

Instructional Strategies in Elementary Physical Education

2-6-09

Tennis Ball Crossing

Have students get a partner and give each group four tennis balls. The object of the game is from a starting point have one student work with their partner and try to walk across the court as far as they can, walking only on the tennis balls. If the student's shoes touch the court they must start over. After each group has had a few tries switch partners.

Ring Toss Relay

Divide class into teams of three. Give each team a deck tennis ring. The object of the game is for each team to get from one end of the court to the other while passing and catching the ring with thumbs and hands held together with the ring encircling the hand. Once the first and second students have passed and caught the ring the third student tries to catch the ring thrown by the second student. This rotation continues until one team passes the finish line. If the ring is missed the team must start over.

Soccer B-ball

Rock, Paper, Scissors to see which team gets the ball first. Students can pass the ball using basketball style passes (chest & overhead). Students, who have possession, may not run with the ball however they may pivot on one foot. If at any time the ball touches the ground it must be played using soccer dribbling, passing, and shooting. After the ball touches the ground the only way it can be played with the hands again is if it is kicked in the air and caught. Students are trying to advance the ball toward the opposing team's goals and shoot a basket or kick a goal.

No goalie is allowed. A basket is worth 2 points, a soccer goal is worth 2 points, an underhand throw into the soccer goal is worth 1 point no overhand throws into the soccer goal and a kick into the basket is worth 3 points.

Students must be one-arm length away from the player that is holding the ball in their hands to allow room for a throw or pass. Jump balls whenever there are two or more persons grabbing a ball. Traveling is called if a person moves further than a pivot while holding the ball and the other team gets the ball.

After a goal the scoring team receives the ball.

All Play Basketball

Divide the class into groups of 12. Have **two baselines** set-up approximately 30 feet apart, with six cones on the first baseline having a counterpart on the second baseline. Have each of the six students' team 1 **line-up** at one of the cones at the first baseline with their ball in hand. The other half of the group team 2 is **scattered** near the basket with their ball in hand. On your signal, team 1 dribbles their ball to their cone on the second baseline and back again to the first. This scores one "**run**". They keep repeating going back and forth, scoring "runs", until the signal is given to stop. Team 2 shoots their ball and tries to make a basket from any where on the court {no lay-ups}. When team 2 has made 8 baskets, this stops the dribbling of the other team. At this time, the teacher can ask each person for their number of runs, and the whole team adds their runs together for a total. Students then **switch** roles, so those shooting baskets now get to dribble.

Scarf Juggling 1. Scarf catch: Hold the scarf in one hand. Lift your arm as high as you can across your body, and toss the scarf with the palm of your hand facing outwards (like you are waving goodbye to someone)! Reach high up with your other hand and catch the scarf as you bring your hand down (this is called clawing). You are now ready to repeat the above moves and throw back to the first hand! Practice this for a while until it seems natural and graceful before moving on to two scarves. Try to make each throw to the same height.

2. Scarf exchange: Hold a scarf in each hand. Throw a scarf from your favored hand. When it reaches its peak (as high as it is going to go), then throw the second scarf. The throws and catches should follow a nice rhythm (throw, throw, catch, catch). Do not throw or catch both scarves at the same time! Remember to practice starting from your weaker hand also!

3. Scarf cascade: The first thing to learn is how to hold your 3 scarves. In the hand that contains two scarves, hold one at your fingertips. This will be the first scarf to throw. When your first throw reaches its peak, throw the next (second) scarf from your other hand. When this scarf reaches its peak, then throw your next scarf which is in the hand that you started with. You will soon see a pattern emerging which is like a figure of eight on its side. Every time you throw from one hand, you get ready to throw from your other hand and keep the pattern.

Remember that with scarf juggling (as with a lot of juggling); only one object is usually in the air at any given time. This knowledge should help you to take your time and make your pattern smoother.

VIRGINIA REEL

FORMATION: Column of five or six couples {partners} facing across from each other. Boys are in one line with girls shoulders to music. The lines should be approximately six feet apart.

I. FORWARD AND BACK

Walk fwd three steps and bow to partner;
Walk three steps back to place

II. ELBOW SWING

Hooking right elbows with partner, walk 8 steps clockwise around partner;
Hooking left elbows with partner, walk 8 steps counter clockwise around partner back to original position.

III. DO-SI-DO

Dropping hands, walk fwd, passing right shoulder with partner and, without turning, exchange places with partner;
Walk backward passing left shoulder with partner, returning to original position.

IV. HEAD COUPLE SASHAY DOWN AND BACK

Head couple joins hands straight across and moves down the center to the foot of the set with 8 Sashay steps;
Head couple dances 8 sashay steps back up the set to end in original position.

V. ELBOW-REEL DOWN AND SASHAY BACK

Head couple starts a reel by swinging partner a full clockwise turn with the right elbow, dancing 4 Skip steps. Continuing on, head couple separates and each swings the next dancer in the opposite line with the left elbow, dancing 4 Skip steps.

Repeat action with each dancer in line until head couples have reached the foot of the set.

Joining hands straight across with partner, head couple move back up the center of the set with sashay steps, separating and ending in original Formation position.

VI. HEAD COUPLE CAST OFF AND FORM AN ARCH

Head boy and girl turn to the outside of their respective lines and lead their lines to the foot of the set. Head couple joins both hands across and raises them to form an arch at the foot of the set. The second couple joins inside hands and leads the other couples under the arch sashaying to the head of the set to become the new head couple.

Repeat entire dance from beginning until dancers are all back to their original position.

ICEBREAKERS

People Scavenger Hunt

Good game for a large group. Divide the group into three or four teams, each section with a captain. The game leader calls out certain characteristics...blue eyes, likes to rollerblade, jogs daily, has red hair, is wearing a blue shirt, is wearing sandals, drives a car with over 100,000 miles etc.

The captain of each team must quickly try to bring someone with that characteristic up to the leader. First one to do so wins that round. Keep score and play to 5 or 10.

Variation: Everyone fitting the following characteristic must report to captain:

Is wearing a wedding ring, wearing long pants, played two or more varsity sports in high school, weighs within 10 pounds of what they weighed in high school, has long hair, has taught at least 20 years, etc...

People to People

For this game you only need a boom box (sound system) and a fun, upbeat song.

Students pair up with one standing in a circle and the other standing next to their partner outside of the circle.

When the music starts, have the inner circle walk clockwise and the outer circle walk counter-clockwise. When the music stops the leader yells out two body parts (e.g. "Toe to Knee!" "Nose to elbow!" "Top of the head to the back of the knee!"). Partners scramble to get to each other and put those designated body parts together.

Count It Out

Gather youth into a tight circle of 5-10. (If you have more than ten you can make this a competition game with two or three circles participating at once.) While in the circle, everyone must look down at the ground and may not raise their head to make eye contact with others in their group. The goal of this team building and communication game is to count the numbers 1 to 15 in order, with each person in the group saying at least one number. The students are not allowed to count around the circle consecutively. If two people say the same number at the same time, they must start over again at one. This may sound very easy, but it is extremely hard in reality because you have taken away their ability to see non-verbal cues as to who is going to say the next number. It is a great game for student leadership. Try this first with heads up for a practice round.

Sit Down If

Ask the entire group to stand. Tell them to sit down when the statement characterizes them. Once seated, they must remain seated.

Encourage them to be honest. If you have trouble because most are not sitting down, give them general characteristics ("Sit down if you are under 15, if you have on white socks, if you are in love," etc.).

Sit Down Mixer Number 1

Sit down if:

You workout every day

You have worn the same socks two days in a row.

You sing in the shower.

You have never stolen a hotel towel

You drive a Volkswagen.

You didn't shave today

You love your job

On your first date you shared expenses.

Your socks don't match.

You wear pajamas.

You are good-looking but not conceited.

You have eaten snails.

Your husband or wife picks out your cloths

You have never lied to your mother.

You have a hole in your sock.

You got a traffic ticket within the last two months

Clap

This game is a variation of the old faithful "Hot/Cold" game. One person is chosen to be "it" and asked to leave the room so they can't hear or see what is going on in the room. Take about 1 minute and pick an action as a group for "it" to do when he/she returns. (A Jumping Jack, Touch B-Ball net, High Five someone)

When "it" is given the signal to come back in the room he/she has to guess what he/she is supposed to do by walking around, touching things in the room or performing random actions. The group will clap louder and faster the closer "it" gets to completing the task.

Remember there is no talking or other clues, but there will be a considerable amount of laughter, and you will be shocked at the detailed and complicated things you can get a person to do simply by clapping.

Fitness Bars

Warm-up – Light Cardio & Stretching- before and after training

Abdominals- Lower-Frog kicks, Leg Tucks, Leg Rises
Upper- Crunches

Thighs- Regular Squats, Lateral Squats, Lunges [Over Load]

Hamstrings- Stiff Leg Dead Lifts, Standing Single Leg Curls

Pectorals- Bench Press, Stiff Arm Pullovers

Back- Bent Legged Bar Bell Rows, Dead Lifts

Deltoids- Front Military Press, Straight Arm Raises, [Reverse Curl, Military Press, Straight Arm Extension]

Triceps- Close Grip Bench Press, Close Grip Behind Neck, Reverse Grip Behind Neck, Standing Reverse Curls, Upper Rows [Over Load]

Biceps- Standing or Sitting Curls [Over Load]

Wrist- Wrist Flex [Overhand & Underhand Grip]

Calves- Standing Heel Raises [toes in works outside of calf, toes out works inside of calf]