

INSTANT ACTIVITIES

Lets Make a Deal Exercise

Begin by printing out about 20 "Deal or No Deal" posters or sheets of paper. On the front of 10 posters mark an 'A' and on the other 10 mark a 'B'.

On the back of each poster write an exercise with the number of reps that the students are familiar with, some are harder than others.

When students enter class, explain to them that instead of doing your regular exercise today you will be playing a game called "Let's make a Deal".

Begin by letting your students know what exercise is behind the first poster "A" and then ask, "Deal or No Deal?"

Have the students vote. If they vote "No Deal" then they must do the exercise behind poster "B" which they do not know what it is or how many. Continue this for about 6-10 exercises.

Capture the Bean Bag

Spread poly spots out as much as possible. Each student has a "home" spot and the bean bag is sitting on their spot. When the start signal is given, students move as directed by teacher (walk, skip, hop, etc.--no running makes this a safer activity) attempt to take a classmates bean bag and place it on their home spot. Only 1 bean bag at a time can be taken.

The activity continues until the stop signal is given. How many bean bags does every one have? No throwing the bean bags or protecting their own bean bag/s.

Important Safety Practice: Make sure to teach the students to look up when taking a bean bag so they do not bump heads with another student! Practice and demonstrate this before playing.

Deal or No Deal (Rock, Paper, Scissors)

The teacher will call out a particular exercise that the selected student and classmates will be playing for, such as 15 Jumping Jacks. After calling out the exercise, ask the student "Deal" or "No Deal". If the student says "Deal", he/she accepts the exercise and stays up in front to lead the class in that exercise. But if he/she says "No Deal", he/she will play Howie (Teacher) in a game of Rock, Paper, Scissors.

If the student wins, the class doesn't have to perform that exercise. But if Howie wins, he/she stays up in front of the class to lead the exercise.

Select 6 or 7 students and 6 or 7 different exercises each time you play the game. The classes love it when they beat Howie!

Variation: The teacher plays the roll of the banker and offers a "deal" to a selected student or group regarding the # of reps for a certain exercise. For example, the banker might say "I'm prepared to offer the class 7 push-ups, deal or no deal?" The student/groups either takes the deal by picking up the "deal" poster and does the 7 push-ups or chooses "no deal" by picking up the "no deal" poster. If they choose the "no deal" sign, the banker opens up the envelope for push-ups to see what number is on the index card. This # may be larger or smaller. That is how many reps the class must do. Then the banker moves on to a new exercise and repeats this process over again.

Quick Feet

Students find a partner. On command one of the students begins jogging in place as quickly as possible. The other student should be watching and counting the number of steps their counter part is taking during the 15-30 seconds time period (depending on grade level). Switch partners.

The objective is to see which student or pair has the best score or just have them try and beat their first score.

Hoop Scoop Tag

Four taggers carry one ball each and tag [no throwing] players while they move inside the designated playing boundaries. Once tagged (frozen), players must stand in place and raise hands above their head. Another player will get a hoop from the "hoop zone" outside the playing field, and place it over the frozen player's head to unfreeze them. Players cannot be tagged while carrying a hoop. The "unfrozen" player then returns the hoop to the hoop zone and returns to the game. When four players are left unfrozen, they become the new taggers.

The number of hoops and balls can vary according to age and ability level. 4 hoops and 4 balls work well up to about 20 students, grades 2-3. With more students and/or older ones, more taggers could be added.

Exercise Tag

Six students will be taggers, each with three different color beanbags (red, yellow, blue). Each beanbag represents a different exercise (for example, red=push-ups, etc.). Students spread out in the playing area skipping, galloping, etc. (choose a different locomotor movement each time taggers are rotated). When a student is tagged, they are to go to the side of the playing area where exercises are posted to perform their exercise and become unfrozen to go back into the game. Rotate taggers to allow each student to have a chance to be a tagger.

New Number Now

Use 12 poly spots numbered 1-6 and one dice. All students except for a few stand on the poly spots hiding the number (numbers on poly spots can be used more than once). The teacher rolls the dice. If, for example, the number 5 comes up, then the other students who are not on a spot begin to look for that number. If a student standing on a spot is tapped on the shoulder, they must show the tapper what number they have. If it is not the new number, they stand back on the spot. If it is the new number rolled on the dice, the tapper yells out "New Number Now!!! Everyone leaves their spots and touches five different spots staying on the 5th spot. Even those without a spot do the same. When all spots are taken the game begins again. The object is to try not to be a tapper.

Bumper Ball (Soccer)

This activity can be used as a warm-up for those students that already possess soccer dribbling skills, or can be used as an activity to practice/improve dribbling.

It is important that you stress that students are gently touching the ball and not kicking it.

Each student has a ball. The goal for each student is to make their ball bump (gently touch) as many other balls as possible. Teachers can give a time limit or designate the number of "bumps" students should try to get.

The Hungry Snake

Use to 30 balls, small cones, or various objects that students can easily pick up, 1 ball bag per team.

Balls, cones and other objects are scattered on the field or court. Students are divided into groups (snakes) and are in single file behind the leader (size of groups can be determined by the teacher). The leader is the snake's head, and last person is the tail; all other members are the body. The last student in line (the tail) has the ball bag.

Groups must travel around the field or court in single file holding onto the person in front of them by the shoulder or hand. Each group must pick up as many items as possible within the time limit (1-2 minutes).

Only the head of the snake can guide the body (group) and only the head can pick up the items (one at a time) and pass them back through the body of the snake (group). The items must be passed to each group member down the line (as in relay) to the tail where the items are collected in the snake's stomach (ball bag).

The method of passing the objects can be specifically designated by the instructor to increase the difficulty level. For example: using left hand only, passing to the rear over the head, under the legs, etc...