown they are or after the ball is caught (outside of the end zone) the player is out. If the pass is dropped both the receiver and the quarterback must do the designated exercise.



Omnikin-6 Activities

Score in 5 Hoops (from the Super Games, Super Balls book)– The teacher will position 6 hoops on the ground. Each team will have a ball that matches their hoop color. In each hoop will be placed 5 flags or pieces of paper that match the hoop color. Each team will attempt to pass the ball from hoop to hoop and collect a flag or piece of paper. To collect a flag or piece of paper, a person from the team must have their foot inside the hoop and catch the ball. No player may move their feet while in possession of the ball. The ball must be passed to each player on the team before a flag or piece of paper can be collected. The first team to collect all 5 flags or pieces of paper and return to their hoop wins the round. If the ball touches the floor, everyone from the team must return to their starting hoop before continuing the activity.

ADAPTATION – For more of a challenge, the teams can play against a goalie. The goalies may not stand over their own hoop. If a team scores a point (meaning they get a flag or piece of paper), the goalie stands over top of the hoop until the flag or piece of paper has been handed out.

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.

Hot and Cold Tag (from Chris Nichols) – There are six colored balls for this activity. The colors blue, green, and purple are designated as the “cold” colors. The colors red, yellow, and orange are designated as the “warm” colors. Three players will be the freezers for this game and will hold a “cold” color ball. Three other players will hold “warm” colored ball so that they can unfreeze players that have been tagged with a “cold” colored ball. When the game begins, the players will attempt to tag anyone else without a ball with their ball to freeze them. Frozen players will sit on the floor with legs crossed and wait to be saved by a “warm” color ball. Players with a “warm” colored ball will toss their ball to a frozen player to unfreeze them. When the player is unfrozen, they must try to unfreeze another play because they now have possession of the “warm” colored ball. Play each round for a designated period of time then choose new freezers.

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.