

NJAHPERD 2018

ENGAGE YOUR SCHOOL IN COMPREHENSIVE ACTIVITY



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Activity Ideas

ANY Ball

- Set-up: This activity can be played by 4 or more players. Place a poly spot to represent "Home Base". Place a spot about 10 paces away to represent the "Pitcher". Two players stand behind the pitcher as fielders. One (or more) player(s) stand at "Home Base".
- Description: Today's activity is called Any Ball. One player will be up and will perform the designated skill... Teacher can choose ANY skill (kicking, striking, throwing, etc.). Once the player kicks/hits/slaps the ball, he/she performs a fitness exercise. A point is scored for each rep... Choose ANY fitness exercise (jumping jacks, push-ups, laps around a cone, etc.). The fielding teams will work together to collect the ball and return it to the pitcher. The pitcher must keep one foot on the pitcher's spot. Once the pitcher catches the ball, the player stops doing the exercises. Rotate positions and repeat. Teacher can add ANY rules that you want to allow players to be successful!

OPEN **AFTER SCHOOL** **SLAM BALL** **60' FC** **FREQUENCY CORRECTION**

ACTIVITY GOALS

- I will demonstrate quick reaction time when receiving a ball thrown by my opponent.
- I will demonstrate fair play and cooperation with others.

TEACHING TIPS

- Aim for target
- Move to ball
- Soft hands to catch

ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 hoop per 2 (or 4) players
- 1 ball (e.g. F' PG Ball) per 2 players

Set-Up:

- Two players stand on opposite sides of a hoop at least one step away.
- If sharing a hoop, two other players can stand perpendicular at the same hoop.
- One player starts holding the ball.

Activity Procedure:

- Today activity is called Slam Ball. The object of the game is to successfully throw and catch the ball using a hoop as a target.
- When I say "GO" the first player throws the ball into the hoop. The second player attempts to catch it.
- Scoring:
 - Ball does not hit inside the hoop (point for receiving player)
 - Ball hits inside hoop and bounces over the head of the receiver (point for receiving player)
 - Ball hits inside hoop and bounces over the head of the receiver (point for receiving player)
 - Ball is not successfully caught by receiving player (point for serving player)
- If sharing a hoop with 4 players and the two balls collide, this is a "team" and the two players that threw the ball switch opponents.

Grade Level Progression:

K: Allow students to practice bouncing and catching a ball without hoops or opponents.

1st - 2nd: Focus on teamwork by counting the number of catches players can make without using scoring.

3rd - 5th: Play the game as described.

EATING HEALTHY 101

FACT: Slam ball is fun, but slamming your food isn't! Everyone can benefit from slowing down a little while they eat. It takes 20 minutes from the time you start to eat for your brain to tell you that you're full. Eating too quickly can lead to overeating and other digestive problems. So, slow down and enjoy your food!

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OPEN **TOOLS FOR TEACHING WITH LIMITED EQUIPMENT** **SWITCH** **Ultimate** **TEACHING CUES**

STUDENT TARGETS

- Skill: I will demonstrate throwing cues for accurate passing.
- Cognitive: I will identify and discuss basic skills and strategies.
- Fitness: I will remain actively engaged.
- PSR: I will work safely while staying active.

ACTIVITY SET-UP & PROCEDURE

Equipment:

- 3 cones per 12 students
- 3 foam balls per 12 students
- 1 flying disc per 12 students
- 12 low profile cones per 12 students
- 1 pericle per 2 students

Set-Up:

- Create 1 activity area per 12 students with 3 cones in the center of each area. Foam balls on the cones.
- Create 8 to 10 paces from the cones using 12 low profile cones. This creates a defensive area inside and an offensive area outside.
- Create teams of 6 students with 1 team inside the circle area (defense) and 1 team outside the circle area (offense). The team starting on offense wears pinnies.

Activity Procedures:

- Today's activity is called Switch. The object of the game is for the offense to score a goal. Three passes must be made before a shot is taken.
- When a goal is scored or an interception is made (defense gains possession), players yell, "SWITCH!" On this signal, teams switch; offense becomes defense and defense becomes offense.
- The new offensive team must complete 3 passes before a shot is taken.
- Defensive teams stay inside the cones but may move throughout the offensive area. Continue play until you hear the stop signal.

Grade Level Progression:

- Add a second flying disc to the activity.

STANDARDS & OUTCOMES ADDRESSED

- Standard 2 (M2.6-8) Executes at least 1 of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes; uses pivot, take, or give & go (8); Executes at least 2 of the following offensive tactics to create open space: give & go; a variety of passes; fakes, pivot (7); Executes at least 3 of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes, and pathways; give & go (8).

DEBRIEF QUESTIONS

- DOK1: What does it mean to have an offensive advantage?
- DOK2: What skills and strategies help you gain an offensive advantage?
- DOK3: How is the movement of players without the fly disc related to offensive advantage?

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Beanbags Activities

Hot Potato

- Play catch with a partner. Take turns saying the alphabet, spelling a word, skip counting, stating words that start with “__” or anything else.
 - Supercharge: Do this while doing ski-jumpers.

Quick Grab

- Have students sit facing each other. Place beanbag in-between them. Object is to be the first one to grab the bean bag after answer is heard (answer could be anything).
 - Supercharge: Have students hold a plank.

Fun with Scarves

Concentration

- Group students in pairs. Partner 1 tosses and catches/juggles 2+ scarves. Partner 2 names three (or more) items related to subject, pausing a second in-between each. Then, Partner 1 stops and attempts to name the same three items in the same order (Ex: name three spelling words, science terms, compound words, colors, factors, etc.).
 - Supercharge: Partner 2 performs jumping jacks

Trap-It

- Students face partner and grasp a scarf in their right hand and put their left hand (palm up) out in front. Student then hold scarf so that it is just touching the (left) palm of their partner. Students are listening for words that rhymes with _____ or a word with _____ syllables.
 - Supercharge: Partners do squats.

No Equipment

Once, Twice, Show

- Similar to Rock, Paper, Scissors except students show a number (of fingers). Be the first one to solve any math property (addition, multiplication, etc.).



Research shows that children are more likely to succeed academically and are less likely to engage in violent behavior if their families are involved in their education. Many parents say, however, that they feel unwelcome or uncomfortable in their children's schools.

Resources

Project Appleseed

- This non-profit, national campaign advocates improvement in public schools by increasing parental involvement in U.S. schools.

The National PTA

- This site provides a number of documents offering ideas for teachers and schools who want to encourage and promote parental involvement in education.

National Network of Partnership Schools

- Established by researchers at Johns Hopkins University, this organization helps schools, districts, and states develop and maintain programs that promote school-family-community partnerships.



Staff Involvement in the CSPAP and support for school employee wellness and leadership training contribute to the overall culture of physical activity at a school.

School employee wellness programs improve staff health, increase physical activity levels, and are cost effective. Schools that are committed to good health practices are positive role models for students and may show increased support for student participation in physical activity. Teachers and other school staff members can integrate physical activity into classroom academic instruction and breaks, and support recess, intramurals, and other physical activity offerings.

Staff Involvement Ideas

- Ensure that physical activity opportunities are a part of a staff wellness program.
- Provide nutrition education to staff members to support a healthy lifestyle.
- Conduct a staff needs assessment to identify health-related needs, and work with local organizations (e.g., hospitals, wellness centers, fitness clubs) to address those needs.
- Establish a staff goal (e.g., participation in a 5K run/walk) and conduct a training program.
- Hold walk-and-talk meetings with colleagues.
- Offer incentives to staff members, such as lending pedometers that they can keep if they accumulate 10,000 steps every day for a month.
- Provide information to staff members and administrators about the importance of physical activity in their personal lives and the lives of children.
- Offer staff members professional development on creating opportunities for physical activity in the classroom.
- Provide professional development to those who supervise recess to help them facilitate active play.
- Create opportunities for staff members and students to be physically active together, such as a school-wide field day.