Dance Like Nobody is Watching

**Let’s Go (by Calvin Harris)**

There are four basic moves;
1) Fist pump right x 4, fist pump left x 4
2) Cross Crawls (opposite elbow opposite knees) x 4
3) 4-count Knee to Elbow Squat
4) Jumping Jacks x 4

Drum Sequence (make a quarter turn and march in place for each 8-count)
1) 8-count march
2) 8-count march
3) double time march
4) crazy feet march (fast as you can go)

Pattern for dance (repeat each of the basic moves the number of times below during each section of the song)
1) Basic Pattern x 2
2) Drum/March
3) Basic Pattern x 4
4) Drum/March
5) Basic Pattern x 3
6) Drum/March
7) Basic Pattern x 2

**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

**Never-Ending Bag Tag** (from FAHPERDS 2009)

**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
4) For safety, if a bag is taken from the opponent, it will be held. If it is dropped there is a risk of slipping or falling because the partners will be plying in tight quarters.

Float and Switch (from Carol Visotsky)

Equipment: One plastic bag per pair of students
Skills: Throwing, Tracking, Catching, Teamwork
Organization: Students are lined up across from each other.
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 students start in a plank position on the floor. Using one hand, toss the bag in the air then try to catch the other bag before it falls to the floor
5) Incorporate sport skills during the activity (i.e. – basketball lateral speed drill, volleyball three step approach, football three point stance, basketball rebound, etc.)

Bag Juggling (Soccer)

Equipment: One plastic bag per pair of students
Skills: Soccer Juggling, Hand/Eye/Foot Coordination
Organization: Students find an open space.
Activity: Students will ball up a plastic bag. Starting by holding it about chest high, the student will drop the bag and try to juggle it as many times as possible with his/her knee (top of thigh) or feet. Students can count continuous touches and try to beat his/her best score. To add cardio, students must travel to a new space across the gym after each attempt to juggle (it is important not to interfere with others when traveling).

Adaptations/Tips:
1) This is a great warm-up activity for students prior to a soccer lesson.
2) Teachers can use this activity as a homework assignment for students.
Bag Timer
Equipment: One plastic bag per pair of students
Skills: Fitness, Speed, Agility
Organization: Students find an open space.
Activity: Students will practice floating the bags up into the air. The teacher will give the students a fitness activity (i.e. – cross crawl, high knees, burpees, crab kicks, etc.) to try while the bag is in the air. The students will try to complete as many repetitions as possible before the bag touches the floor. The students will play as many rounds trying to get the highest number of reps possible.
Adaptations/Tips:
1) This is a great warm-up activity for students.
2) Teachers can use this activity as a homework assignment for students.
3) The teacher can mix up the fitness activities to target areas of weakness based on fitness tests.

Bag Skeet
Equipment: One plastic bag and one gatorsking ball per pair of students
Skills: Throwing at a moving target
Organization: Students (working in pairs) will go to spaces designated by the teacher.
Activity: Students will practice floating the bags up into the air. After about 1 minute of practice, one partner will get the ball and go to the designated throwing area (determined by the teacher (will be influenced by the grade and ability level of the student)). When ready, the thrower will say “pull” and the partner with the bag will float it up into the air directly above his/her head. While the ball is overhead, the thrower will attempt to throw the ball at the target while it is floating in the air. The thrower will get two turns and then the pair will switch positions.
Adaptations/Tips:
1) If students are successful, they can move further away on new attempts.
2) Students can collect points as a motivator (i.e. – touching the bag earns two points, hitting the bag so it travels with the ball is worth five points).
3) Students can use different types of throws or throw with their non-dominant hands to add to the challenge.
4) Make sure that students know the proper pattern of the type of throw being used.

Large Group Activities

Lord of the Rings – This activity was originally an activity that I used with noodles, it has turned into much more than that

Version 1 (Noodles, Dodging & Fleeing)
Place 4-6 hula hoops in the center of the playing area in a straight line (hoops should be 5-8 feet apart). The teacher will select 4-6 students to be the “orcs” and stand in one of the hoops in the center of the playing area. Each “orc” will have a noodle piece (2-foot) in their hand. The remainder of the students (“hobbits”) will line up on either side of the playing area. The sidelines will be considered the hobbit village.

When the game begins, the “hobbits” will travel from the village toward the rings in the center of the playing area and try to collect “Magic Ring Points” by touching their foot in a hoop and returning back to their village. The “hobbits” may not cross over to the other side of the playing area (safety issue that could cause students to run into each other). The “hobbits” can touch the foot in the hoop and return to the village without being touched by an “orc”, they will receive the amount of “magic ring points” designated by the teacher. The “orcs” will try to protect the rings from the “hobbits” by tagging the “hobbits” below the knee with their noodle piece. The “orcs” may not stand in or over a hoop when the game begins and can chase the “hobbits” if they would like.

After rounds between 1-2 minutes, the “orcs” can choose a new person to take their place and the game will continue.

ADAPTATIONS:
1) If the “hobbits” are having a hard time scoring points, increase the number of hoops in the middle of the playing area or decrease the number of “orcs”.
2) To add a team component, have students who collect points collect an object (like a noodlette) to help the team members keep score. The team with the most noodlettes at the end of the round wins.
3) To add additional challenges for students, add bonus points for touching different body parts into the hoop (hand, knee, belly, etc.). For this version, make sure that the game is played outdoors in the grass.

Version 2 (Rolling, Throwing, and Catching skills, Hockey Defense)
Place 4-6 hula hoops in the center of the playing area in a straight line about 5-8’ apart. A plastic bottle (i.e. – 2 liter bottle) or bowling pin will be placed in the center of each hula hoop. Students will get into groups of 3 or 4 depending on class size and equipment available. Each team (the Hobbits) will start at one end of the playing area or the other.
(mark each team’s starting point with a cone) and will have one gatorskin ball per team. The objective of the game is to score points by having a teammate roll the team’s ball and knock down a bottle/pin.

To begin, the teacher will choose one or two teams (depending on class size and amount of equipment available) to be the Orcs who will defend the rings in the middle of the playing area. The Orcs can travel anywhere inside the playing area to play defense with the exception of the hula hoops. A defender may not stand over or stand in a hula hoop. The Orcs will have a noodle piece or a polo hockey stick to use for defense. Orcs may NOT knock a ball out of a student’s hands but can block or intercept balls that are passed (using their hands). An Orc may block a ball that is rolled using the defensive implement or any body part. The Hobbits will try to move their ball across the playing area and close enough to roll the ball so that it knocks down a bottle/pin. When moving the ball, the Hobbit with the ball can only pivot. To advance the ball, the teammates must pass the ball from player to player. If the Hobbits drop their ball, the ball is intercepted or a player attempts to roll the ball and misses, they will have to go back to their starting spot and restart.

ADAPTATIONS:
1) If the "hobbits" are having a hard time scoring points, increase the number of hoops in the middle of the playing area or decrease the number of "orcs".
2) After about 2-3 minutes, choose new teams to go into the center of the playing area and play defense.
3) Remind all players that this is a non-contact game and all defenders must give offensive players at least a 3’ bubble so they can pass or roll the ball.

Version 3 (Throwing and Catching, Offense (Triangle Offense), and Defense)
Place 4-6 hula hoops in the center of the playing area in a straight line about 5-8’ apart. A plastic bottle (i.e. – 2 liter bottle) or bowling pin will be placed in the center of each hula hoop. Students will get into groups of 3 or 4 depending on class size and equipment available. Each team (the Hobbits) will start at one end of the playing area or the other (mark each team’s starting point with a cone) and will have one gatorskin ball per team. The objective of the game is to score points by having a teammate catch the team’s ball while standing in one of the hoops in the center of the playing area.

To begin, the teacher will choose one or two teams (depending on class size and amount of equipment available) to be the Orcs who will defend the rings in the middle of the playing area. The Orcs can travel anywhere inside the playing area to play defense. Orcs may NOT knock a ball out of a student’s hands but can block or intercept balls that are passed. The Hobbits will try to move their ball across the playing area and have a teammate catch the ball with a foot in one of the hoops. When moving the ball, the Hobbit with the ball can only pivot. To advance the ball, the teammates must pass the ball from player to player. If the Hobbits drop their ball or the ball is intercepted, they will have to go back to their starting spot and restart.

ADAPTATIONS:
1) If the "hobbits" are having a hard time scoring points, increase the number of hoops in the middle of the playing area or decrease the number of "orcs".
2) Build additional skills by changing the equipment that is used for passing (i.e. – use footballs, Omnikin balls, basketballs, tennis ball, 5” gatorskin ball, Frisbee, etc.). Using a different piece of equipment adds to the challenge and fun.
3) After about 2-3 minutes, choose new teams to go into the center of the playing area and play defense.
4) Remind all players that this is a non-contact game and all defenders must give offensive players at least a 3’ bubble so they can pass or roll the ball.

For more great ideas and activities, check out the following websites:

www.PErocks.com

www.NoodleGames.net