

Super Programs - Don't Forget Your C.A.P.E.

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2011 NASPE National Elementary Teacher of the Year

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) Add fitness challenges to the activity (do 4 jumping jacks before running to catch the bag)
- 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 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 crawls, 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 ball per pair of students

Skills: Throwing at a Moving Target, Teamwork, Underhand/Overhand Toss/Throw, Fitness

Organizations: Students will find a space on a sideline so that they are close to a wall.

Activity: To begin, the partners will collect the equipment and stand on a perimeter line facing the wall. The partner with the bag will move toward the wall and stand sideways to the wall about 3-4' from the wall. When the throwing partner is ready, they will call "pull" and the partner with the bag will toss the open bag up into the air as a target. Partners will earn points for their team by hitting the bag with the ball before it touches the ground (i.e. – ball touching the bag = 2 points). If the partner tossing can get the ball into the bag so that the bag and ball fall to the ground fall at the same time, he/she will earn bonus points (i.e. – ball in bag = 5 points).

Keep It Alive

(great warm-up before small-sided O/D activities)

All students in the group will work together to pass a large collection of balls while continually moving. The teacher will use between 8-10 balls (per group of 24 students). When the activity begins, all students in the group must move in the playing area. Players with the ball have 3-5 seconds to pass the ball to another person in the group. No ball may touch the floor or the activity starts. Students should be looking to make good passes to a moving target while moving too.

While the activity is going, the teacher will be giving feedback and will stop the activity to share tips to increase success (i.e. – making eye contact, having hands up and open to receive a pass, give signals that you are ready (clapping hands), etc.). To increase the challenge, increase the number of balls being used, lower the amount of time before a pass is made, have students play the game without talking, etc.)

ROLLERBALL (3 v. 3) (from Dr. Curt Hinson)

Equipment: for a class of 24 – 8 hula hoops, 8 bottles/bowling pins, 8 gatorskin balls

Skills: Rolling, Offense, Defense, Teamwork, Strategy

Organization: Four courts will be set up in an open space (see diagram below).

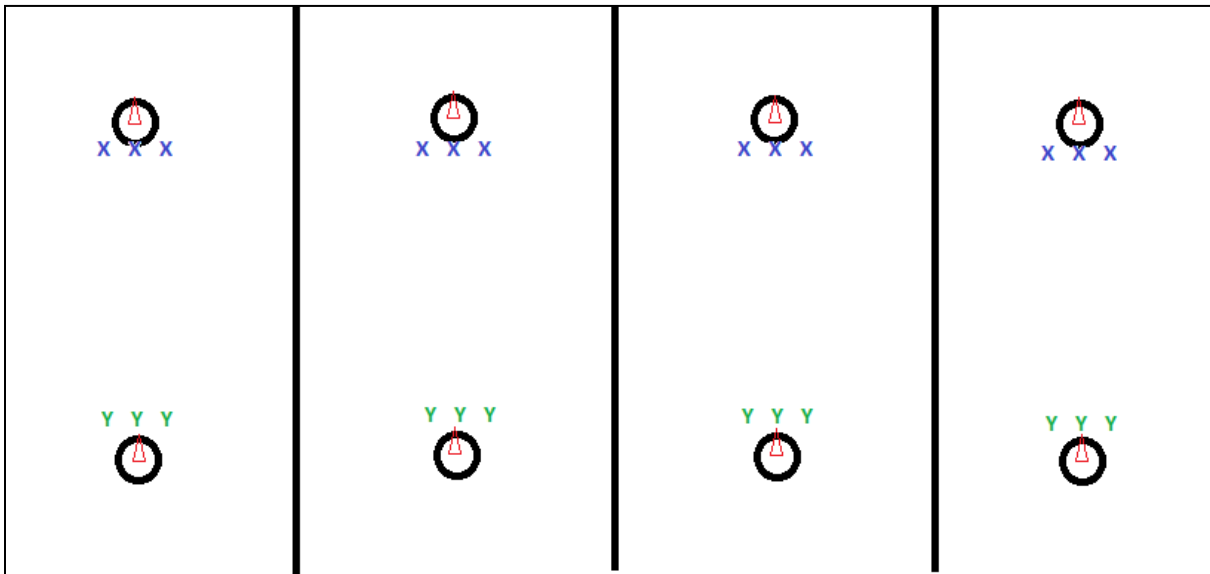
Activity:

VERSION 1 - Students will get into groups of 3s and place their feet inside a hula hoop facing another team. To begin, each team will number the players 1, 2, and 3. Player 1 will start with the ball and have one foot in the hoop. Players 2 & 3 will start even with the hoop. The player with the ball may not move his/her feet. The ball must be rolled from player to player. The object is to pass the ball across the playing area to the opponent's bottle/pin and knock it down. In this version of the game, there is no defense. The teams must make at least 3 passes (so that each player touches the ball) and the player who starts the round will be the player who gets to attempt to knock the bottle/pin down. No player may go inside the hoop. After each round, the next number player will begin the round. The teams will see how many times they can knock down the bottle/pin before time expires. If students demonstrate proficiency, they may advance to the second version of the game.

VERSION 2 – For this version, there will be only one ball per game. Both teams must start by their hoops and when the person with the ball says go, all players may begin moving. As before, the ball must be rolled from player to player. This time, the team without the ball may play defense and attempt to block or intercept the ball. If the ball goes out of bounds, the team who touched it last will turn over possession. If the ball goes out of bounds or there is a change of possession due to a rule infraction (i.e. – throwing the ball), the ball must be passed at least one time before an attempt can be made to knock down the target.

Adaptations/Tips:

- 1) Remind students there is no diving or sliding for safety reasons.
- 2) Remind students that they can use the space behind the hoops to get an advantage when attempting to score.
- 3) Use version 1 as an opportunity to refine the skills needed to play the actual game (Version 2).



5 Passes

Students are put into groups of 4-6 students. One team will begin with the ball and attempt to complete 5 consecutive passes without dropping the ball or allowing a “pass back”. While passing the ball, the team with possession must all call out the number of passes that have been completed as they happen. If the ball is dropped, there is a pass back, players forget to call out a number, or the defense intercepts the ball then the possession changes to the opposing team. The objective of the game is two-fold. First, while on offense, teammates should be looking for open space and communicating. Second, the defense should be covering players and attempting to block or intercept the ball. Each round is played for a certain amount of time and then each team can find a new team to play.

Hunter and Prey

Split the group into two equal teams (4-5 player per team). Each student will wear a colored pinnies or flag to designate the team for which they are playing. The objective of the game is to score points by tagging any member of the opposing team while holding a soft ball. The team in possession of the ball must pass the ball in attempt to get it close enough to an opposing team member to tag them. The person holding the ball is allowed a pivot step but may not take additional steps after catching the ball. If a player from the other team is tagged or the ball is dropped, the other team will assume position of the ball. When the new team takes possession of the ball, **the person who has the ball will count to 5 out loud** and then begin passing the ball. It is important to remember that at no time during the game can the defense interfere when a ball is being passed.

If one player from a team is being singled out to be tagged each round by one or the other team, the rules can be adapted so that a new person must be tagged from the defensive team in order for the point to count.

The game can continue until a certain point is attained or a designated amount of time.

3-Pass Advance/ King Pin

Students will work in groups of three for this activity. Each team will have a coated foam ball and start at one end of the playing area. On the other side of the playing area beyond the end line that is marked with cones , the teacher will have

some target set up (plastic laundry baskets stacked, stacked cops, plastic bottle, bowling pins, etc.). When the activity begins, the team will begin passing the ball through the air and advancing down the playing area. The player with the ball may only pivot when he/she has possession. If the ball is dropped, the entire team must go back to the starting line and begin again. If the team is able to advance down the field, they may take a shot at the targets at the end of the playing area. The teacher can designate points for completing the task. Students can earn bonus points for completing the task to hit the target (throw with non-dominant hand, underhand toss and hit the target, throw ball through legs and hit the target, etc.).

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.

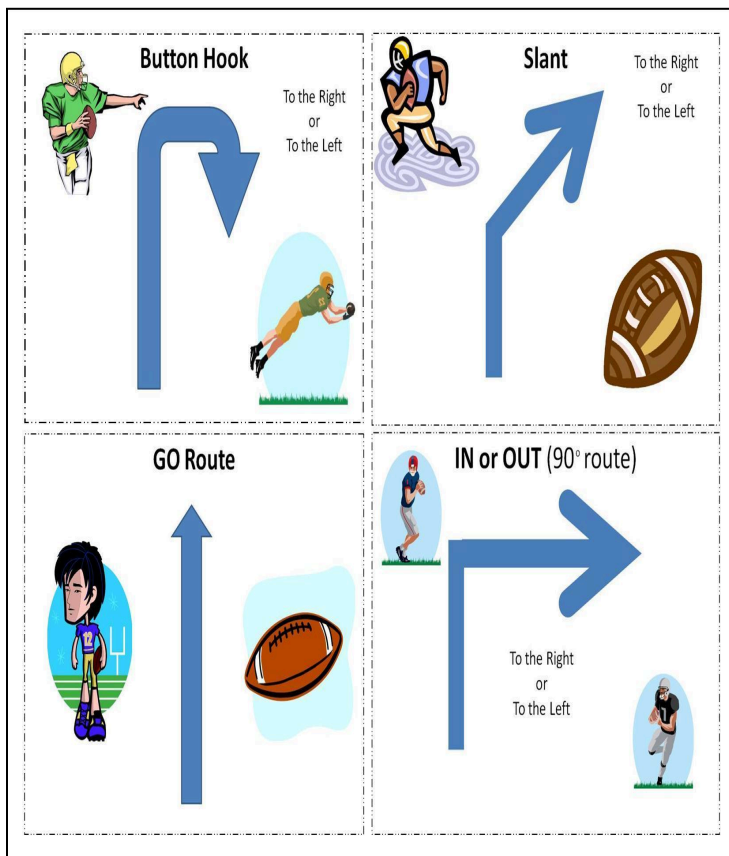
The teacher will have the students get into small groups of twos or threes for this activity. Each team will have one polyspot and one football. The teacher will set up boundaries for the game. The players will always start at one end of the field and travel toward the “endzone”. The objective is to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



Multi-Goal Soccer

In a large open space spread out 4-8 “goals”. A “goal” can be a GenMove MultiGoal or place three 12”-18” cones close together like a tee and place a large ball on top (Omnikin 6 ball or beach ball).

All of the students will find a partner for this activity (you can have groups of 3 if needed). The teacher will select a pair of students per goal to start as goalies. The goalies will work together to protect all sides of the goal during the game. All of the remaining pairs will collect one ball and start in the center of the playing area near the “starting cone”. When the game begins, the teams will move toward any goal and attempt to score a goal. More than one team may attack a goal at the same time. Teams can score the goal from any direction around the goal. When a goal is scored (the ball must touch the net, or knock the ball off the cones), the goal will be placed on its side while the goalies and goal scorers switch places. When the new goalies are ready, they may lower the goal or place the ball back on the tee to start. The old goalies will move their ball to the center of the playing area and touch the “starting cone” before they may attempt to score a goal.

Tips:

- For safety, the goalies may only use their hands if the ball is above their waist.
- If a goal stops a ball, he/she may drop kick it in any direction
- Encourage partners to work together to pass the ball and score the goals.
- Remind teams that they can score from any direction around the goals.
- Use different skills and equipment to throw, kick, or roll to the target.
- To motivate goalie play, use a stop watch at each goal. When the goalies begin they start the timer to see how long they can remain goalies.
- Play with students in groups of 3. This allows players to practice and develop triangle offensive practice.

*** This activity can also be used to practice hockey skills and team handball (throwing and catching) skills.



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 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.