

# BEG, BORROW AND STEAL

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BEAN BAG BATTLE	3 POINTS ZONE	Crate of bean bags	
2 POINT ZONE			
1 POINT ZONE			
NO POINTS			
NO POINTS			
1 POINT ZONE			
2 POINT ZONE			
3 POINT ZONE		crate of bean bags	

Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

Equipment: 2 crates with 1/2 the bean bags in each, dodgeballs, cones to mark the zones

Learning Target: I can use my throwing and catching skills to score points for my team.

Objective: Use teamwork and good passing skills, try to collect more bean bags in your crate by the end of class time.

#### RULES:

1. Gym is divided into zones. There is a no points, 1 point, 2 points, and 3 points zone on each half of the gym.
2. Students try to pass the dodgeball to a teammate who is standing in one of the zones. If the student successfully catches the ball, the student takes that number of bean bags out of the other team's crate and adds it to theirs.
3. If they miss the ball, nothing happens.
4. If the other team intercepts a pass, they can take that number of bean bags out of the opponents crate and add it to theirs.

FROGGER				
	SCOOTER	SCOOTER	SCOOTER	SCOOTER
		MATS		
	SCOOTER		SCOOTER	SCOOTER
		MATS		
	SCOOTER	SCOOTER		SCOOTER
		MATS		
	SCOOTER		SCOOTER	SCOOTER
		MATS		
	SCOOTER		SCOOTER	
		MATS		

Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

TAGGERS - 2 - 4 Scotters and Noodles - placed in between the mat sections

Objective: See how many times your can make it to the FINAL set of mats without being tagged.

Learning Target: I can use my dodging and fleeing skills to avoid being tagged while increasing my heart rate to see how many times I can make it to the end of the level.

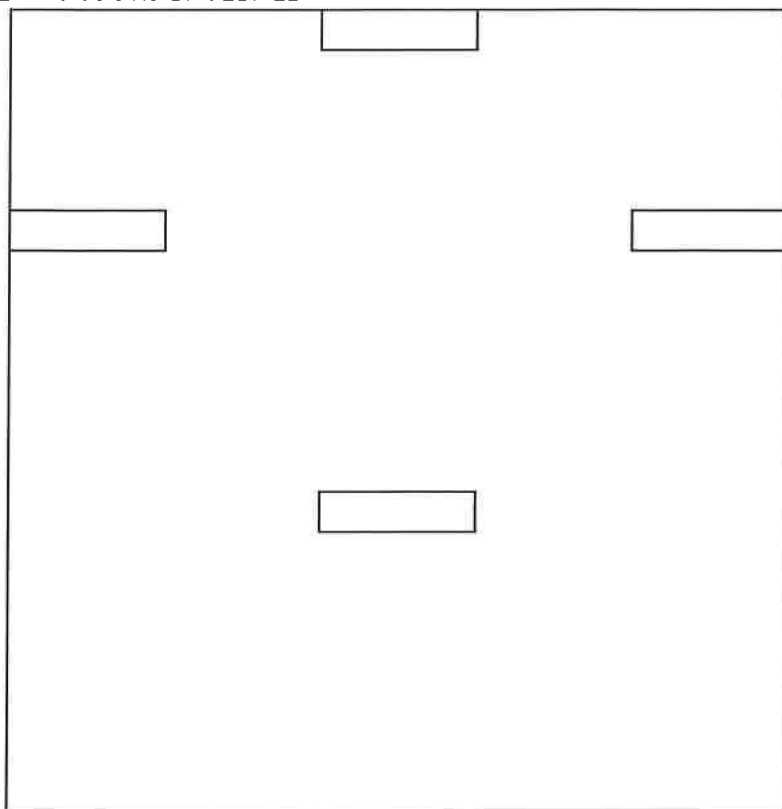
Taggers are on the scooters. Everyone else (Froggers) start on the first mat.

Froggers are trying to go from one mat to another without getting tagged.

Froggers must stay "in bounds" (even with the mats).

If tagged or go out of bounds, students do 10 exercises and start over at the beginning.

## ROCK-PAPER-SCISSORS BASEBALL



Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

**Learning Target:** I can increase my heart rate while trying to see how many "runs" I can score.

**Equipment:** Bases

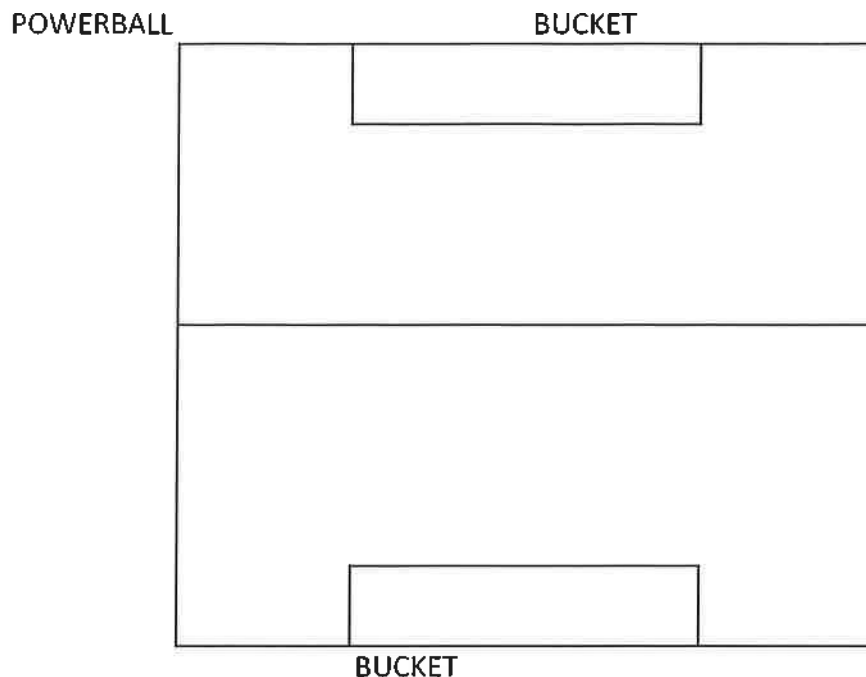
Students start at home plate. Find a partner and play Rock-Paper-Scissors.

Winner moves on to first base. Loser stays at home plate and finds someone new to verse.

Students who are at first base play Rock-Paper-Scissors. Winner moves on to second base. Loser goes back to home plate.

Students continue to play Rock-Paper-Scissors until they make it successfully around all the bases. Then, they get one point.

**Variation:** have students do exercises while playing Rock-Paper-Scissors at each base  
First base - jumping jacks, Second base - squats, Third base - plank hold,  
and Home Plate - Sit-ups



Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

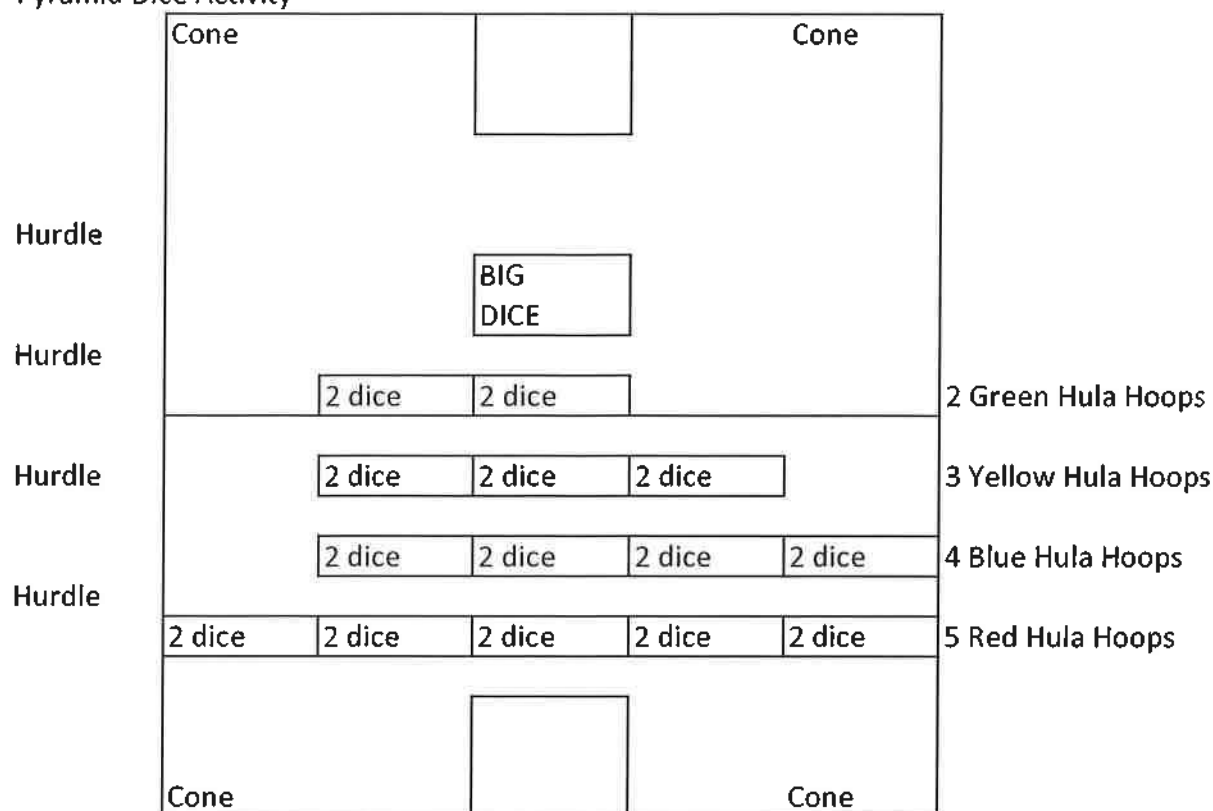
Equipment: 2 buckets full of dodgeballs, taggers (noodles) 6-8 per side

Learning Target: I can use my dodging and fleeing skills to avoid being tagged while placing the dodgeball in the other team's bucket.

Rules:

1. Offensive players take dodgeballs from their bucket and without being tagged, place the dodgeball in the other team's bucket.
2. The area behind the black line where the buckets are located is a safety zone.
3. Defense player are trying to tag the offensive players before they get into the safety zone
4. For 3rd grade, if a player is tagged, they put the dodgeball back into their team's bucket and do 10 exercises. (Jumping jacks, sit-ups, push-ups, mountain climber or burpies)
5. For 4th and 5th Grade, if a player is tagged, they place the dodgeball back in their bucket and they become a tagger, and the tagger becomes an offensive player. It may happen that there are an uneven amount of taggers on one side.

## Pyramid Dice Activity



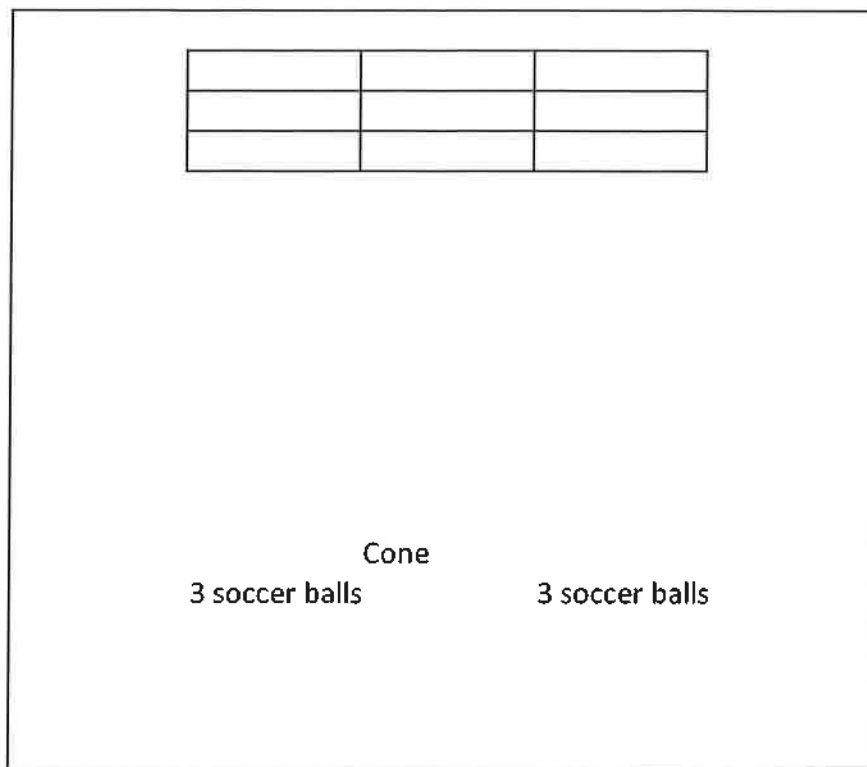
Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

Equipment: 15 Hula Hoops, 30 small dice, 2 large dice, 10 cones, 4 hurdles, and a noodle bridge

Learning Target: I can incorporate my math skills while scoring points for my team.

- Rules:
1. Everyone starts at the Red Hula Hoops - with a partner, roll both dice either add up both dice and see who has the greater number or multiply both dice to see who has the greater number
  2. The person with the higher product win and moves on to the next level of hula hoops.
  3. The person with the smaller product of the two - runs one lap around the cones and jumps over the hurdles. Then starts again at the Red level.
  4. When a student wins, Red, they go to Blue. When they win Blue, they go to Yellow. When they win Yellow, they go to Green. When they win Green, they go to the Big Dice. When they win at the Big Dice, they get a point for their team.

## SOCCER TIC-TAC-TOE



Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

**Learning Target:** I can use my soccer skills of dribbling and trapping to try to score three soccer balls in a row.

**Equipment:** 9 hula hoops, 6 soccer balls (3 for each team), 1 cone

Students are divided up into two teams, and start behind the starting line.

Relay race style - first person on each team dribbles the soccer ball out to the hula hoops, and traps their soccer ball into one of the 9 hula hoops

Then, they run back and high 5 the next person on their team.

This continues until all three soccer balls are in the hula hoops.

If a team has three in a row (horizontal, vertical or diagonal) that team wins that round

If teams don't have three in a row, the next person is allowed to go to the hula hoops and move one of their soccer balls to a different hula hoop to try to get three in a row.

## In It To Win It

Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

Equipment: hula hoops (one for each squad), cones and hurdles (one for each squad), and dodge balls

Objective: Collect a designated number of dodge balls in your team's Hula Hoop

Learning Target: I can use strategy to collect the dodge balls and improve my cardiovascular endurance

### Rules:

Hula Hoops are spread out evenly on the black basketball court lines, with the over/under hurdles about 5 feet in front of the Hula Hoop.

Relay race style, 1<sup>st</sup> person in the squad must run over or under the hurdle, then go out into the gym to collect one dodge ball, then go back to the Hula Hoop. They must go over or under the hurdle on the way back to the squad. Place the dodge ball in the Hula Hoop and high 5 the next person in line.

If it is not your turn, you must be sitting down. If you are not sitting, a dodge ball can be taken away from your team

If you do not go over or under the hurdle, then a dodge ball is take away from your squad and placed back in the center.

Groups may steal dodge balls from other groups, however, they do not have to go over or under the other team's hurdle.

You can't prevent students from taking the dodge balls away from your group (hide, discourage, yell at, ect.)

Use strategy (while you are waiting for your turn), you should be watching other groups, if they are close to winning, then steal a dodge ball from that group to prevent them from winning.



## King's Castle

**Skills:** Underhand rolling at a target (bowling pin)

**Concepts:** offense and defense

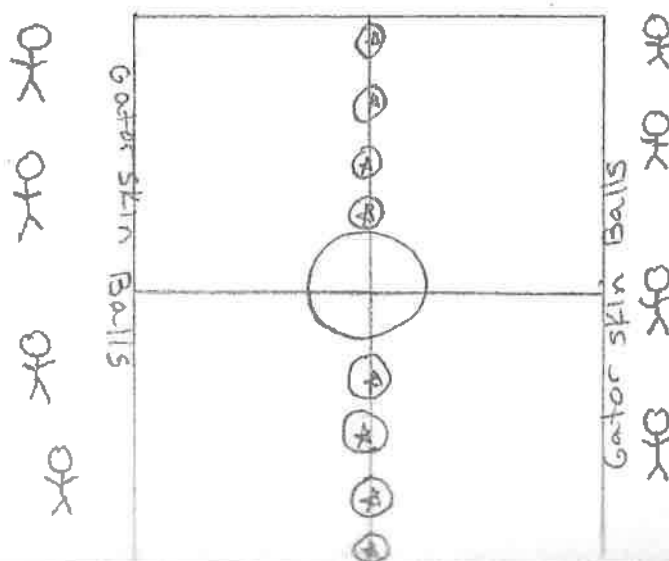
**Equipment:** gator skin balls, hula-hoops, and bowling pins

**Set up:** Hula hoops (castle's) are placed across the middle of the gym lengthwise. Allow enough space between hoops for students to move around the outside of their hoop. One bowling pin (king) is placed inside each hula-hoop. Gator skin balls are placed behind the boundary lines along the sidelines of the gym.

**Description:** Assign a student to be a castle guard for each castle. The remaining students are rollers and start the game behind the sidelines, where the gator skin balls are located. The castle's guard may only use their hands to stop the rolled gator skin balls. They are not allowed to use their feet and they cannot sit or lay down. If they stop a ball with their hands, they can hit it away or just leave it where it is. They may not go inside the castle (hula-hoop) to stop a ball but they can run around the outside of the castle. The rollers job is to roll the ball from behind the boundary line, trying to de-thrown the king (bowling pin). They may aim for any king and they may go inside the boundary lines to retrieve balls but must be behind the line when they roll. If they knock down a king, they become the castle guard for that king's castle and the former guard becomes a roller. If the guard knocks down their own pin, they automatically become a roller. That hula hoop and pin are considered "open" and the first roller to notice the open castle, gets to take it and become the new guard. If a roller steps over the line and they call themselves "out", they have a 30 second penalty. If a teacher calls them "out", then it's a 1 minute penalty.

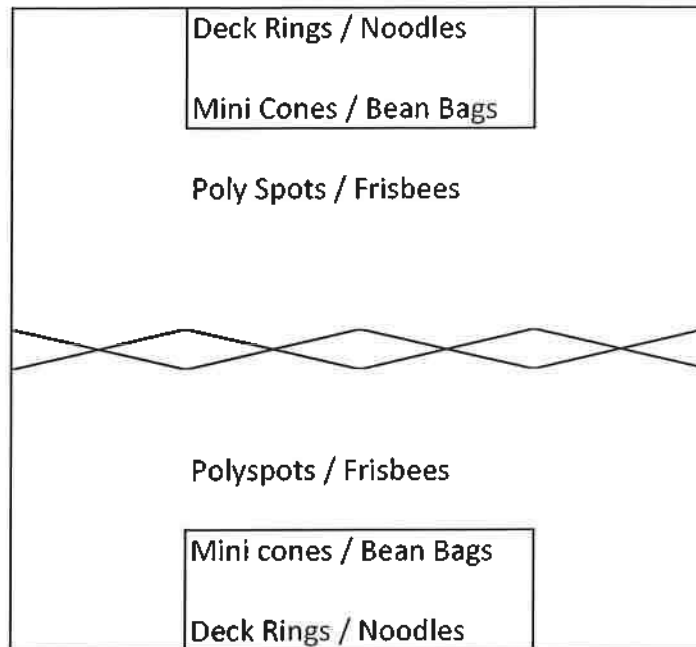
**Learning target:** While stepping with the opposite foot, I can use an underhand rolling motion to roll the ball towards the intended target (king - bowling pin).

O = Hula hoops  
(Castles)  
X = Students  
\* = Bowling Pin  
(King)



OTHER  
GAMES THAT  
WE LIKE TO  
PLAY THAT  
WE DIDN'T  
GET TO DEMO

## PLANET INVASION



Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

Learning Target: I can use my dodging and fleeing skills to avoid being tagged while trying to invade the other team's planet.

Equipment: 12 polyspots (6 per side)  
12 Noodles (6 per side)  
12 Mini cones (6 per side)  
12 Bean Bags (6 per side)  
12 Deck Rings ( 6 per side)  
12 Frisbees (6 per side)

Objective: Without being tagged, grab a piece of equipment from the other team and bring it back to your team's side.

Equipment must be spaced out on the same line as the rest of that equipment.  
(ie. All polyspots are placed on the first line)

If a student is tagged, they go behind the black line, do 10 exercises and return to their home side. Exercise choices are: jumping jacks, push-ups, sit-ups, mountain climbers, or burpies.

When a piece of equipment is grabbed, the student gets a free walk back to their home side.

## Lesson: Kings Crown (Capture the Flag Game)

Materials Needed: 4-6 pool noodles (cut in half) 8 med-large cones, 4 hoola hoops, 4 flags (pennies), enough pennies to separate teams.

Purpose of Lesson: To have students work on and improve communication during game play. Students will develop multiple strategies for success.

Learning Objective: The Students will be able to cooperatively rotate and change roles during game play. Students will continue to improve their ability to move through space avoid taggers and other students.

### Activity and Procedure:

The gym will be separated into 2 halves each side will have 4 cones spread out on the end lines. Each team starts with 2 flags, the goal is to have all 4 flags on your teams cones for even a split second. Each team has 2-3 "knights" they will use their noodles as swords and tag the other teams players when they are on the Knights side. No other players have the ability to tag the other team. If a player is hit by a noodle shoulders or below they must go to jail. On the whistle all knights must drop their noodle, no knight is allowed to pick up their noodle or any other noodle. Students will figure out that this is the best time to try to capture a flag, but if all students go for flag it will leave their team with no defense. This game takes much more team work than traditional capture the flag. From jail you can allow chains or no chains. No chains means only one prisoner can be saved by on teammate. Chains allow student to make a hand by hand chain and if one is freed then all are freed.

### Modifications:

Separate the gym into four halves and have the teams each start with one knight and one flag. First team to get 3 or 4 flags (you choose) wins.

# King's Crown

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Cone



Noodle

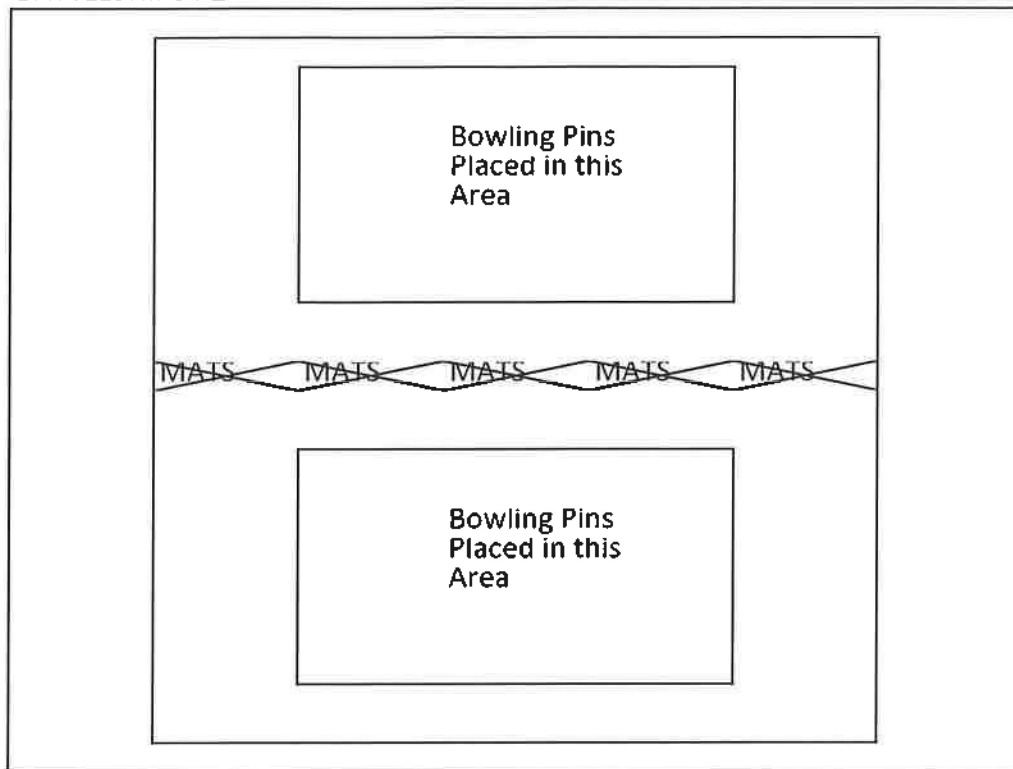


Pennies/Flag



Player

## BATTLESIPS #2



Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

**Learning Target:** I can use my throwing and catching skills to knock down the other team's bowling pins.

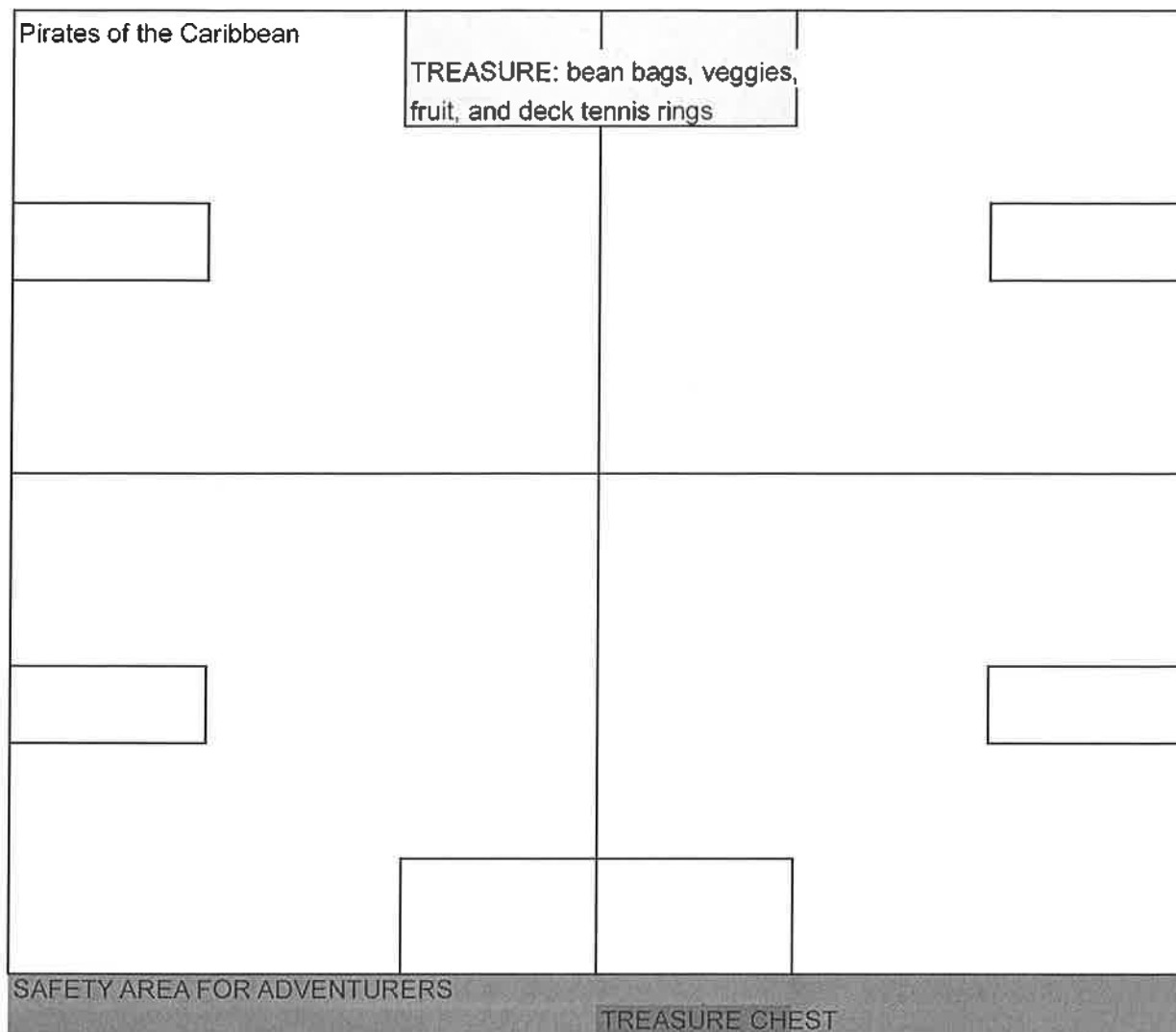
**Objective:** Like the game Battleship (teams don't know where the other team's pins are located), use dodgeballs to throw over the mats, to knock down the other team's bowling pins

### Equipment:

- Mats to create a barrier between teams
- Dodgeballs
- Bowling Pins (approx. 14 per side)

### Rules:

1. If dodgeball is caught, player can take dodgeball and run one lap - outside the black basketball court line, and throw it at any bowling pin on the other team's side
2. Penalties: guarding a pin or knocking down mats / running into mats  
10 exercises: Push-ups, Sit-ups, Jumping Jacks, Burpies or Mountain Climbers

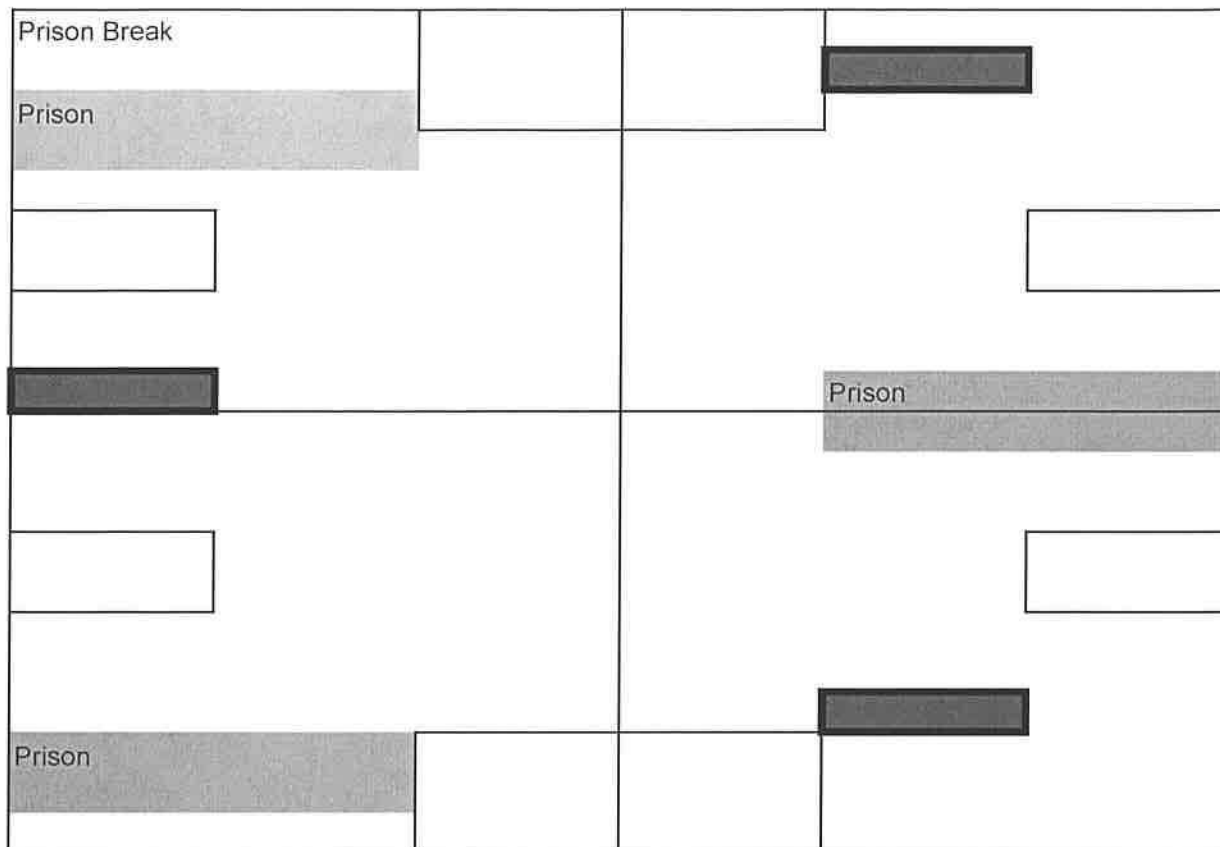


Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

Learning Target: I can use my dodging and fleeing skills to avoid being tagged while trying to "steal" the Pirates' treasure.

Equipment: bean bags, veggie beannies, fruit beannies, deck rings, noodles, a bucket

Taggers - Pirates - they tag with noodles anyone who is trying to steal their treasure. (8 taggers for double class / 12 taggers for triple classes)



Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

**Equipment:** Cone to mark the jails, pinnies for taggers, hula hoops (3) and cones for individual safe zones

**Learning Target:** I can use my dodging and fleeing skills to avoid being tagged.

**Objective:** Divide students into two teams: offense and defense.

The Offensive team starts in any one of the three prisons. They are trying to successfully make it to one of the other three prisons without getting tagged. See how many times they can make it successfully during the time allotted.

When an offensive player gets tagged, they simply go to the side, do ten exercises (jumping jacks, sit-ups, push-ups, mountain climbers or burpies). Then they go back to the prison that they started at and try again.

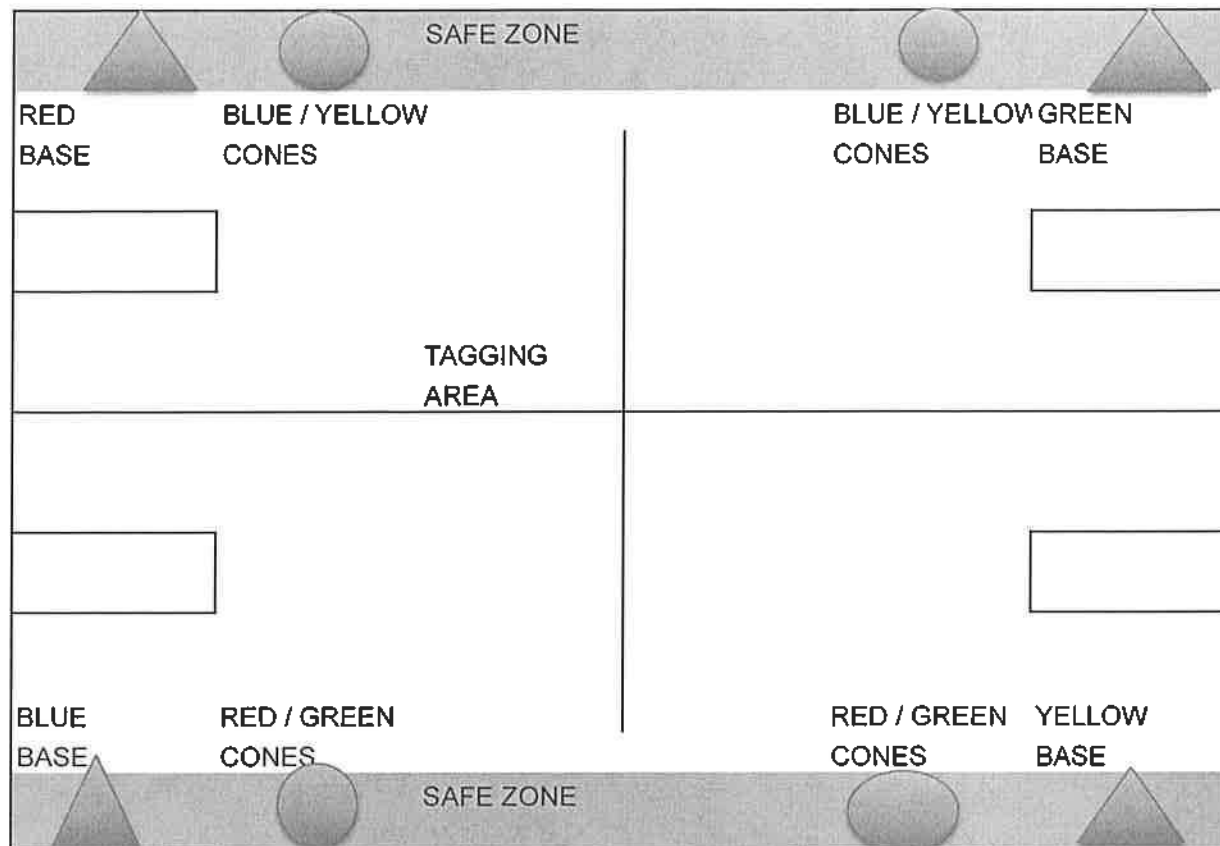
The defensive team is trying to tag anyone who is not in a prison.

The red areas are individual safe zones -- one person per safe zone, you can stay there as long as you want, but you are not helping your team or being very active.

Teams switch - 1/2 way through



## CONEY ISLAND



Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

**Objective:** Students are trying to steal all of their teams colored cones from across the field and bring them back to their base cone without being tagged.

**Learning Target:** I can use my dodging and fleeing skills to avoid being tagged while collecting all of my team's cones.

4 Teams - every team for themselves

**Equipment:**

Cones to mark the playing area and safe zone

4 Large Cones with signs on them designating their color: Red, Blue, Green and Yellow

4 Hula Hoops - one of each color (Red, Green, Yellow and Blue)

16 of each color mini cones

Pinnies for each team - in each color

Every team for themselves - tagging game (like Everyone's It)

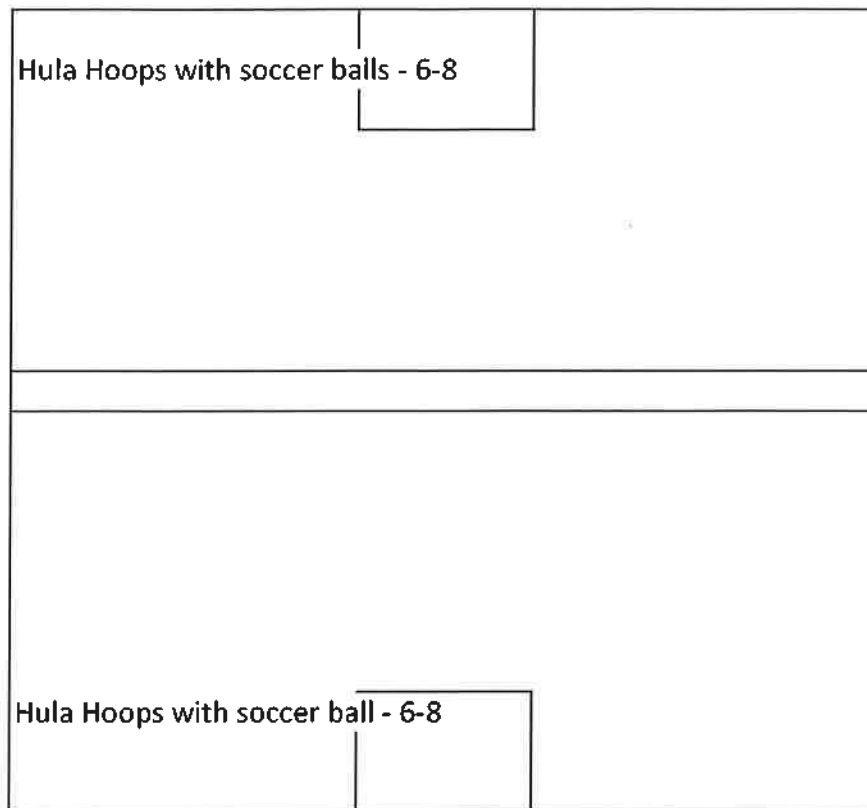
Only tag in the tagging area, NOT allowed to tag in the SAFE ZONE

If tagged, students go to the side, do 10 exercises (Jumping Jacks, Situps, Pushups, Mountain Climbers or Burpies) and re-enter the game through their BASE Cone

Students can tag, even with a cone in their hand.

If two students tag each other at the same time, they do rock, paper, scissors to see who is out.

## **SOCCER QUEST (Capture the Soccer Ball)**



**Illinois State Goals: 19A, 19C, 21A, 21B, and 24A**

**Equipment: 12 - 16 Soccer balls and Hula Hoops, cones to mark the field**

**Learning Target: I can use my soccer skills of dribbling and passing, as well as my dodging and fleeing skills to avoid being tagged, while steal the other team's soccer balls.**

**Played just like Capture the Flag, however, with soccer balls.**

**Students are safe when they are on their side. When on the other team's side, if a student gets tagged, they go to the side and do 10 exercises (jumping jacks, sit-ups, push-ups, mountain climbers or burpies)**

**Students may steal only one soccer ball at a time, and must dribble the soccer ball back to their side and place it in their team's hula hoops.**

# Challenge Run

Students End here - then run 1/2 lap along black line back

to beginning				
Cones	Cones	Cones	Cones	Cones
Tagger		Tagger		
Poly Spots	Poly Spots	Poly Spots	Poly Spots	Poly Spots
Tager		Tagger		
Hula Hoops	Hula Hoops	Hula Hoops	Hula Hoops	Hula Hoops
Tagger			Tagger	

Students start here

Illinois State Goals: 19A, 19C, 21A, 21B, and 24A

Learning Target: I can increase my cardiovascular endurance while trying to score as many points as I possibly can.

Students start behind the black endline.

They can stop at any level (hula hoops, poly spots or cones).

If they make it to the other side without getting tagged, they earn a point, and start over

If they get tagged, they start over.