

How to Use Your Noodle (Pool Noodles)

**by Chad Triolet
2006 Health and Physical Activity Institute**

Use Your Noodle Activities

Warm-up Activities

1. Delta Tag
2. Foodle Attack
3. Flipping Burgers
4. Noodle Tag
5. Partner Tag
6. Noodle Alphabet (English)
7. Leaning Tower of Noodles
8. Noodle Crunches (with a bucket)
9. Nab the Noodle
10. Noodlette Madness
11. Treasure Island

Sport Skills

12. Noodle Hockey
13. Noodle Soccer
14. Noodle Baseball/Softball
15. Noodle Volleyball
16. Noodle Racketball

Fun Games

17. Noodle Soup (nutrition)
18. Clean Up the Trash (civics)
19. Noodle Relays (math - patterns)
20. Guard the Tower

Other Activities

21. Noodle Balancing
22. Noodle Tug

Vocabulary

Demi - roni – A noodle piece that has been cut in half

Noodlette – A small noodle piece about 2 – 3 inches in height

Mini – roni – A very thin noodle piece, about 1 inch in height

Noodle Activities (Descriptions)

WARM-UP ACTIVITIES

DELTA TAG (from 50 Ways to Use Your Noodle)

Students will get into groups of four. One of the students will collect a demi-noodle. The other 3 partners will join hands and form a triangle. When the partner returns, they will pick one of the three other players to tag. When the person who is to be tagged says “go”, the person with the noodle will try to tag them. When the person is tagged, they will then get the noodle and pick someone to tag and the game continues.

Every student should get a turn to be the tagger and the taggee before another person gets a chance.

FOODLE ATTACK

All students will collect a noodlette and find an open space in the gym. When the teacher says “Go”! All of the students will attempt to throw the noodlettes at other player’s feet. If a student is struck in the foot with any noodlette, they must find a space outside the playing area. Once outside the playing area, they will complete a fitness task (i.e. – 10 push-ups, 10 curl-ups, 10 jumping jacks, etc.) that is chosen by the teacher. When the task is complete, they may re-enter the game and continue playing.

FLIPPING BURGERS (from 50 Ways to Use Your Noodle)

Each student will collect one demi-noodle and a mini-roni and find an open in the playing area. The students will place the mini-roni on the back of their hands. In the other hand, they will hold the demi-roni. When the game begins, students will attempt to use their demi-noodles to knock the “burger” off the hand of other students. If the “burger” gets knocked off, the student must leave the playing area and complete a fitness task (i.e. – 10 push-ups, 10 curl-ups, 10 jumping jacks, etc.). When the task is complete, they may re-enter the game and continue playing.

NOODLE TAG

Each student will get a demi-roni and find an open space inside the playing area. When the game begins, the students will try to touch another student below the waist with their noodle. If a student is struck below the waist, they must leave the playing area and complete a fitness task (i.e. – 10 push-ups, 10 curl-ups, 10 jumping jacks, etc.). When the task is complete, they may re-enter the game and continue playing.

If two students hit one another at the same time, they are both out.

PARTNER TAG

Each student will find a partner. One partner will collect a demi-noodle and stand on one side of the gym. The partner without the noodle will stand on the opposite of the gym. The object of the game is for the partner with the noodle to tag their own partner using the noodle. When the partner is tagged, they will be given the noodle and must turn around four times before they can attempt to tag their partner with the noodle piece. The game will continue with the partners switching places until the time is over.

Students must tag each other below the waist.

PARTNER TAG 2 – The Noodle Duel

Each student will find a partner. Once they have found a partner, each student will get their own demi-noodle and stand face to face with the end of their noodle pieces touching. When the instructor says “go”, the players will attempt to touch their partner on the knee or below. If they strike their partner on or below the knee, they earn a point. First player to 10 points wins (you can play any score the instructor decides). If a player completes the task, start over if time permits.

Remind students that the goal is to tag only their partner with the noodle (no other players) and they need to watch out for others as they play.

NOODLE ALPHABET

Each student will find a partner. Together, the partners will each collect 2 noodles and find an open space in the gym. The students will place their noodles on the floor in their space. The partners will work together to create letters of the alphabet on the floor using their noodle pieces.

After some practice, the students can take turns drawing shapes, letters, or numbers on each other’s backs. The partner will then try to make the shape that was drawn on their back.

LEANING TOWER OF NOODLES

All students will collect a demi-noodle then find a partner. The teacher will have the partners find an open space in the gym where they will stand one step apart. Each partner will place their noodles on the floor like a tower with their hand on top. When the activity begins, they will say “go” and let go of their noodle and attempt to catch their partner’s noodle before it falls to the ground. If successful, they will each take a step further apart and try it again. If they are unsuccessful, they may try again from the same distance. The game continues until the warm-up is over.

NAB THE NOODLE (from teachmeteamwork.com)

For this game the Noodle Protector (NP) will need a single noodlette. To begin the game the NP will drop the noodlette inside the playing area. Once the noodlette has been dropped, the Noodle Nabbers (NN) will try to grab noodlette and move it out of the playing area without being tagged. If a player is tagged, he/she will move outside the playing area (and can perform a fitness activity) then they can return and continue the game. If a NN can nab the noodlette and make it outside the playing area, he/she can return to the middle of the playing area and drop the noodlette and then become a NP.

** More than one NP can be used

** The NP can have a demi-noodle to use to tag the NNs

NOODLETTE MADNESS

Divide the group into four equally sized teams (or as close to equal as you can get). Supply each team with a hula-hoop. Place a fifth hula-hoop on the ground (called the center hula-hoop) and ask each team to back away from the center hula-hoop approximately 30-40 feet (into the four corners). Dump a large number (50+) of noodlettes into the center hula-hoop. Each of the students must touch the edge of their hoop. When the teacher says go they must try to get all the items from the center hoop into each team's hoop. Students may only carry one noodlette at a time. Once all noodlettes are out of the center hoop, the students may then collect noodlettes from any other team's hoop. No students may guard the hoop. The winner is the team that can collect all the noodlettes (impossible).

TREASURE ISLAND

Each student will have their own hula hoop (island) and a noodle piece (the treasure) placed on the floor. The object of the game is to collect treasure from other islands and get the most into your own island. Students may take only one noodle at a time and then must return to their hoop before going to get another noodle piece. No student may guard their hoop or hold their treasure in their hands.

** For larger groups, have students share a hoop with a partner and start with two pieces of treasure in each hoop.

FITNESS STATION IDEAS

NOODLE CRUNCHES

Students will find a partner and will move to the set of mats. One partner will lie on the mat and keep their feet off of the mat. The other partner will hold their feet down. On the side of the mat where the persons head lays, the teacher will place a hula hoop with 10 noodles in it. Behind the partner holding the feet, their will be a bucket. When the time begins, the student on the mat will take one noodlette at a time and sit-up and toss it into the bucket. When they have shot all 10, then the partners will switch.

NOODLE BUCKET RELAY

Students will collect two noodle pieces out of a hula hoop at a time. They will then run to the opposite end of the gym and try to shoot each noodlette into the bucket. If they have a partner, when they return, their partner will get a chance to complete the task. The object is to see how many noodlettes they can get into the bucket.

NOODLE PUSH-UPS

Place two poly spots on the floor about 3 inches apart. On one poly spot, stack 4-6 noodlettes. The object is to move the noodlettes onto the other poly spot one at a time while staying in push-up position. The students must alternate hands each time they move a noodlette over to the poly spot. This is a partner activity, once Partner A completes the task Partner B will take a turn. The activity continues until time expires.

SPORT RELATED SKILLS

NOODLE HOCKEY

The teacher will spread a large number of noodlettes in the center of the gym. Each student will get a demi-roni and then go to their designated side of the playing area. When the teacher says “go”, the students will use their demi-roni like a hockey stick and attempt to move ONE noodlette to their side of the gym. When the activity is completed, the teacher will ask the students to bring the noodles back to the middle of the gym or put them away.
** To modify the game, the teacher can ask students to move the noodlettes to different location in the gym. They can allow the players to take the noodlettes from other.

NOODLE SOCCER

The object of the game is to kick the noodlettes (one at a time) into a designated goal. They must use their feet only. The goals can be made using mats, a cone, hula hoop, or another object.

** To modify the activity, allow the students to take noodlettes from other players. Change the locations of the goals.

NOODLE BATTING PRACTICE

Each student will find a partner and collect some equipment. They will need a demi-roni, a bucket, a poly spot, and at least 8 noodlettes. One partner will be the pitcher. Their job is to throw the noodlettes underhanded and try to get it into the bucket. The batter will stand slightly in front of the bucket (towards the pitcher) to protect the bucket. When the pitcher tosses the noodlette, the batter will try and hit it away from the bucket. When all of the noodlettes are tossed, the players will switch position and continue the game.

NOODLE VOLLEYBALL

Each student will have a noodle piece (demi-roni). Students will be placed on opposite sides of the volleyball net. Using a balloon, the students will attempt to strike the balloon up and over the net to the other side. Students may not hit the net with the noodle for safety reasons.

The activity can be used as a game or for skill development. The teacher can also add rules to challenge the students (i.e. – cannot touch the balloon two times in a row, must use three or few hits to get the balloon over the net, etc.).

NOODLE RACKETBALL

For this activity, each student will need a partner. Each pair will have a racket and either 3 or 5 noodlettes. In an open space, the pair will take turns working on racket skills using the noodlettes and the racket. Examples: a) student with the racket practices tossing and striking the noodlettes (one at a time) using a serving motion, the partner will retrieve the noodlettes that have been hit, b) student without the racket will toss the noodlettes toward their partner (one at a time) and the partner with the racket will use either a forehand or backhand motion to strike the noodlettes back toward their partner. It is important to realize that the noodlettes are light and soft so there is little risk of injury.

FUN GAMES

NOODLE SOUP

Split the class into 4 equal teams. The students may line up behind the cones facing the center of the game area. Two players will be picked to be the “crazy chefs”. The “crazy chefs” will attempt to protect their noodle soup (small noodle pieces) from the hungry students by hitting them with their spoons (longer noodle pieces).

Each team will have two players at a time attempt to collect the food in the middle (they may only take one noodle piece at a time). The players who are attempting to collect food will be holding flags in their hands. If the “crazy chef” hits a hungry student, the student must go back to their team without some food and let another player go.

After a few minutes, pick two new “crazy chefs” and continue the game. See how many pieces of soup each team can collect.

CLEAN UP THE TRASH

Split the class into two equal teams. In the middle of the gym the teacher will place any noodlettes. In the center of the gym, the teacher will mark the center using large cones. This area marks the space where the yards are. When the teacher says “go”, the students will throw or kick as many pieces of the trash (noodlettes) into their neighbor’s yard. The students may no go on the other team’s side. The team with most noodlettes on their size loses the round.

NOODLE RELAYS

The teacher will arrange the group so there are 4 to 10 lines (depending on class size). Each line will be located on the office side of the gym and will face the stage. Once the lines have been made the teacher will have the students review the relay rules. The teacher will also introduce the use of a flag or baton to the race. NOTE: The teacher can use more than one flag or baton so that multiple students are moving at the same time. After the classes practice their first relay the teacher will introduce the word “pattern” and sequence”. The teacher will ask for examples. The teacher will then provide a pattern using noodle pieces (ex. Single row of noodle pieces colored – red, yellow, blue, red, yellow, blue, etc.). Once the students understand the concept, they will attempt to recreate the pattern by collecting piece of noodle one at a time from the other side of the gym. The teacher can make the patterns more challenging by stacking the noodle pieces, covering the pattern once it’s introduced, or allowing students to create their own pattern.

GUARD THE TOWER

Split the class into four equal teams. The playing area needs to be separated into 4 equal quadrants (separated by cones). Each quadrant is a castle and near the far corner in each castle is a hula hoop (the tower). Inside each tower are the crown jewels (10 noodle pieces). Each team will line up in the far corner of the castle behind or next to a cone. Players on the team will have one of two jobs. The “royal guards” will have a noodle piece (sword) and will protect the treasure by tagging any opposing “knight” who is in their castle. The “knights” must attempt to collect treasure from the other teams’ castles one piece at a time. If a “knight” is tagged, they must leave the opposing teams’ castle and let another “knight” from their team take a turn.

**** Only “knights” carrying a flag (football flag) may attempt to capture the treasure. Other “knights” must wait by the cone for their turn when another “knight” from their team is either tagged or has collected a piece of treasure successfully. For games of 30players or less, 2-3 “knights” can collect treasure at one time. For games of over 30 players or more, 4-5 “knights” can collect treasure at one time.

OTHER ACTIVITIES

NOODLE BALANCING

Each student will have their own demi-noodle. The object is to place the noodle on an open palm so that it extends upward. Without holding the noodle the students will attempt to balance the noodle on the open hand. To make the activity more challenging, the teacher can have the students move while balancing the noodle or change the location of the balance (on the back of the hand, on the elbow, shoulder, forehead, etc.).

NOODLE TUG (from teachmeteamwork.com)

Students will need a partner for this activity. Each pair will have either a long noodle or a demi-noodle for the activity. Each partner will hold one end of the noodle and while keeping their feet side by side squat down over their feet. When one student gives the start signal, they will try to push or pull the noodle to make their partner lose their balance and falls, touch the floor, or let go of the noodle. When the round is over, the partner who lost will say “go” for the next round.

Other Noodle Games

from Parenting Magazine online

Ages: 2 years and up

Your pool float noodle has seen enough of the garage. It can't wait for your next trip to the lake. It's colorful and cushiony and so eager to be played with that it's willing to moonlight as a dry-land toy. The four games that follow take terrific advantage of its uniquely flexible uprightness and its even-toddlers-can-manipulate-it light weight.

- **Torchbearer** Hold the noodle upright and place a beanbag on top. Challenge your child to move around the room without the flame going out--that is, without the beanbag falling off.
- **Over/Under** When it comes to limbo, the pool noodle is the answer to a solo parent's prayers. We like this version best, in which you hold it out horizontally, then challenge your toddler to move over or under the noodle as if she were one of her favorite animals: she can slither like a snake, crawl like a cat, or hop like a bunny.
- **Jack Be Nimble** Slowly sweep the length of the noodle back and forth across the ground and see if your child can jump over it when it comes her way.
- **Timber!** Hold the noodle upright, with one end resting on the floor. Cry "Timber!" and let it fall, while your child scrambles to catch it before it hits the ground. (Once she's got the hang of it, nudge it in different directions to make it more of a challenge.)

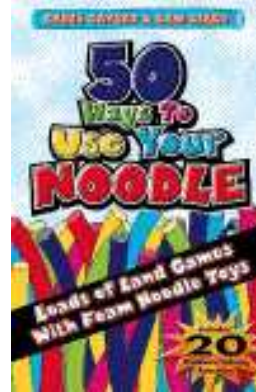
LINK: <http://familyfun.go.com/parenting/learn/activities/feature/toddler-games-famf123-0504/toddler-games-famf123-05045.html>

Sources for Noodle Inspiration

50 Ways to Use Your Noodle

by Chris Cavert & Sam Sikes

* The games and activities are played on dry land. * You can use your noodles all year long. * Many original activities. * People love to play games with noodles. * The instructions are easy to read. * There are pictures and diagrams for each activity. * You are going to have FUN!



50 More Ways to Use Your Noodle

by Chris Cavert & Sam Sikes

* 50 + 5 bonus games and activities: 43 on dry land, 12 on water. * Great for team building and social events. * You can use your noodles all year long. * Many original activities * People (kids and adults) love noodles. * Explains how to cut your own noodles. * Instructions are easy to read. * See pictures and diagrams for each activity. * Have fun!



Oodles of Noodles

by CIRA Ontario

6 chapters with 50 games using pool noodles for wacky fun games outside the pool. Chapters include warm ups, tag games, team games, tasks/challenges, noodles and balls and cooperative games.

