

# NJAHPERD Conference 2018

Don't Gamble with Kid's Fitness

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***DEAL OR NO DEAL***



**A1**

**A2**

**A3**

**B1**

**B2**

**B3**

**A4**

**A5**

**A6**

**B4**

**B5**

**B6**

**A7**

**A8**

**A9**

**B7**

**B8**

**B9**

**A10**

**A11**

**A12**

**B10**

**B11**

**B12**

**A13**

**A14**

**A15**

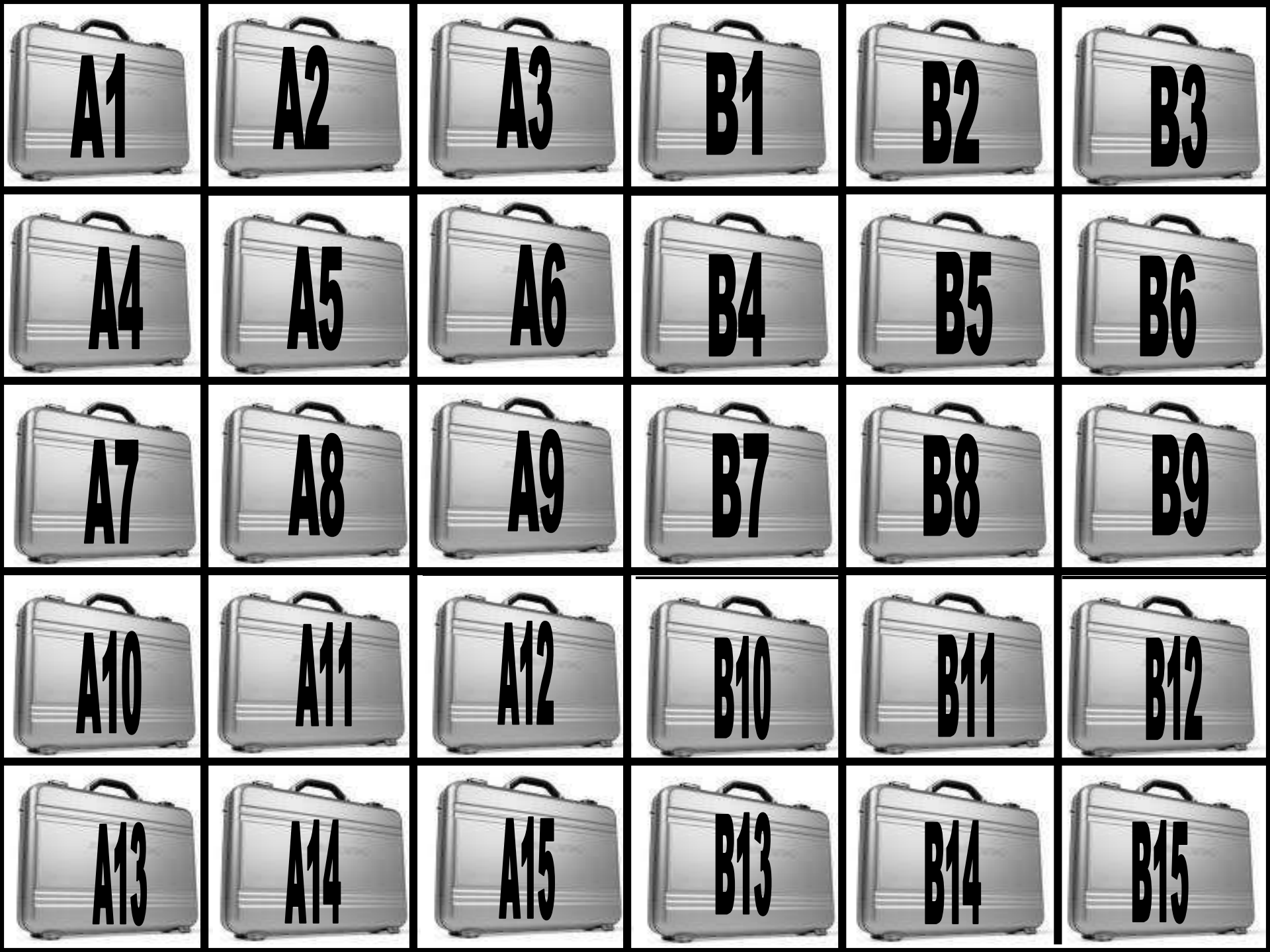
**B13**

**B14**

**B15**

# Deal or No Deal

## Animated Gifs



# Roll and Run

By Kevin Tiller

Book: Dice Games

## SET UP:

- EVERY STUDENT BEGINS WITH ONE DIE.
- ALL STUDENTS BEGIN THE GAME WITH A PARTNER.
- EVERYONE STANDS FACING THEIR PARTNER READY TO ROLL THE DICE.

## DESCRIPTION OF ACTIVITY:

- ON THE "GO" SIGNAL, STUDENTS ROLL THE DICE.
- THE PARTNER WHO ROLLS THE HIGHER NUMBER GETS TO TAKE 1 "VICTORY LAP" AROUND THE CONES RUNNING (OR SKIPPING, GALLOPING, RUNNING BACKWARDS, ETC...)
- THE OTHER PARTNER PERFORMS FIVE JUMPING JACKS.
- WHEN THE STUDENTS ARE DONE WITH THEIR MOVEMENT ASSIGNMENT, THEY FIND A NEW PARTNER AND ROLL AGAIN.
- IF A TIE IS ROLLED, STUDENTS ROLL AGAIN.
- USE DIFFERENT LOCOMOTOR SKILLS FOR THE STUDENTS WHO HAVE TO DO A VICTORY LAP.

# Rolling Locomotives

By Kevin Tiller

Book: Dice Games

## SET UP:

- EACH STUDENT BEGINS WITH ONE DIE.
- PLACE LOCOMOTOR SIGNS ON THE WALLS AROUND THE GYM.
- STUDENTS SPREAD OUT IN PERSONAL SPACE TO BEGIN THE ACTIVITY.

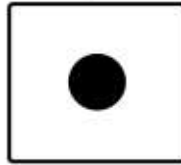
## DESCRIPTION OF ACTIVITY:

- ON THE "GO" SIGNAL, STUDENTS ROLL THEIR DIE ON THE FLOOR.
- THE NUMBER THAT IS ROLLED REPRESENTS THE LOCOMOTOR SKILL THAT THEY NEED TO PERFORM ONE TIME AROUND THE GYM (STUDENTS REFER TO THE LOCOMOTOR SIGNS).
- IF THE NUMBER THAT COMES UP REPRESENTS A LOCOMOTOR SKILL THAT IS DIFFICULT FOR THE STUDENT TO PERFORM (HOPPING ON 1 FOOT OR JUMPING WITH 2 FEET) THE STUDENT MAY RE-ROLL THEIR DICE AGAIN.
- ONLY THREE RE-ROLLS PER PERSON.

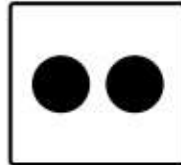


# ROLLING LOCOMOTIVES

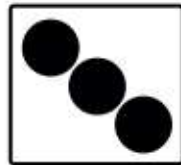
MAKE MULTIPLE COPIES OF THIS SHEET AND HANG THEM AROUND THE GYM.



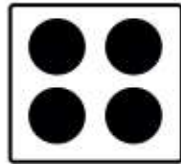
= **Run**



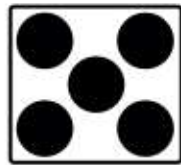
= **Gallop**



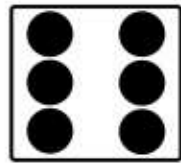
= **Skip**



= **Slide**

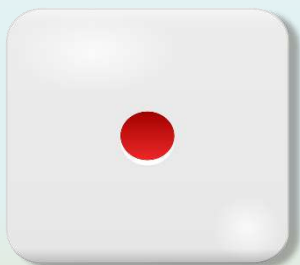


= **Jump**



= **Hop**





Jog



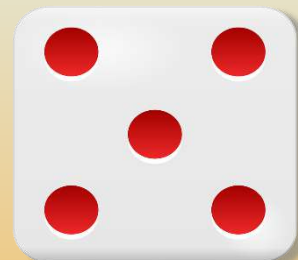
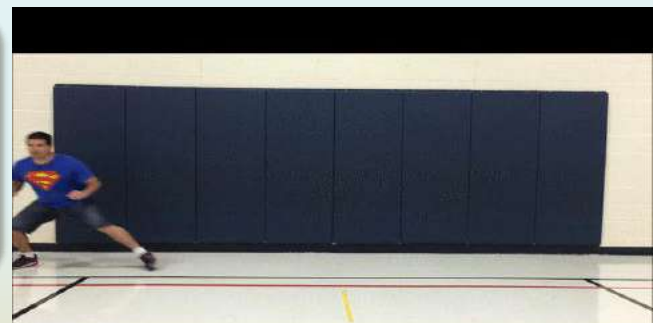
Gallop



Skip



Slide



Jump



Hop



# Double Trouble

## SET UP:

- ALL STUDENTS BEGIN THE GAME WITH A PARTNER AND A DIE FOR BOTH PLAYERS.
- EVERYONE STANDS FACING THEIR PARTNER READY TO ROLL THE DIE.

## DESCRIPTION OF ACTIVITY:

- ON THE "GO" SIGNAL, BOTH PARTNERS ROLL THE DICE ON THE FLOOR.
- WHEN THE DICE STOP, THE NUMBERS THAT ARE ROLLED ARE ADDED TOGETHER.
- PARTNERS WOULD THEN PERFORM AN EXERCISE FROM THE EXERCISE LIST TO PERFORM TOGETHER.
- WHEN THEY ARE FINISHED, THE DIE IS ROLLED AGAIN, AND PLAY CONTINUES.
- AFTER ONE MINUTE, HAVE EVERYONE GET A NEW PARTNER AND BEGIN AGAIN.

Inch  
Worm



Jumping  
Jacks



Push  
ups



Bear  
Crawl



Frog  
Jump



Lunges



# Colorful Locomotion

by: Ben Pirillo

Select a card from one of the buckets in the center of the room.

Identify the shape that is on the card and what locomotor skill is associated with it. These are projected on the screen.

Find the matching bucket then perform that locomotor skill over to it and drop the card in. Return to the center by doing the same skill.

Select a new card and repeat.

Rectangle

Jog

Pentagon

Gallop

Octagon

Skip



Star

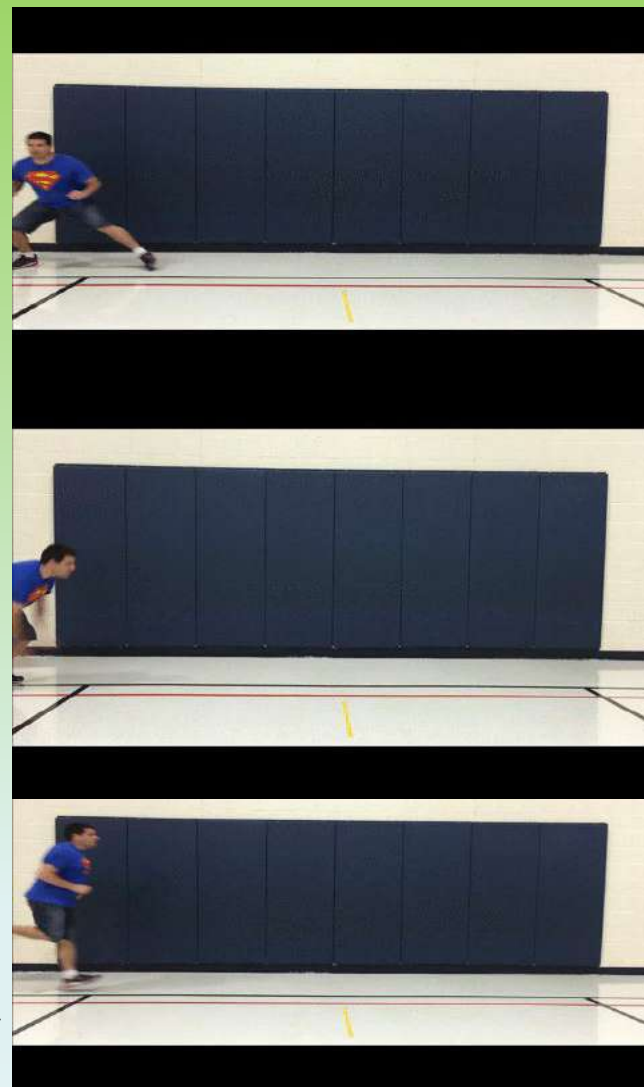
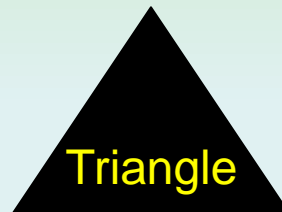
Slide

Diamond

Jump

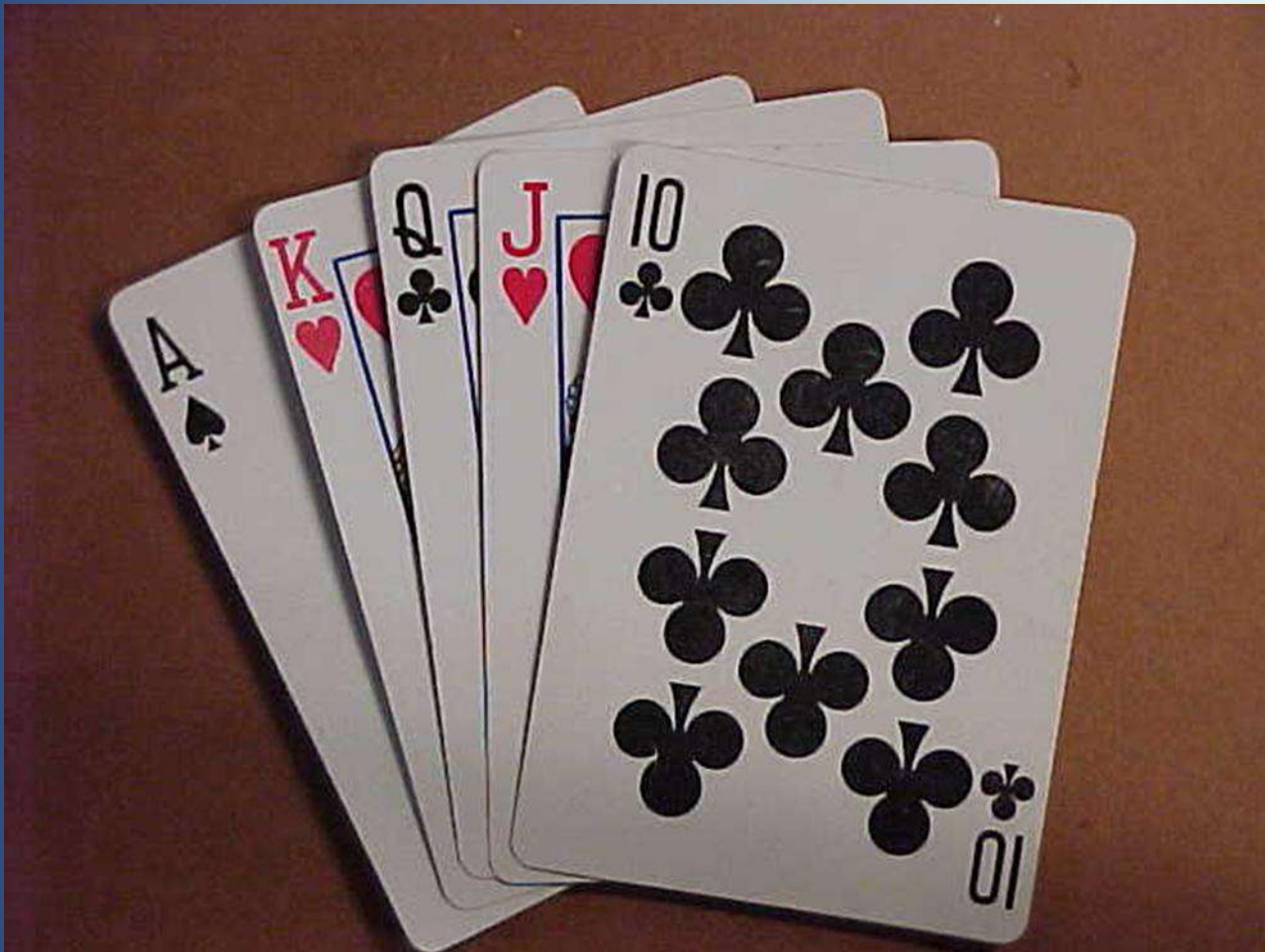
Triangle

Hop





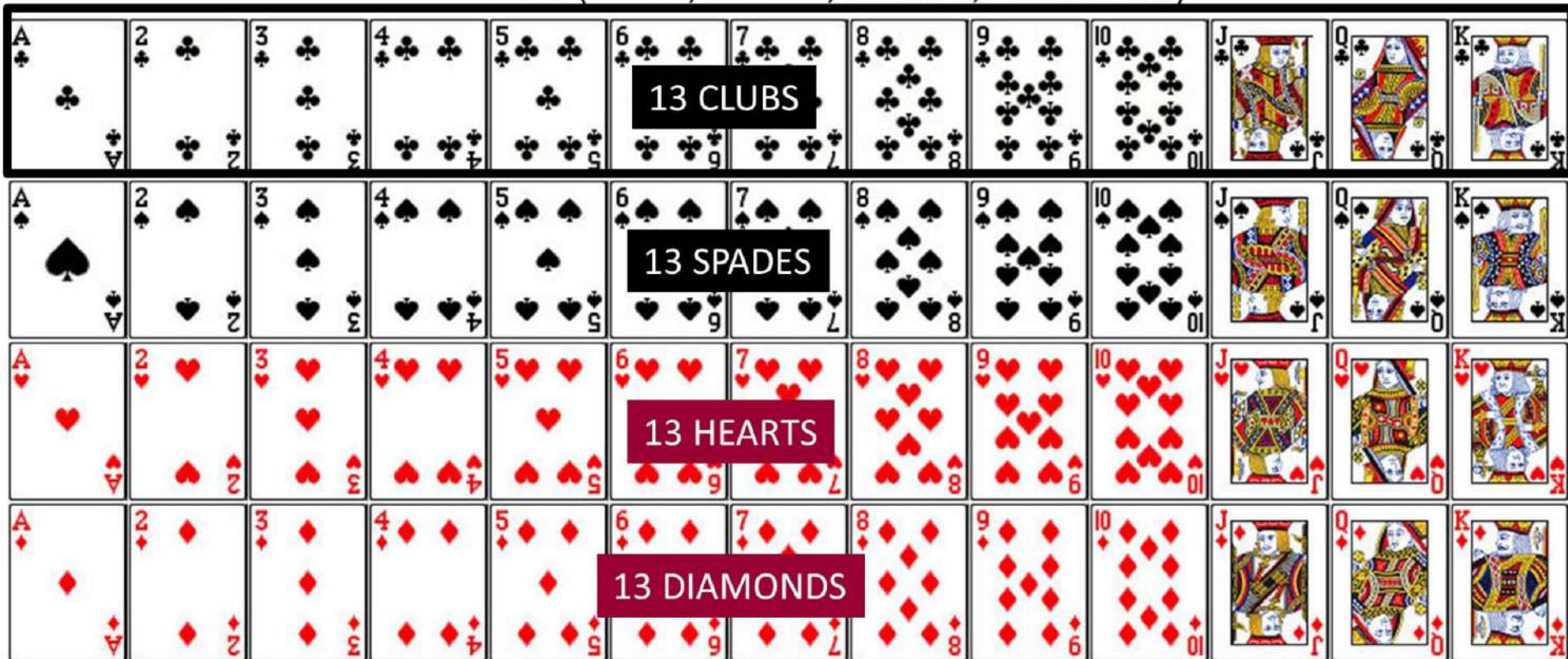
# Fitness war



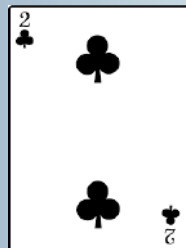
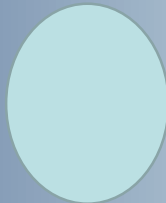
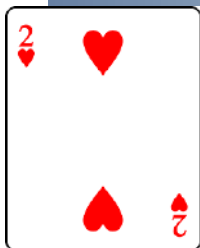
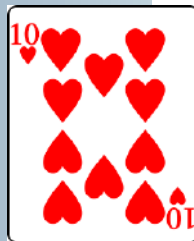
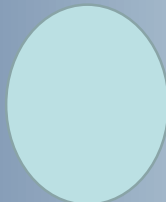
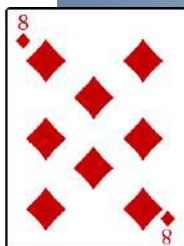
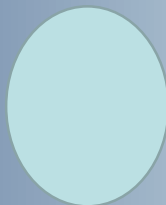
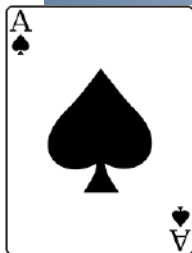
# Deck of Cards

## Standard deck of 52 cards

4 suits (CLUBS, SPADES, HEARTS, DIAMONDS)







## Exercise List

Exercise to Perform	How many times (repetitions)
Jumping Jacks	5
Monkey Dance	5
Piano Keys	5
Mountain Climbers	5
Push-ups	5
Lunges	5
Toe-Touches	5
Star Jump	5
Bicycle	5
Sit-ups	5
Squats	5
Step Touches	5



# Instant Activity

## "Race to 3" Bucket Challenge

by Justin Cahill  
@justybubPE

**SHAPE Standard 4.E4 - Working with others. Sportsmanship**

**Equipment:** 1 small bucket of some type per 2 students, 2 different colored balls in each bucket. (plastic ball pit balls, Super 70 Gatorskin balls, or similar)

**Game Play:** Students partner up at a bucket and each take a ball. To start the game, players must hold their ball above the bucket and tap their ball to their partner's ball. Both players immediately begin attempting to bounce their ball into the bucket. A point is awarded each time a player is successful. A winner is declared when the first player scores 3 points. Upon conclusion of the game, players congratulate each other with a handshake and a "good job/good game" type compliment and find someone new to play.



Gym Set Up



activity sheet created by Mike Graham @pe4everykid

# Underhand Throwing for Accuracy

## Champions & Challengers

@pe4everykid

**Equipment:** 16-20 hula hoops (in pairs of matching colors – 2 red, 2 green, etc...), 8-10 poly spots (matching colors to the paired hoops), 8-10 bean bags or Koosh balls (matched to the colors of the poly spots), some cones for boundaries.

**Set-up:** No matter class size, you always want 2-4 students in line. The rest of the students are either standing at hoop on the Challengers side or on the Champions side.

**Game Play:** The Challengers start by tossing the beanbag or Koosh ball at the Champion's hoop trying to land it in. If they miss, the Champion throws at the Challenger's hoop. They continue to toss until someone gets it in. Whoever gets it in first is the winner – we call them the Champion. When a bean bag lands in a player's hoop, they must do two things:

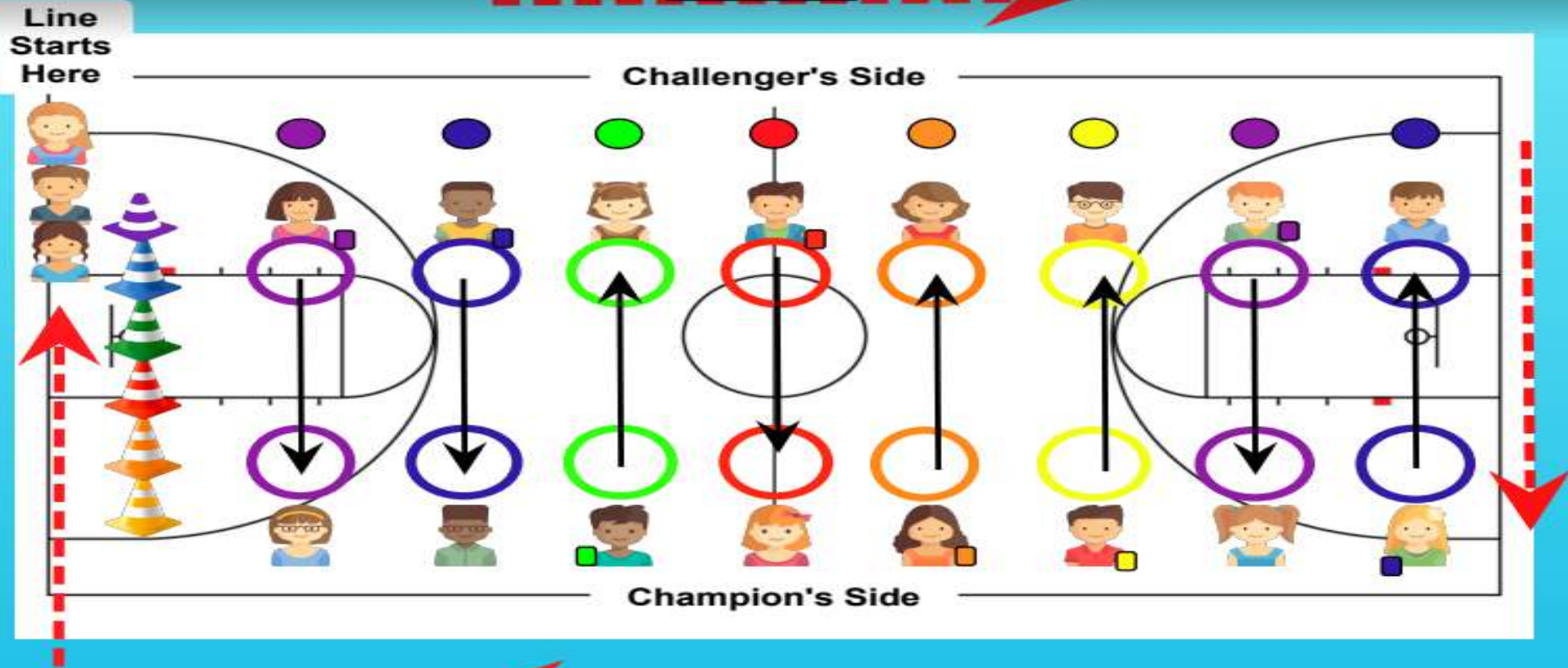
1. Return the beanbag/Koosh ball to the poly spot (this tells the next player waiting in line that you are done and they can come and take your spot)
2. Travel around the outside of the playing area (follow the arrows on the diagram) to return to the line

As soon as the first person in line sees that there is a beanbag on a spot, they know that the lane is empty and they may leave the line and go play there. The object of the game is for the Challengers (people that start with the beanbag) to try and make it in the Champion's hoop and become the new Champion. If a Champion makes it in the Challenger's hoop, they stay in on the Champion's side and play the next Challenger.

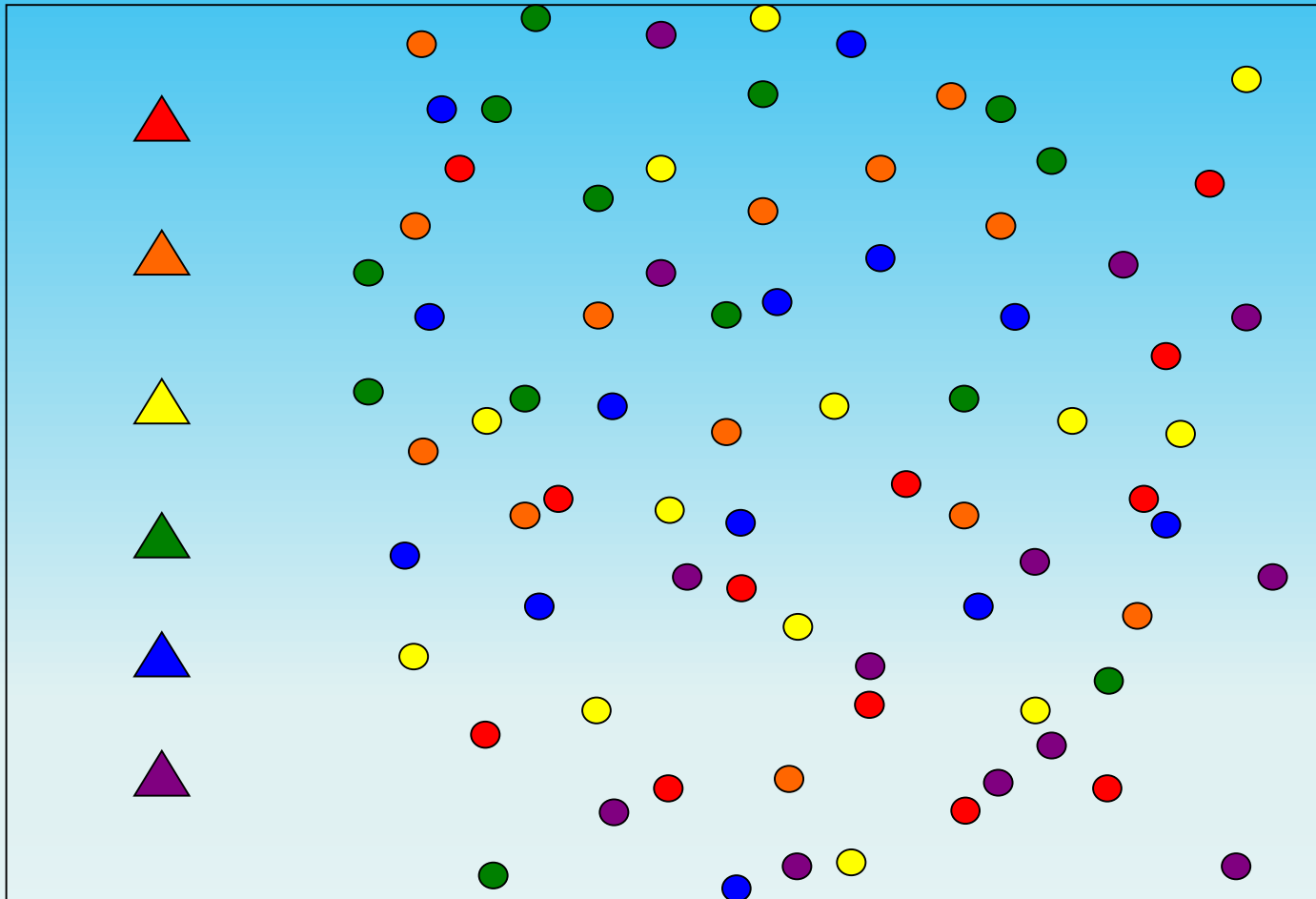
**Note:** Stress the importance of returning the beanbag/Koosh ball to the spot so the people in line know where to play next. Also, remind the students to step with their opposite foot when tossing the beanbag. There is also NO blocking the hoop by standing in front of it or catching the beanbag before it hits the floor. Finally, if any part of the beanbag/Koosh ball is touching the floor inside the hoop, it counts!







# Football Make It and Take It



ARIZONA CARDINALS	BEARS	BILLS
 LOS ANGELES CHARGERS	SAINTS	CAROLINA PANTHERS
RAIDERS  LOS ANGELES	BALTIMORE RAVENS REDSKINS	CLEVELAND BROWNS CINCINNATI BENGALS
BRONCOS DENVER	PATRIOTS	 
TAMPA BAY BUCCANEERS MIAMI DOLPHINS	LIONS	TENNESSEE TITANS
JACKSONVILLE JAGUARS	VIKINGS	★ HOUSTON TEXANS
ATLANTA FALCONS	CHIEFS	Seahawks
COLTS	GIANTS JETS	PACKERS



# Warm Up

## Chicken Taco Tag

@pe4everykid

**Equipment:** 4 poly spots, 4 rubber chickens (avg. class size of 24)

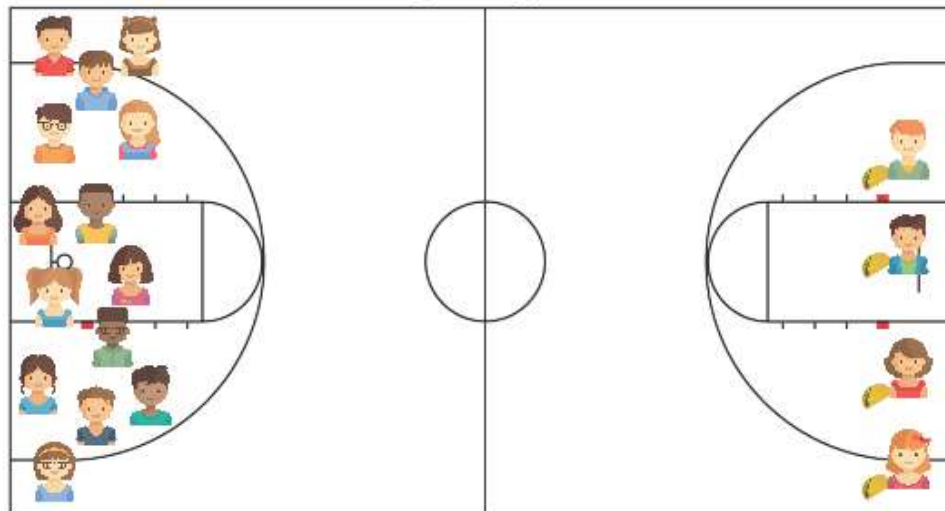
**Set-up:** Choose 4 students to be taggers. They start the game with a poly spot and a rubber chicken. These players are "IT." We call them the "Chicken Taco Taggers".

**Game Play:** When the music starts, the players holding the "chicken tacos" must chase players without tacos. If they tag someone (using their free hand) they drop the taco and run away. The player who got tagged must pick up the chicken, stuff it in the taco and is now "IT." Then they try to tag people.

I play this as a warm up/instant activity for about 5-7 one minute rounds.



### Gym Set Up



# Resources

## Websites:

Kevin Tiller - <https://physedreview.weebly.com>

Kevin's content for sale: <https://physedreview.weebly.com/my-pe-content-for-sale.html>

Mike Graham - <http://pe4everykid.weebly.com/>

Ben Pirillo - <http://teachphysed.weebly.com/pe-teachers-websites.html>

Ben's Animated gifs - <https://www.teacherspayteachers.com/Store/Teachphysed>

Shape cards - <https://drive.google.com/file/d/0ByRR6DMa9TTnT21LbUI3TWliZ28/view>

Justin Cahill - <https://jcahillpe.wordpress.com/>

Jo Bailey - <http://lovephyed.blogspot.com/>

Nick Spencer - <https://sites.google.com/site/mrspencerspewebsite/>

Jorge Rodriguez - <http://www.physednow.com/>

Justin Schleider - <https://slowchatpe.com/>

VoxerPE - <http://voxerpe.com/>

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