Healthy Kids, Healthy Virginia
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Handouts
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Topics:

K-8 Games and Activities to Build Basic Skills
Parachutes and Air-Lites
The Jersey Boys – Activities for the 4 Seasons
A Few of My Favorite Things
Target Ball

A throwing game that involves hitting moving targets.

Equipment: 1 or 2 large beach balls or cage balls (Omnikin)
   12-20 foam volley 8 1/2 inch balls

Field set up: beginners: 2 side lines about 40 feet apart
   Advanced: 4 sided area

Game: throw the foam balls trying to hit the large ball so that it goes over the opponent’s sideline. Point scored. If the large ball is touched by an opponent or touched by a ball in the opponent’s hand a point is scored. Add a second large ball or have 2 teams defending 2 sides of a square or 4 different teams each defending a side.

Variations:
- Type of throw
- Size of Target Ball
- # Of Target Balls
- %# Of sides defended
End Zone Football
A throwing-catching game.

Objective: to score as many touchdowns by throwing the footballs into the end zone and having them caught by the receivers.

Equipment needed; 10-20 foam or super grip footballs appropriate in size to the grade level playing.

Divide the 2 teams into 4 equal parts. Each part becomes the receivers during one quarter of the game.

Set up:
Team A has ½ of field and the opposite end zone to throw into for a touch.
Team B has other half of field and other end zone.

Each team places ¼ of their team in the end zone for each quarter.
Total score at end of game is final score.

Roller Ball

This is a simple lead-up game for teaching rolling skills. It has multiple levels of skill for differentiating goals and objectives as well as keeping the interest level of all players involved in the game at their highest level.

The basic game concept is to roll a ball (7” foam or an 8”) playground ball from your side of the playing are to the bottom of the wall of the other side of the playing area. Each ball that rolls and
 touches the wall at the bottom level scores 1 point. A round consists of 10 points and then the teams stop and reorganize for the next round.

Players can stop a rolling ball with their hands or body but kicking is not permitted.

Game strategies for differentiating instruction:

- Make players change from offense to defense
- Roll the ball on angles
- Roll the ball with spin
- Roll several balls at the same time at the same targets
- Roll several balls at the same time at different targets
- Use different defensive strategies
- Roll the ball from different areas (distance or angles)

Jump the Shot.

Bringing back an old time game. This is an old playground activity that teaches jumping, landing, tracking and timing. Tie a large beanbag to a long jump rope. The center turner spins the rope around in a circle. The jumpers try to time the turn of the rope and jump the rope as it comes around in the area. The best way to start is with 1 jumper and 1 turner. Then move to 1 turner and 2 jumpers. The top level we have reached is 4 jumpers and 1 turner.

Options for levels of skill:

- Clockwise turn of the rope
- Counter clockwise turn of the rope
- Different speeds of the turn of the rope
- Jump facing the turner
- Jump facing the right
- Jump facing the left
- 1 foot jumping
- Enter and exit jumping
- Jump and turn

Striker!

A fast paced striking skills game for grades 4 through 12 involving individual and team strategies.

Striker can be played as individuals or as teams. It is a game that includes striking skills with the hands and defense. You defend your goal and try to score on your opponent’s goals in this fast paced game of skill and strategy.

The game can be set up with 4, 5, or 6 sides. Attach the goal banners to the cones in the formation you want to play. Players stand inside the playing field and strike the foam ball with their hands trying to score goals in any of the opponent’s goals.

Place a design of the formation here:
A goal is scored when the ball is struck with the hand and the ball goes under the banner between the cones.

A player defends the goal using their hands. Kicking the ball is not permitted. After a goal is scored, the player that was scored against restarts the game with a hit.

Games are played to 5 goals. The player scoring 5 goals first is the winner of the game and the game restarts from the beginning.

Striking skills:
- forehand
- backhand
- changing directions
- spinning a ball
- deflecting
- absorption of force
- trajectory

Other playing options:
- One Goal and Out! If you are scored on, you leave the game and are replaced by the next player in line. Lines should only be 3 players long to keep the game moving fast.
- 3 Against! In this game, if 3 goals are scored against you, you lose the game and the game restarts. This brings in a different strategy as to who to attach and who to help.
- Teams: Teams can be played in Striker by having 2 or 3 players playing against the other teams. In a 6 sided game, you can have players (1 and 4) vs (2 and 5) vs (3 and 6). This creates a team strategy and a game strategy. Another could be players 1, 3, 5 play against players 2, 4, 6.

Equipment included:
- 6 Striker Banners
- 1 7-inch foam ball
- Teacher guide
- 6 18 Inch Cones (optional)

Four Square

Objective:
- Striking skills to direct ball into opponent’s square.
- To occupy the #1 square

Serve: the ball is dropped and bounced and hit in an underhanded motion with 2 hands.

All hits must be underhanded.

Faults:
1. Hitting the ball sidearm or overhand
2. Landing the ball on a line
3. Stepping in another square to hit the ball
4. Catching or carrying the ball
5. Allowing the ball to touch any part of the body except the hands
Parachute Activities
John L. Smith
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1989 NASPE National Teacher of the Year

1. Ripples; small fast shakes
2. Waves: big slow and hard shakes
3. Ripples and Waves with 1 hand
4. Umbrella: slow up 8 counts
   - wave to friends
   - count friends
   - count a color sneaker
   - wave with knees, elbows, nose, belly button
5. Mushroom: up 4 counts, in 1 step and out 1 step
   - increase steps in and out
   - safety on walking backwards
6. Mountain: up 4 counts, pull down and hold down
   - let a little air out
   - tap on mountain
   - stretch on top
   - crawl on top
7. Merry-go-round
   - reverse directions
   - raise and lower the parachute
   - different locomotor skills
8. Floating cloud
   - up 8 count and let go softly
   - no chasing
   - stand like a statute
9. Pop Corn: place several foam or yarn balls on parachute and shake them off
10. Go inside the mountain: make a mountain step inside and pull it down
11. Tornado: Make a wave going around the parachute by lifting and pulling down in sequence around the parachute
12. Roller Ball: Make a ball roll around the parachute
13. Jaws: With students sitting around the parachute with legs under the parachute, have 2 students become sharks under the chute. Shake the chute and
the sharks begin pulling the students under the chute by carefully grapping their legs and pulling them under. Lifeguards can save the students by pulling them back out.

Other parachute activities:
- Swiss Cheese
- World Chute
- Planetary Chute
- Heads in mountain
- Bodies in mountain
- Pop Corn
- Flipping fish and chickens
- Thanksgiving feast (shaking off the food)
- Dance routines

RHYTHMIC PARACHUTE DANCE: God Bless the USA

Basic moves: Merry-go-round
  Mushroom
  Umbrella with a turn
  Big Waves
  Mountain
Music: God Bless the USA
Verse:
SWAY left (L) to right (R) with R hand on chute 8 counts during the introduction.
WALK R for 16 cts., shaking chute lightly
Turn & WALK L 16 cts., shake lightly & down to the floor (13, 14, 15....)

Chorus:
MUSHROOM from floor: up 4, In 4, Out 4, Down 4.
STAND UP and shake chute down to floor
UMBRELLA with a TURN, Stay up.

Verse:
SWAY
BIG WAVES, slow count 16 (actually 32 cts. for whole verse)
Chorus:
MUSHROOM
Stand up and shake down
UMBRELLA with a TURN, go down to the floor
MUSHROOM
Stand up and SALUTE (on cymbals), shake chute down lightly
MOUNTAIN (performers turn under), go under on USA, count 8 & head out
(Also can wave a flag from under)

Swiss Cheese
By Flaghouse

Swiss Cheese Activities

1. Goal! A competitive action game. This is a game in which every other student around the Swiss Cheese Parachute is on the opposing team. Team 1 is trying to get the ball into the holes. Team 2 is trying to keep the ball out of the holes. Each time one goes in it scores a point. Play for 2 a minute time periods and switch offense and defense each time. Play for several rotations

2. A Chicken is Every Hole: Place 9 rubber chickens on the Swiss Cheese and work cooperatively to get 1 chicken in each hole.

3. 9 Ball – A cooperative game. (9 different sized foam balls) Students attempt to get the 9 balls into the Swiss Cheese holes. Three balls are placed on the Swiss Cheese. Once a ball enters a hole another ball is placed on the chute. There can be only 3 active balls on the chute at one time. See how long it takes the group to get all 9 balls into the 9 holes. Watch out for the different sized holes and any ball that might not like its hole and pop out.

4. Team Mini Golf: Number the holes on the Swiss Cheese 1-9. Place one ball on the chute and as a team; see how long it takes to get the ball into each hole in order. Watch out for the hazards and out-of bounds!
The plastic activity tube, better known as a golf tube, is used for teaching balance and jumping. They are safe, flexible, inexpensive and multi-purpose. The balance activities include: balancing on body parts, partner balances, object on tube balancing, and group cooperative challenges. The jumping activities include: individual jumping skills, partner jumping challenges, class jumping skills. The tubes allow for individual development and progress of skills. No one has to jump the same as everyone else. Activities include: vertical jumps, long jumps, running and jumping, hurdles, jumps and turns and consecutive jumping. The tubes can also be used for tube tossing. This activity is great for hand/eye coordination and tracking. See challenge sheet.

**TUBE JUMPING**

**INDIVIDUAL**

**ONE TUBE/ONE PERSON**

PLACE TUBE ON THE GROUND:
1. Face the Tube and jump over it forward and backward 10X
2. Jump sideways over the tube 10X
3. Take a short run and jump over the tube 10X
4. 2 foot zig-zag jump over the tube from one end to the other
5. Straddle the tube, jump up and turn 180 degrees 5X each way
6. Straddle jumps with 360 degree turns 5X each way
7. One foot back and forth 10X
8. One foot sideways 10X
9. Zigzag one foot
10. Stand sideways to the tube, jump over it with half turn. 10X

**PARTNER JUMPING**

**ONE TUBE**

Partner will hold tube out in front of them at arms length while other partner does the jumping. After each jump the tube is raised up 2 inches. This continues until a miss, a touch of the tube or a fall. Then the partners switch places. This way everyone will be working at their own level and not trying to reach other jumper's heights.
1. standing vertical jump forward over tube, 2 foot take-off, 2 foot landing
2. standing vertical jump sideways over tube, 2 foot take-off, 2 foot landing
3. short running approach, running one foot take-off, 2 foot landing
4. short running approach, hurdle the tube
5. standing vertical jump as partner moves tube back and forth.
PARTNER JUMPING

2 TUBES

Partners are now using 2 tubes. One partner is the jumper the other the mover of the tubes. The holder increases the distance between the tubes after each successful jump. This continues until a miss, a touch or a fall occurs. Partners switch place and the new holder begins with tubes a short distance apart.

1. Standing long jump.
2. Running long jump.
3. Double standing long jump. First over the one tube and then over the second. (a third tube can be added to increase distance)

PARTNER JUMPING MULTIPLE TUBES

1. Hurdle several tubes in a row held by several holders.
2. Multiple long jumps over 3 or more tubes.

Synchronized PARTNER Jumping

Using 1 or 2 tubes

1. Using 1 tube: partners stand facing the same way and jump over the tube together. F/B,
2. Using 1 tube: partners stand facing the same way but jump over the tube sideways.
3. Using 1 tube: partners face each other and jump over the tube at the same time.
4. Using 1 tube: partners stand on opposite sides of the tube facing each other and jump over at the same time front and back
5. Using 1 tube: partners stand on opposite sides of the tube, facing sideways and jump sideways over the tube and back.
6. Using 1 tube: partners face each other, straddle the tube, hold hands, jump and switch places.
7. # 1-5 using 2 tubes parallel to each other.

TUBE TOSSING

HORIZONTAL

1. Hold the tube horizontally in front of you with right hand on the color yellow. Toss the tube and catch it on another color (red, yellow, green). With each toss change colors. The tube remains horizontal.
2. Same as #1 but use left hand.
3. Same as #1 and #2 but change hands on each toss.

FLIPPING

1. Hold tube in right hand out in front with yellow end pointed away from you. Toss tube up so that it flips, catch the yellow end.
2. Same as #1 but with left hand.
3. Same as #1 but switch hands.
4. Use full flip from red to red or yellow to yellow plus switch hands.
**TUBE STACKING**
The world’s record is 8 tubes connected in a single line straight up in the air with a 4” All-Ball on the top. The rules are simple. Tubes are connected by putting one end in another about 4”. No one may be off the ground. The ball must be balanced on the top (no tape or glue). Michigan AHPERD 1993 in Grand Rapids.

**BASIC TUBE BALANCING**
The beginning tube balancing activities are taught in 2 parts. First there is the large group presentation on what "BALANCE" is and how balance works. Balance, the concept of being equal, is taught by holding and balancing the tube across the back of the hand in a horizontal position. Adjusting it so it stays centered with equal parts on both sides of the hand. Next come balances on different body parts (top of head, shoulder, forearm, nose, foot, knee etc.).
The next step is to balance the tube vertically. Keeping the yellow end up for a focus point, balance the tube on the back of the hand. Other parts of the hand, fingers, thumb, and knuckles can be used to increase difficulty. Placing a 4” All-ball on the top yellow end and holding the tube at different levels on the tube is the final task. Now all of these can be used while moving around the class space.

**ADVANCED TUBE BALANCE ACTIVITIES**
These activities are done using task cards, challenge sheets or large work sheets with the individual activities listed in order of difficulty. Students progress at their own pace and ability. All activities are done walking across the gym or class space. A completed "trip" equals across the area and back without an error. If the tube drops, touches another body parts or is aided by another person, the student goes back to the side of the area they just came from.

**TUBE BALANCING ACTIVITIES**
**WALKING ACROSS GYM**

1. TUBE ON BACK OF HAND
   R,L,F,B,
2. TUBE ON HEAD
   F,B
3. BALL ON TUBE, HOLD RED
   F,B,R,L,
4. BALL ON TUBE, HOLD GREEN
   F,B,R,L,
5. 2 TUBES, 2 BALLS, HOLD RED
   F,B,
6. 2 TUBES, 2 BALLS, HOLD GREEN
   F,B,
7. 2 TUBES CONNECTED, BALL ON TOP
   F,B,R,L,
8. BALANCE TUBE ON BACK OF HAND (V)
   F,R,L,
9. BACK OF HAND, BALL ON TOP (V)
   F,B,R,L,
10. BALANCE TUBE ON NOSE (VERTICAL)
    F
11. BALL ON TUBE, TUBE ON NOSE
    F
12. CONNECT 2 OR 3 TUBES, BALL ON TOP, TUBE ON NOSE

Key: F=FORWARD, B=BACKWARD, R=RIGHT, L=LEFT, V=VERTICAL, H=HORIZONTAL
**Noodle Nuggets**

These nuggets are made of 1 inch cut pieces of water noodles.

**Nugget Activities:** Place a large amount of Noodle Nuggets in the center of the activity area. Partners take turns going into the area to pick up 1 nugget and return to their group to continue the activity.

1. Balance nuggets on a partner. Groups of 3 with 2 partners going into the middle to retrieve the nuggets bring them back and balance them on partner #3. This continues until the balanced nuggets fall.
2. Nugget Sandwich: 2 partners place 1 nugget between their hands. The third partner retrieves 2 more nuggets and places them between the hands. This continues until the nuggets fall. Then another partner becomes the retriever.
3. Nugget Muscle Building: Partners 1 and 2 going into the activity area and retrieve 1 nugget each. They return and build biceps on partner #3. This continues until the bicep falls. A new partner then becomes the muscle.
4. Weight Lifting Nuggets: Just like Nugget Muscle Building except the Nugget Weight Lifter must hold their hands up like they are doing a bench press or a lift and jerk.

**Noodle Poppers**

These are ½ of a 1-2 inch slice of a water noodle.

**Popper Activities:**

1. Best hand Pop and Catch
2. Other hand Pop and Catch
3. Switching hands Pop and Catch
4. 2 Hand Pop and Catch
5. 2 hand Switching Hands Pop and Catch
6. Pop, Create and Catch: Pop, clap and catch or Pop touch and catch
7. Behind the back pop and catch
8. Under the leg pop and catch
9. Pop one popper with a partner
10. Pop one popper with a partner switching hands
11. Each partner pop 1 to a partner
12. Pop 2 to a partner:
13. Pop 2 to a partner catching in opposite hands
14. Pop 4 with a partner
15. Quick Draw Pop and Catch
Little Shaker Movements

1. Vertical Right Hand – Front to Back
2. Vertical Left Hand – Front to Back
3. Vertical Right Hand – Side to Side
4. Vertical Left Hand – Side to Side
5. Vertical Right Hand – Circular Clockwise
6. Vertical Left Hand – Circular Counter Clockwise
7. Vertical 2 Hands – Side to Side
8. Vertical 2 Hands – Front to Back
9. Vertical 2 Hands – Circular Pattern
10. Horizontal Right Hand – Palm Up – Up and Down
11. Horizontal Left Hand – Palm Up – Up and Down
12. Horizontal Right Hand – Palm Up – Front to Back
13. Horizontal Left Hand – Palm Up – Front to Back
14. Horizontal Right Hand – Palm Down – Up and Down
15. Horizontal Left Hand – Palm Down – Up and Down
16. Horizontal Right Hand – Palm Up – Front to Back
17. Horizontal Left Hand – Palm Up – Front to Back
18. Horizontal Right Hand – At Your Side – Up and Down
19. Horizontal Left Hand - At Your Side – Up and Down
20. Horizontal Right Hand – At Your Side – Side to Side
21. Horizontal Left Hand - At Your Side – Side to Side
22. Horizontal Right Hand – Front Circular – Palm Up
23. Horizontal Left Hand – Front Circular – Palm Down
24. Horizontal 2 Hands – Up and Down
25. Horizontal 2 Hands – Front and Back
26. Horizontal 2 Hands – Circular Pattern
27. Holding One End and Wiggling Vertical
28. Holding One End and Wiggling Horizontal
Little Shaker Routine
Good Vibrations

By John Smith 10/04

Little Shaker is held horizontal!

16 Horizontal Right Hand Shakes – Up and Down
16 Horizontal Left Hand Shakes – Up and Down

16 Horizontal Right Hand Shakes – Fast Up - Down
16 Horizontal Left Hand Shakes – Fast Up - Down

16 Horizontal Right Hand Shakes – Slow side to side
16 Horizontal Left Hand Shakes – Slow side to side

16 Horizontal Right Hand Shakes – Fast Side to Side
16 Horizontal Left Hand Shakes – Fast Side to Side

16 Horizontal Front with 2 hands up and down
16 Horizontal Front with 2 hands in and out
16 Horizontal Front in circles
16 Horizontal Front in slow small shakes

16 Horizontal Right Hand Shakes – Front hold end
16 Horizontal Left Hand Shakes – Front hold end
Vertical
16 Horizontal Shakes – hold end and shake horizontal
The Blasters, Foot Stompers, or Launchers are a great teaching tool that combines fun with learning. They are made of a ½ X 6” X 24” piece or hard wood with a 2” half dowel on the bottom 4” from one end. A ball, beanbag or launchable object is placed on the low end and launched with a stomp of the foot on the short (dowel) end. The activities include:

Stomping and Catching
1. stomp with best foot – catch with 2 hands
2. stomp with other foot – catch with 2 hands
3. stomp with best foot – catch with best hand
4. stomp with other foot – catch with best hand
5. stomp with best foot - catch with other hand
6. stomp with other foot – catch with other hand
7. stomp with best foot – 180 turn and catch
8. stomp with other foot – 180 turn and catch
9. stomp and 360 turn and catch
10. stomp, do a trick (clap, touch nose, touch floor) and catch
11. stomp do 2 or more tricks and catch
12. stomp with the heel and catch over the shoulder
13. stomp 2 objects and catch both
14. stomp 2 objects, turn and catch
15. stomp 2 objects 360 and catch
16. heel stomp 2 and catch

Partner Stomping and Catching
1. partner stomp and other partner catch
2. partner stomp, other partner trick and catch
3. partner stomp and catch, other partner stomp and catch – continue # of catches
4. partner stomp 2 objects and other partner catch both
5. partner stomp 2 objects and each catch one
6. each partner stomp and catch each others object
7. each partner heel stomp and catch the others

Stomping and Striking
1. stomp a strikeable object (ball, bean beg) with right foot and strike with left hand
2. stomp with left foot and strike with left
3. stomp with right and back hand strike with right hand
4. stomp with left and back hand strike with left
5. stomp and strike (with bat, racquet, stick) all of the above challenges
Spinning Tops

Bouncing Ball Activities

Spin the top and see how many times you can do bouncing ball challenge #1 before the top stops.
Then try each activity for one spin of the top each.

Spin the top and:

1. Dribble the ball with your best hand
2. Dribble the ball with your other hand
3. Dribble the ball switching hands
4. Dribble the ball changing levels of the dribble
5. Dribble the ball while jogging
6. Dribble the ball as low as you can
7. Dribble the ball while moving sideways right and left
8. Dribble the ball around your body
9. Dribble the ball between your legs
10. Dribble the ball in a creative routine

Spinning Tops

Balloon Skill Activities

Spin the top and see if you can do the following balloon skills until the top stops.
Then try each activity for one spin of the top each.

Spin the top and:

1. Keep the balloon up in the air with your hands
2. Tap the balloon between your hands
3. Tap the balloon up with your 10 fingers
4. Keep the balloon up using your elbows
5. Keep the balloon up using your head
6. Kick the balloon up in the air
7. Toss the balloon up and jump up and catch it
8. Keep the balloon up with your hands while moving forward and backward
9. Keep the balloon up using different body parts on each hit
10. Hit the balloon up and do pushups until it comes down
Spin the top and see how many times you can do bean bag challenge #1 before the top stops.

Then try each activity for one spin of the top each.

Spin the top and:
1. Toss and catch the bean bag in one hand
2. Toss and catch with the other hand
3. Toss with one hand and catch with the other
4. Toss, clap 3 times and catch the bean bag
5. Toss and catch a bean bag with each hand at same time
6. Toss 2 bean bags and catch in opposite hands
7. Toss the bean bag, touch your head, knees and shoulders and catch
8. Toss and catch the bean bag behind your back
9. Place the bean bag on your foot, flick it up and catch it
10. Toss the bean bag, turn around and catch it

Spin the top and see how many times you can do fitness challenge #1 before the top stops.

Then try each activity for one spin of the top each.

Spin the top and:
1. Stretch your body until the top stops spinning
2. Do sit-ups until the top stops
3. Jog in place until it stops
4. Take your pulse until it stops
5. Do pushups until it stops
6. Stretch your arms and shoulders until it stops
7. Do jumping jacks until it stops
8. Stretch your legs until it stops
9. Sit and reach until it stops spinning
10. Walk fast until it stops spinning
Spinning Tops
Jump Rope Skill Activities

Spin the top and see if you can do the following jump rope skills until the top stops.
Then try each activity for one spin of the top each.

Spin the top and:
1. Jump rope forward jumps
2. Jump rope backwards jumps
3. Jump rope on 1 foot forward
4. Jump rope on 1 foot backwards
5. Jump rope while moving forwards
6. Jump rope crossing forwards
7. Jump rope 2 people in a rope with 1 turning
8. Jump rope with 2 people both turning the rope
9. Jump rope with 2 people 2X2
10. Jump rope 2 people both turn backwards

Spinning Tops
Locomotor Skill Activities

Spin the top and see if you can do the following locomotor skill until the top stops.
Then try each activity for one spin of the top each.

Spin the top and:
1. Walk fast
2. Gallop
3. Skip
4. Jog in place
5. Slide sideways both right and left
6. Move changing speeds (fast, medium and slow)
7. Move changing patterns (straight, curved and zigzag)
8. Move changing levels as you move
9. Bounce forward, backwards and sideways
10. Hop on one foot and then the other foot
Spinning Tops
Non-Locomotor Skill Activities

Spin the top and see if you can do the following non-locomotor skills until the top stops. Then try each activity for one spin of the top each.

Spin the top and:
1. Shake your arms and legs
2. Stretch up high, stretch low, stretch to the side
3. Do the Twist
4. Wiggle different parts of your body
5. Bend as many body parts as you can
6. Roll you shoulder forward and backwards
7. Swing your arms forwards, backward and side to side
8. Squeeze your right and left hand open and closed
9. Sit and lift your seat off the ground
10. Flex as many muscles as you can

Spinning Tops

Fitness Activities

Spin the top and see how many times you can do fitness challenge #1 before the top stops. Then try each activity for one spin of the top each.

Spin the top and:
1. Stretch your body until the top stops spinning
2. Do sit-ups until the top stops
3. Jog in place until it stops
4. Take your pulse until it stops
5. Do pushups until it stops
6. Stretch your arms and shoulders until it stops
7. Do jumping jacks until it stops
8. Stretch your legs until it stops
9. Sit and reach until it stops spinning
10. Walk fast until it stops spinning
Spinning Tops
Can You?
Individually or as a group........
1. Touch the middle of all 4 walls before the top stops
2. Skip around the perimeter of the room before the top stops
3. Touch all 4 room corners using a different locomotor skill going to each corner before the top stops (run, skip, gallop, hop, slide)
4. Shake hands with 20 people before the top stops
5. Touch North, South, East and West then South, East, North and West before the top stops
6. Travel to each room door using a different direction (forward, backward, sideways) before the top stops
7. Travel to each corner of the room using a different pathway (straight, curve or zig-zag) before the top stops
8. Skip the length of the room forward, backward and sideways before the top stops
9. Do 10 sit-ups, 10 pushups and 10 jumping jacks before the top stops
Circle 10 different people before the top stops

Turnstile: Group Jump Rope Activities
Using a very long jump rope, begin turning at a slow pace with the rope turning downward to the students and ask the group to see if they can get through the rope to the other side by:
1. Going through one at a time not jumping (how many in a row can they do?)
2. Going in, jumping once and exiting, the next person comes in on next turn of rope
3. Going through 2 at a time no jumps
4. Going through 3, 4, 5 and up at a time no jumps
5. Starting with 1, then 2, then 3 and continuing (no jumps)
6. Going in, jump once and exit
7. Going in jump until someone else enters and then exit
8. Go in, jump until 3 jumpers are in and then exit
9. 3 Enter and jump together 3 times and exit together
10. How many can you get to enter and stay in. Reach 10 and then exit one for each new jumper that enters
Passing Pizza Stretching Routines
Flaghouse Pizza Party
John L. Smith, Ho-Ho-Kus Public School, Ho-Ho-Kus, NJ 07423

Partners Standing Back to Back
1. Over and Under Pizza Pass
2. Reverse Over and Under
3. Side to side Pizza Passing
4. Reverse Side to Side Pizza Passing
5. Figure 8 Side to Side Pizza Passing
6. Reverse Side to Side Figure 8 Pizza Passing
7. Extended (step away from partner) Side to Side Figure 8 Pizza Passing
8. Over the Shoulder Pizza Passing
9. One Hand Side to Side Pizza Passing
10. One Hand Opposite Side Pizza Passing

Group Pizza Passing Activities
1. In a row of 3 or more pizza passers, pass the pizzas over heads to the end of the line (pizza making machine)
2. Pass the pizzas through the legs to the end of the line
3. Alternate over and under to the end
4. Pass the pizzas along the right side and back down the left side
5. Pass alternating right and left side, weaving the line
6. Pass the pizza down the line and get to the end before the pizza gets there
7. Pass 2 pizzas over the shoulders at the same time, one down the right side and one down the left side
8. Pass 2 pizzas along the hips, both at the same time, one down the right side and one down the left side
9. With each person alternating facing front and back, pass the pizzas down the line alternating over and under
10. Pass several pizzas down the line using your elbows
Activities with Soccer Pendulum Ball

Straight forward-stationary

Ball should be go out to a horizontal position with no spin or flopping

1. Inside the foot pass best foot
2. Inside the foot pass other foot
3. Alternating right and left with inside of foot
4. Inside foot pass, trap return and pass
5. Instep kick best foot
6. Instep kick other foot
7. Alternating instep kicks
8. Half volleys with both feet
9. Spin the ball with inside of foot kick
10. Spin the ball with outside of foot kick

Changing Direction of Ball

1. Kick with inside of right foot and on return kick out to right on a 90 degree angle with left foot and then back with the right foot
2. Kick with instep of right foot and on return kick out to right on a 90 degree angle with left foot and then back with the right foot
3. Kick out with the right and on return sweep ball out to the right with an outside of the right foot kick, on the return sweep with an outside of the left foot kick

Moving (walking)

1. Walk and kick with inside of foot
2. Walk and kick with instep of foot
3. Walk and kick with outside of foot
4. Walk and kick with inside alternating feet
5. Walk and kick with instep alternating feet
6. Walk and kick with outside alternating feet

Holding one string in each hand:

1. Inside the foot kick (pass) using same foot to strike each ball alternating each ball on the kick
2. Other foot
3. Use instep (laces) for #1,2,
4. Kick with outside of foot # 1,2,
5. Kick with outside of foot and kick to side (right foot out to right side)
6. Do #1-5 walking forward
7. Alternating feet and alternating ball. Kick the ball in same hand with same foot (right foot – right hand)
8. Alternating feet with kicking opposite ball using inside of foot
9. Alternate kicking opposite ball using outside of foot
10. Do #7,8 walking forwards
11. Double thigh hits: shorten up string and strike with thigh
12. Walking forward thigh strikes