

NOTES FROM FAHPERD OCT 18-20 2012

Extremely Large and Incredibly Short Classes

Kirstin Voitus Kirstin.voitus@palmbeachschools.org

PLAYING CARD FITNESS:

- a. Playing cards are placed face down in the middle of the floor.
- b. Posters around the room with playing cards and exercises.
- c. One student from each group runs and picks up a card. They take the card to the poster, match the card to the activity and find out the exercise and repetitions to do. Run back to the group. The entire group completes the exercise. Next person goes, repeating the activity (Similar to Skillastics)

JUMP 4 THE \$

One partner will be the shopper, the other is the sales person.

- a. The shopper must get through the store but can only use the path (poly spots that the partner will lay for him/her).
- b. When the shopper reaches the other side they need to pick up the appropriate number of objects that equal the price of the object they must buy.
- c. Partners switch places and proceed through the same activity but getting another merchandise as required by the teacher. Example: buy merchandise for \$1.50 (different colored objects will have a price according to the sign (red \$0.50, blue \$0.25, etc.)

The Right Family

Break into small groups of 6-8 people.

- a. Each group is given a juggling scarf or another object to be passed around.
- b. Teacher reads the story "The Right Family".
- c. Scarf is passed either right or left when the word is read.

The Right Family http://www.nsrffharmony.org/protocol/doc/right_family.pdf

Developed by Kieve LDI

Objective

To stress the importance of active listening and to illustrate barriers to active listening.

Materials

The story of the Right family, one passable object per participant.

Description

Have the players stand in a circle. Explain to them that every time they hear the word “right”, they are to pass the object in their hands to the right. Every time they hear the word “left”, they are to pass the object in their hands to the left. Practice a few times so people get the hang of the idea.

Read the following story to the players

“This is the story of the Right family. Last night, the Right family went to see a baseball game between the Boston Red Sox and the Minnesota Twins. They left the house at six o’clock, right after the family finished dinner. Mr. Right drove everyone to the game in the red family van, which is always parked on the left side of the garage. In the van were Mrs. Right, Bobbie Right, Katie Right, and Joey Right. As they drove down the street, Mrs. Right waved to Lisa, their neighbor, who lives two houses down on the left. She was watering her garden on the right side of her house. As the right family approached Fenway Park, Mr. Right exclaimed, “I can’t remember where I left the tickets!” Joey Right said, “Dad, I saw you put them in your right hand pocket.” Mr. Right checked, but they were not there. Katie said, “ No Dad, that isn’t right. You left the tickets with me for safe keeping. I have them right here in my purse.” “What a relief,” said Mr. Right as he turned left into the stadium parking lot. Joey almost left his baseball glove in the van, but right when Mr. Right was about to lock the doors, he remembered he had left it under his seat. The Right family had to wait in line for a bit, but finally made it to their seats in left field. As they sat down, Mr. Right looked to his left at the whole Right family and smiled. He had made the right decision in getting tickets for this game.

Processing

Ask detail oriented questions about the story to see what the group remembers. How did your focus on

passing the object affect how well you listened? What other things distract us when we are trying to listen?

Describe active listening. How do we make sure we are all active listeners?

Questions

Where are the Rights going? What teams are playing? Where are they playing How many Right family

members are there? What are their names? At what time of the day was the game? Who almost forgot the

baseball glove? Who had the tickets? How did the Rights get to the game?

Mini Parachutes:

Give each group a mini parachute.

- a. Toss and catch with the parachute as a group
- b. Toss and catch with another group
- c. Toss ball through a hula hoop.

Rock Paper Scissors (adaptations from other teachers at the session)

- a. Students are grouped and play RPS.
- b. Winner goes up a level of the pyramid, until they get to the top.
- c. If they win at the top, they earn a popsicle stick; if they lose they go back to the beginning without any stick.
- d. At the end of the time, those with more popsicle sticks wins.
- e. Variations: Do RPS with feet.

USING CIRCUITS TO FIRE UP YOUR SECONDARY PE CLASSES

Jane Panse / Denise Griffo, Palm Beach County, FL

Music Editing program: Audacity (<http://audacity.sourceforge.net/>)

Interval Pro (for iPhones, iPads, etc.)

FREE Apps: Stopwatch, whiteboard, Sports Tracker, Ab Workout, My Fitness Pal, Cardio Teach, Pedometer Ultimate GPS+, CPR – CHOKING, Endomondo Sports Tracker, The PE Geek, Nexercise, Instant Replay, Coach My Video, Chronosoft, Instant Heart Rate, Physical Education

PAID APPS: Coach's Eye, Team Shake, PE Apps, Workout Mix, Group Games, Bracket Maker, Step Test, Daily Cardio Work-out, Sports Injury Clinic, Beep Test Trainer, SixPack PRO, CoachPad, Cardiograph, IHeartRate, Giant Scoreboard, Music Workout, Body Age, Breathing Zone.

Drawing programs: Adobe Photoshop Elements, Microsoft Paint, etc.

Stick Figure Animations: <http://www.sty kz.net/> , <http://pivot/stickfigure/anim ator.en.softonic.com>

Presenter Handouts from PE Conferences: <http://www.mygymshorts.schoolspecialty.com/>

Sound effects for presentations: <http://www.soundjay.com>

Free music (mostly instrumental) <http://www.freeplaymusic.com>

Shoulder folders

[#030846 \\$71.99 set of 12](https://store.schoolspecialty.com/OA_HTML/ibeCCtpltmDspRte.jsp?minisite=10206&item=87687)

USTA TENNIS IN SCHOOL

Tennis Skillastics exercises:

- a. Roll + shuffle. Partners roll a ball back and forth to the sides, making the partner shuffle and trap.
- b. Balance lunges: Keep ball on racquet while you do lunges.
- c. Partner rally over line.
- d. Bump ups
- e. Partner rally on target (make ball hit a target in between partners)
- f. Partner line hops (sky jumps)
- g. Forehand drop, hit, partner catches.
- h. Tap downs
- i. Balance ball on racquet, touching the floor
- j. Toss, hit, catch with hand against racquet
- k. Push up walk (inchworm)
- l. Invent a bounce (different combinations of tap downs and bump ups)
- m. Racquet quickness with partner. Racquet on its head, let go and grab partner's before it touches the floor, move farther apart each time.
- n. Roll tennis ball back and forth, using racquet on floor.
- o. Applause (toss, clap, catch)
- p. Ball drop (one person has one ball on each hand, stands with arms extended to side. Partner is about 4 feet in front. Ball person drops one ball and partner must catch after one bounce. After 3 drops, move farther back. Change positions)

COOPERATION / LET'S WORK TOGETHER

Dean Schwartz, Essrig elementary School (Hillsborough)

Titanic Challenge:

Groups of 5-7 children with 3 hoops. Life boats to the Titanic. Cannot move a hoop if there are people inside. If anyone steps outside, the whole group must go back to the beginning and start again. Solution: line hoops in a straight line. Everyone step into the hula hoops until the last one is empty, then pick it up and pass it forward so everyone can step into it.

Cooperative Maze: Children in groups of 4-5. Each group has a cooperative maze mat with 5 different colored holes in it. The object of the activity is to hold the mat off of the ground and place a colored ball on top. The ball must go through the hole that is the same color and drop into the bucket underneath it. When successful with one ball add a different colored ball so there are 2 balls, then 3, then 4.

Knots: groups with an odd number of students in them. Form a circle. Each person takes their right hand and hold the hand of another who is not standing next to them. Then take the other hand and hold a different person's hand. When they are all connected the groups must untangle

without letting go of each other. Variations: use deck rings or ribbons so they don't "touch" hands.

Cooperative Parachutes: work together to:

- a. Send rubber animal up in the air as high as possible
- b. Send it into the air and catch it back with parachute
- c. Send it into the air so it lands inside a hoop on the floor.

Rampant Relay: Groups work together to transfer a ping pong ball from one end of the court to the other using PVC pipes cut in half lengthwise. Roll the ball onto the next person's and run to the front. If ball falls, they must start from the beginning. 1 ¼ inch pvc pipe.

Mine Field: One partner wears the duct taped goggles and partner leads with voice only through a mine field of objects.

Loop Da Hoop: large group of students work together to pass a hula hoop around a circle without separating hands.

Describe 3 different cooperative activities you did during Physical Education and how you were able to cooperate with others in your groups.

Music: Kids Bop 22

EQUIPMENT TO MAKE:

Clear Vinyl tablecloth, cut holes and reinforce with colored duct tape. Use small plastic balls and try to drop balls into buckets.

For Toxic Transfer: buy wooden round pieces at Michaels, attach 8 eye hooks and string. Use a small Gatorade bottle filled with colored water.

Use PVC pipes with stoppers, filled with sand as dumbbells or heavy bars for strengthening.

Duct taped goggles for Mine Field (use brightly colored duct tape).

USE 1 ¼ inch pvc pipes to make canals for Rampant Relays