



THESE ARE A FEW OF MY FAVORITE PE THINGS

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“Direction—not intention—determines destination.” Andy Stanley

INTENDED LEARNING OUTCOMES

- Explore and analyze various ways to provide structure to the instructional experience in the Physical Education setting.
- Experience instructional activities that can be used to build a cooperation, teamwork, and positive learning environment within the physical education classroom.
- Demonstrate fun and engaging games/activities that students that will get students moving.

ICEBREAKERS

Pairs Tag

- Divide group into pairs.
- 4 Rules of Pairs Tag
 - Must stay inside boundaries(yellow cones).
 - Can only tag your partner.
 - Only movement allowed is walking.
 - Tagged partners must turn a complete circle prior to tag back.
- **Note:** Size of the playing area is determined by the size of the group. Traffic congestion is key part of the activity.
- *Both games are adaptations of games from Quicksilver by Karl Rohnke.

▪ Set Up



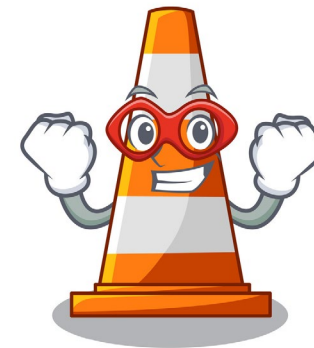
- Game Extension:
- **Pairs Squared Tag**
 - Pairs join together at the elbow and play the same game with another pair.
 - All rules still apply.
 - Reducing the size of the space helps students understand of concept that the game is really about working together.

MINI COMPETITIONS

Cone Flip Tournament

- Divide group into pairs.
- Everyone starts on the center line.
- Each pair plays Cone Flip.
- Winner moves to 'Success Side' and plays an new partner.
- Loser moves to 'Not Yet' and plays a new partner.
- Players continue to play and move back and forth for 2 to 3 minutes counting number of victories.

▪ Set Up



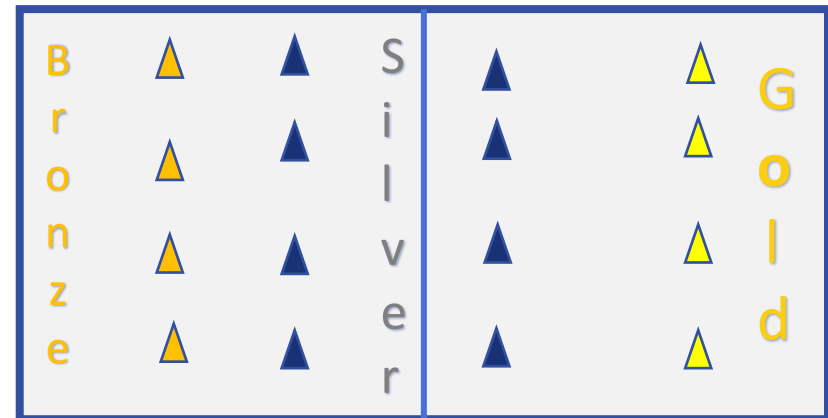
MINI COMPETITIONS

Cone Flip Olympics



- Each person needs a cone.
- Divide group into pairs.
- Everyone starts in the bronze area.
- Each player flips cones. First to flip and have it stand upright wins.
- Winner moves to Silver and plays a new partner.
- Loser 'stays and plays' with a new partner in Bronze.
- Winner in Silver moves to Gold and plays a new partner.
- Loser in Silver returns to Bronze and plays a new partner.
- Winner in Gold 'stays and plays' a new partner.

▪ Set Up



▪ **Alternative Fitness Version:**

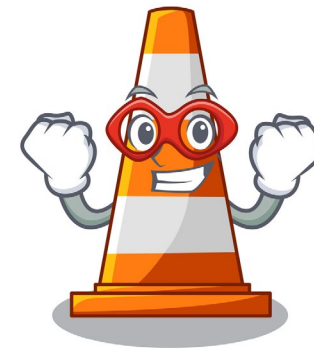
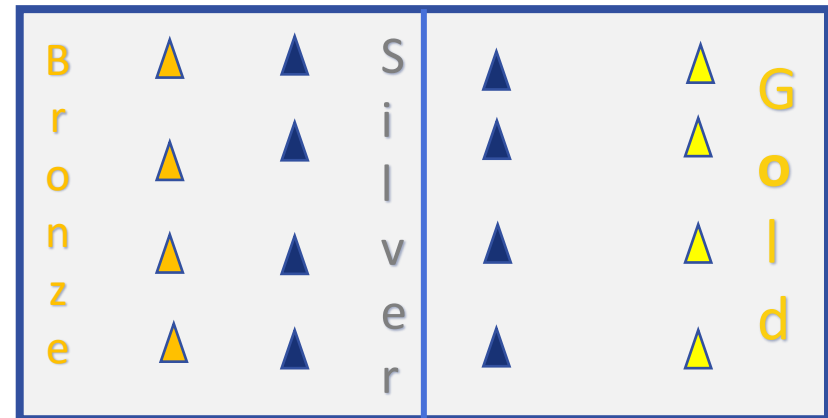
- Bronze – Maintain a squat while flipping.
- Silver – Maintain a plank while flipping.
- Gold – Flip while in crunch position and using feet only.

MINI COMPETITIONS

Cone Flip Olympics

- Divide group into pairs.
- Everyone starts in the bronze area.
- Each pair plays Cone Flip single round.
- Winner moves to Silver and plays a new partner.
- Loser 'stays and plays' with a new partner in Bronze.
- Winner in Silver moves to Gold and plays a new partner.
- Loser in Silver returns to Bronze and plays a new partner.
- Winner in Gold 'stays and plays' a new partner.
- Fitness Version: Bronze – Flip while holding a squat. Silver – Flip while holding a plank. Gold – lay on back and flip with feet.

▪ Set Up

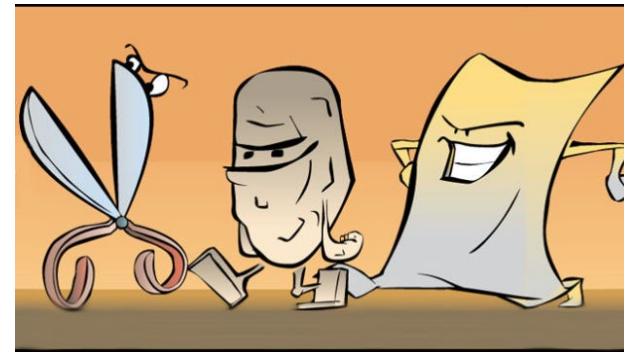
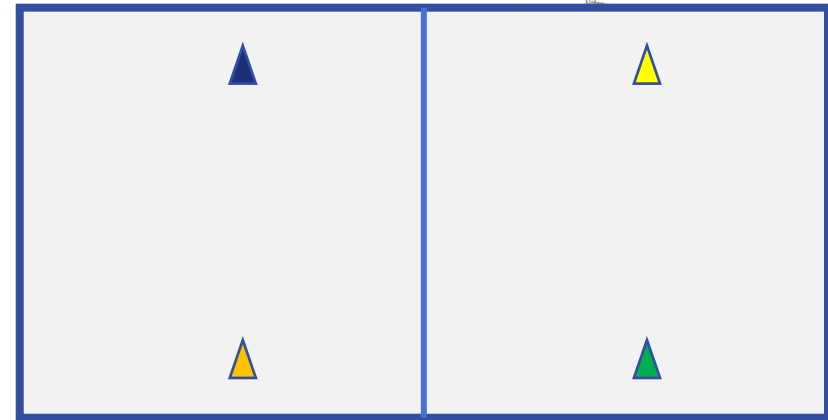


MINI COMPETITIONS

Homerun RPS (SPARK™ Activity)

- Divide student equally among the four cones.
- Each cone is designated as home base for each group.
- On signal 'go,' each person finds a partner at his/her home base and plays a single round of RPS.
- Winner advances to the next cone and play another player.
- Loser stays at that cone and plays another partner.
- Play continues.
- When an individual player reach his/her home base cone, they count a run.
- Each student tries to score as many runs as possible.

▪ Set Up



MINI COMPETITIONS



Alaskan BSM

- Divide group into pairs.
- Partners stand on opposite sides of the center line with backs facing inward.
- Players jump in place 3 times. On the 3rd jump each shows either Bear, Salmon, or Mosquito.
- Winner turns and runs to the end line.
- Loser chases and attempts to tag before opponent crosses end line.
- Points if winner crosses line first or loser tags before winner crosses line.
- 3 Points Wins Game
- Signs:
 - Bear – make bear claws with hands
 - Salmon – put hands together in front and make swimming motion
 - Mosquito – hold index finger up to forehead.

▪ Set Up



▪ Who Wins

- Bear eats salmon
- Salmon eats mosquito
- Mosquito bites bear.



PURSUIT BALL

Pursuit Ball Activity Guide



Introduction

This new product is a great, fun way to encourage many skills related to physical education.

They include:

- throwing and catching skills
- chasing, fleeing and dodging
- cooperation skills
- team building
- physical activity levels

Product Use

Pursuit Mobile Basketball can be used to increase student's throwing for accuracy abilities, to increase heart rate, to promote cooperative team building skills.

Parts / Assembly

The Pursuit Mobile Basketball stores in a small area. To prepare the target basket for use, simply open the easy toggle buttons and the basket will open with a spring form to provide a target. The shoulder and waist straps are adjustable to fit a wide range of body sizes.

Objectives

- Pursuit Mobile Basketball will provide an active new team game that will promote cooperation to win.
- Used as a standalone target, it will provide a challenging target to promote either underhand or overhand throws.
- This versatile spring formed target can also be laid on its side to provide a target for kicking skills.
- Pursuit Mobile Basketball goal makes a great storage container as well.

Games and Activities

Divide group into two teams

- *NASPE recommends small sided games
- One person on each team wears the Mobile Basketball goal.

Cooperation version

With balls scattered on the playing area within the boundary lines and students staying within the lines also, students try to get the balls into the matching Mobile Basketball goal. The team that gets the most balls into their goal within the time period wins.

Rules:

- It is recommended that this game is played for a one minute time limit. If the players successfully get all the balls in before the time expires the game is over.
- If balls roll out of the boundary area they are out of play and cannot be used in this round of the game.
- Player with the Mobile Basketball goal may move within the boundary area to help teammates get balls into goal.
- If an opposing team's ball gets into the wrong goal it counts towards the total count for the other team.
- To increase the fitness component of this game it is recommended that the balls are scattered into the largest space available.

Competition version

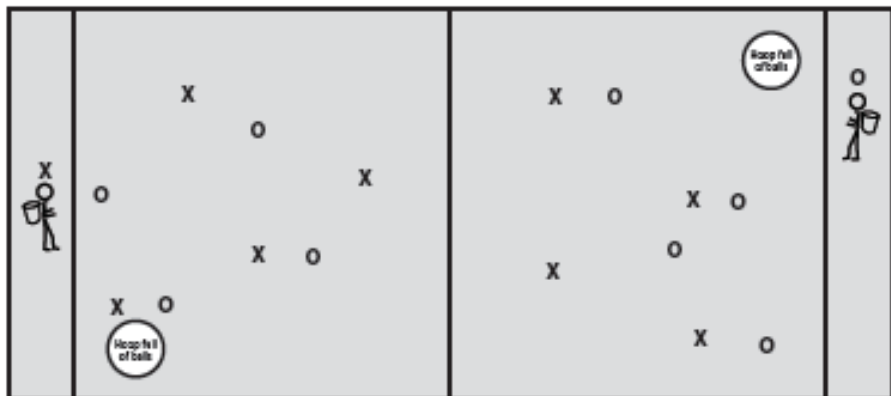
With the balls scattered on the playing area within the boundary lines and students staying within the lines as well, players try to get the balls into the opposing team's Mobile Basketball Goal. The player wearing the Mobile Basketball Goal must attempt to maneuver so that it is difficult for the players from the opposing colored team to get the balls into the goal. The team with the most balls in the opposing colors team within the time period wins.

Rules:

- It is recommended that this game is played for a one minute time limit. If the players successfully get all the balls in the opposing team's goal before the time expires the game is over.
- If balls roll out of the boundary area they are out of play and cannot be used in this round of the game.
- Player with the Mobile Basketball goal may move within the boundary area to avoid the opposing team from getting balls into the goal.
- Should the player wearing the Mobile Basketball maneuver the goal so that the balls fall out of the goal, the team forfeits the game.
- To increase the fitness component of this game it is recommended that the balls are scattered into the largest space available.

Divide group into two teams (six teams for Pursuit Ball – 6 team version)

- *NASPE recommends small sided games
- Students should have experience with offense and defensive play.
- One person on each team wears the Mobile Basketball goal.



The court is set up like the above diagram.

Balls are placed in a hoop or box within the boundary lines. Players must stay within their court area. Players from team X are trying get the balls into the matching Mobile Basketball goal. The team that gets the most balls into their goal within the time period wins.

Rules:

- It is recommended that this game is played for a one-five minute(s) time limit. If the players successfully get all the balls into the goal before the time expires the game is over.
- If balls roll out of the boundary area they are out of play and cannot be used in this round of the game.
- Players with the Mobile Basketball goal may move within their court area to help teammates get balls into their goal.
- Defensive players may not touch the offensive players within any way- just like real basketball rules.
- Offensive players may *not* move their feet if they have the ball. They must pass it to their goal keeper or to another player on their team. Offensive players without a ball may move anywhere in their court to "get open" thus avoiding the defensive players.
- The goal keeper is allowed to catch the ball and put it in the goal.
- If the opposing player intercepts the ball they throw/roll it back to the other side of the court and the team must try again to play that ball.
- More than one ball from either team may be in play at once
- To increase the fitness component of this game it is recommended that the court area be as large as possible.

Pursuit Mobile Basketball used as a standalone target.

- Simply open the basket and stand it up at the desired distance to promote underhand or overhand throws.
- Use the target to "chip" a golf ball into.
- Lay the target on its side and use to kick balls into.



Modifications

- Teachers of large classes will want to use Pursuit Ball 6-team version to allow for maximum participation.

Safety

- With any large group game teacher supervision is essential.
- If the teacher chooses to use balls other than those provided, it is recommended that only balls made of foam be incorporated with this product

SPORTIME

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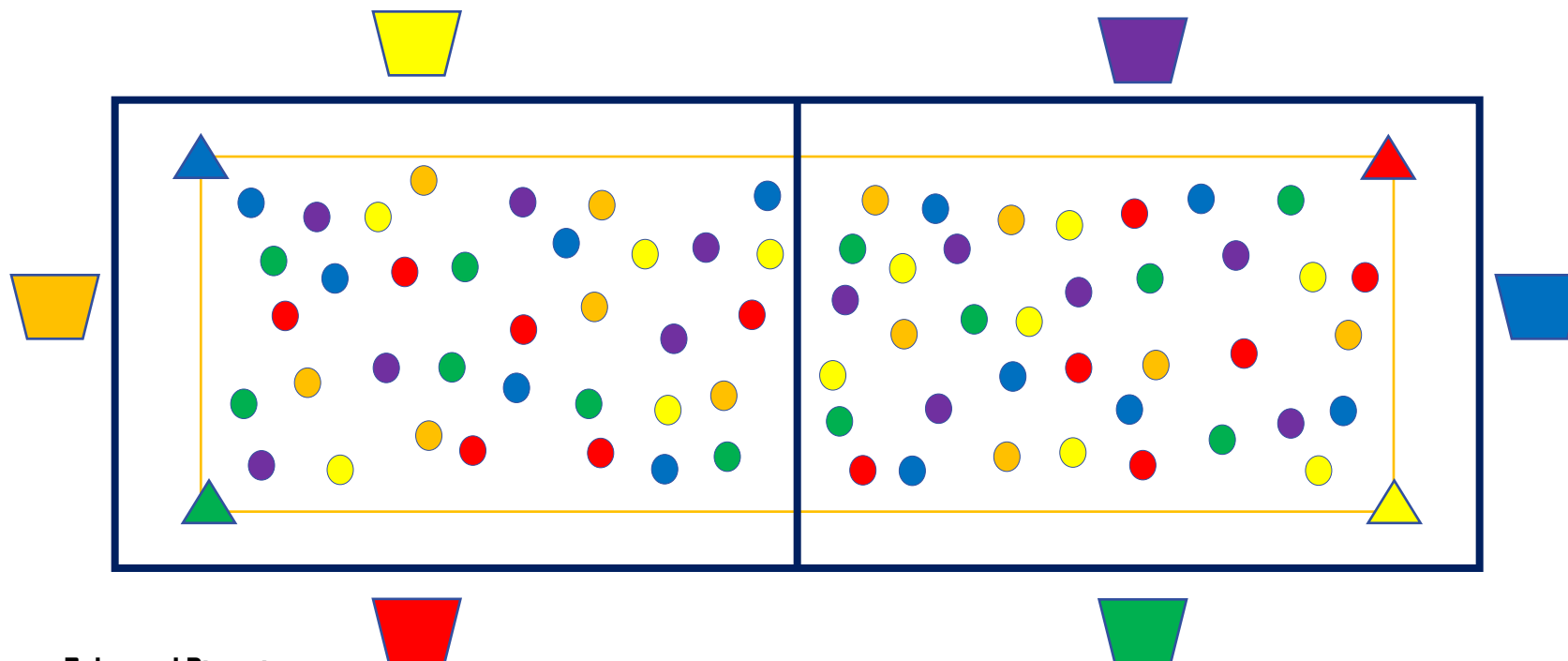
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1-YEAR GUARANTEE OF SATISFACTION

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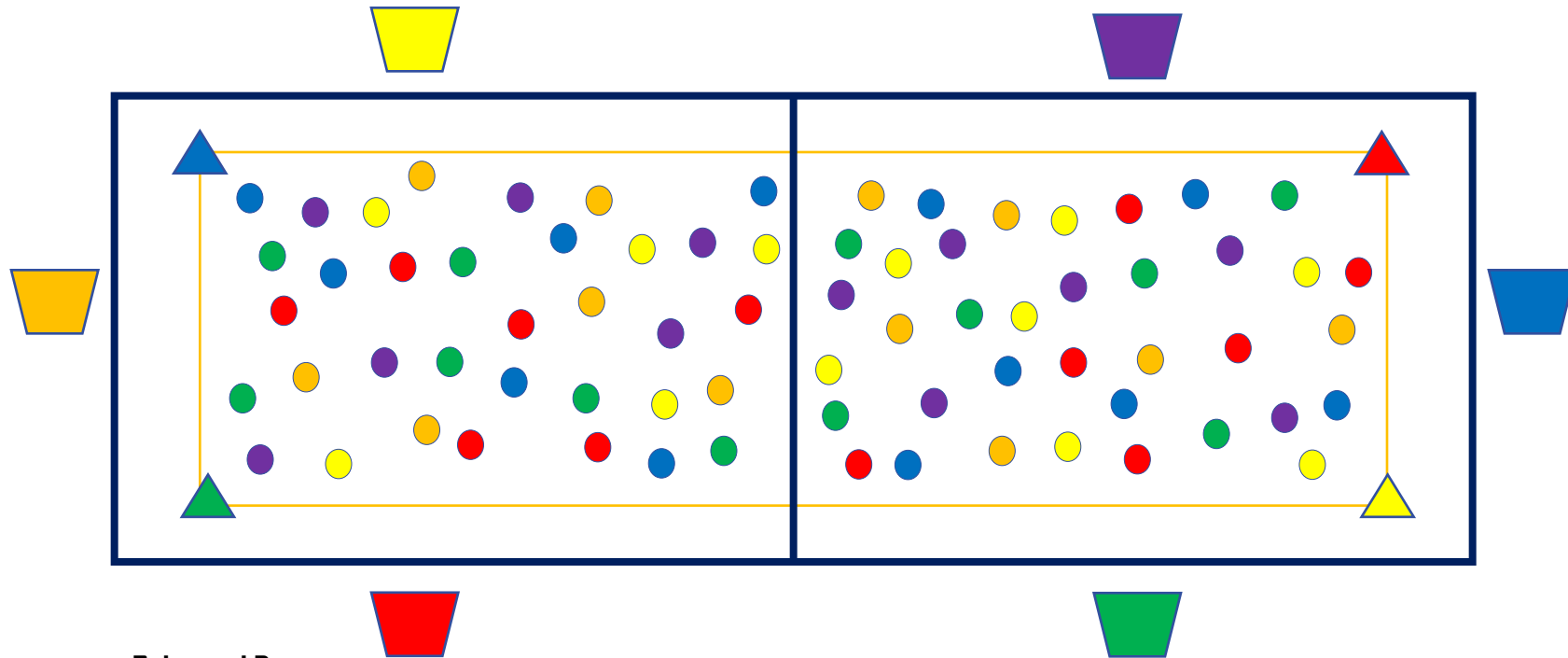
PURSUIT BOUNDARY BALL



Rules and Directions

- Place the baskets along the outside boundaries of the main basketball court. Make sure to spread them out.
- Set up a Shooting Area (rectangular coned area inside the basketball court---we use our main volleyball court) around 8 to 10 ft. from the basketball boundaries.
- Spread all of the balls out inside the Shooting Area. Have all teams stand near their basket outside the basketball boundary. On the signal 'Go,' teams run into shooting area. Players can retrieve balls and attempt to shoot from the shooting area into their team basket. Players may only have one ball in hand at a time.
- Play for a time limit or until all the balls have been attempted.
- Team with most successful shots wins.
- Alternative version - Each team has 2 players operate as Retrievers that retrieve missed shots and roll back into shooting area for additional attempts.

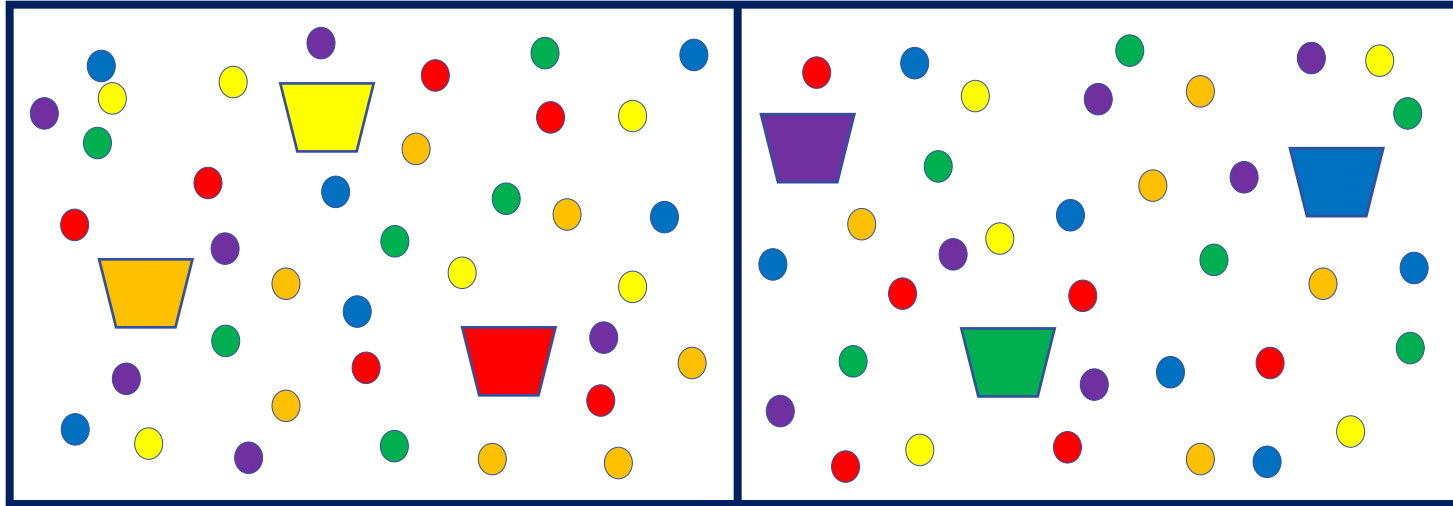
PURSUIT LAUNCHERS



Rules and Directions

- Place the baskets along the outside boundaries of the main basketball court. Make sure to spread them out.
- Set up a Shooting Area (rectangular coned area inside the basketball court---we use our main volleyball court) around 8 to 10 ft. from the basketball boundaries
- Spread all of the balls out inside the Shooting Area. Have all teams stand near their basket outside the basketball boundary.
- Each team must divide into the following roles:
 - Launchers - curl up position (2 players), attempts to launch ball in basket by shooting after completing a curl up.
 - Loaders - are located in the shooting area. They are to pick up 1 ball at a time and place on launcher's hands for shooting.
 - Retrievers - retrieve and roll back into to shooting area for additional attempts.
- Play a time limit.
- Team with most successful shots wins.
- Rotate player roles and repeat.

COOPERATIVE VERSION: PURSUIT BALL

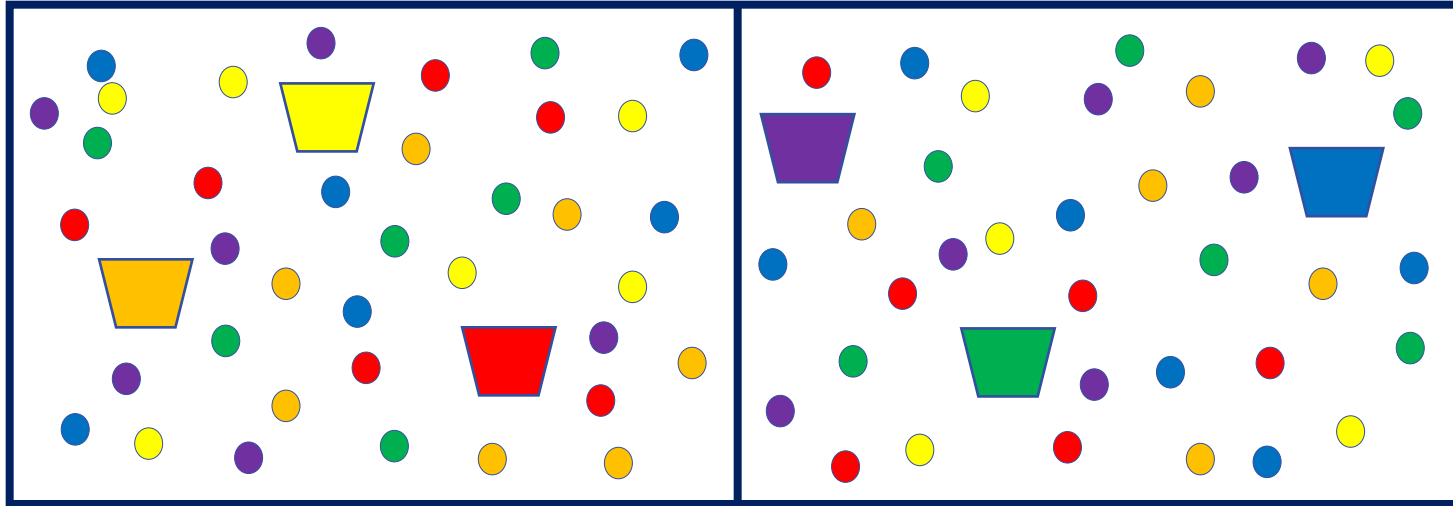


Rules and Directions

- **Game Objective:** Work together as a group to successfully gather and shoot objects into teams basket in the least amount of time.
- Divide into 6 groups of 5 to 7 players per team.
- Assign each a team color and have team members put on assigned color jersey.
- Assign One player on each team will be the designated 'GOALIE,' and will wear team's basket like a backpack.
- Goalies will move within the playing area allowing teammates to successfully shoot team objects into basket.
- On signal go, players move throughout playing area and will pick up one ball at a time for their team and attempt to shoot it into the assigned team basket.
- Players may only possess and shoot one ball at a time.
- Players must be at least three feet away to attempt a shot.
- Game can be played to a 1 minute or 1st team to successfully get all balls in their basket.
- When all balls have been cleared, team must gather and sit to show they are finished.
- *Additional Challenge.* Each ball must be passed at least one time before it can be shot.

** Game idea courtesy of Sportime Pursuit Ball Activity Guide*

COMPETITIVE VERSION: PURSUIT BALL



Rules and Directions

- **Game Objective:** Work together as a group to successfully gather and shoot objects into teams basket in the least amount of time.
- Divide into 6 groups of 5 to 7 players per team.
- Assign each a team color and have team members put on assigned color jersey.
- Assign One player on each team will be the designated 'GOALIE,' and will wear team's basket like a backpack.
- Goalies will move within the playing area trying prevent opposing team members from making shots in their team's basket.
- On signal 'GO,' players move throughout playing area and will pick up one ball at a time for their team and attempt to shoot it into another team's basket.
- Players may only possess and shoot one ball at a time.
- Players must be at least three feet away to attempt a shot.
- Game can be played to a 1 minute or until all balls have been cleared from the floor.
- *Additional Challenge.* Each ball must be passed at least one time before it can be shot.

** Game idea courtesy of Sportime Pursuit Ball Activity Guide*

LEANING TOWER OF NOODLE

Equipment Needs: pool noodles

Directions:

- Divide into pairs.
- Each person needs a noodle.
- Partners stand across from each other.
- Each person sets noodle down so one end is on the floor and balances the noodle with one finger.
- On signal '1, 2, 3, Go!' each player releases the noodle and lets it fall.
- Players must switch sides and catch their partner's noodle before it hits the ground.
- Repeat to return to the original locations. If successful, players take a step back and try again.
- Continue to see how far partners get be successful while getting further apart.
- Have partners join another pair for a group of 4. Re-start with the new group.
- Continue to build the groups until the whole class is working together in one big group.



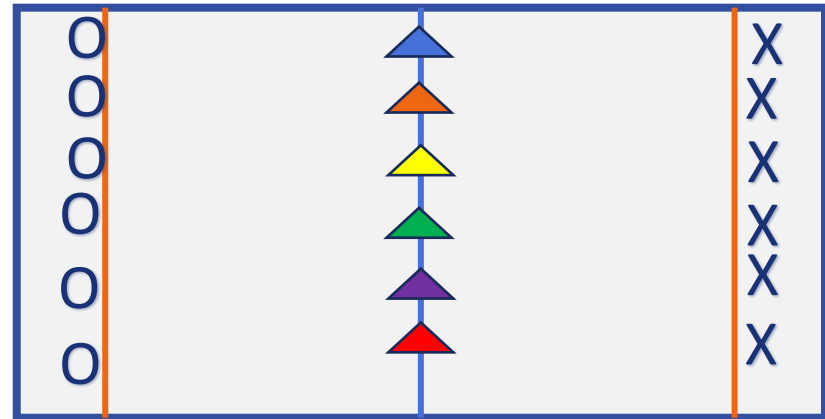
GO FOR THE GOLD

Equipment Needs: Small object placed on the floor between partners. Options: bean bag or small cone. I used Beanie Babies for this activity.

Directions:

- Divide into pairs.
- Partners stand opposite each other endlines an equal distance from the object.
- Partners take turns being the starter.
- The starter puts up and closed fist above head. When the starter opens the hand, the round starts.
- Both players run towards the object.
- One of the players picks up the object and immediately turns and attempts to run in a straight line back towards their end line.
- The opposite person attempts to tag their partner before they cross the line.
- One point is awarded if the player crosses the line before being tagged or to opposite player if the tag occurs first.
- Re-set the game and play another round.
- First player to score 3 points wins and the players sit down at the start line.

Set Up



FINAL NOTES

“Direction—not intention— determines destination.” *Andy Stanley*