

# FAMILY FUN NIGHTS

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**NJAHPERD State Convention**  
**Feb 28, 2018**



# THINGS TO THINK ABOUT:

- **CREATORS:** SOLO ADVENTURE      CREATE A COMMITTEE      HAVE STUDENTS INVOLVED IN CREATING
- **CREATE A CALENDAR**  
WILL FAMILY NIGHTS BE MONTHLY      PER SEMESTER      BI-ANNUAL      SEMI-ANNUAL
- **WHO WILL BE INVOLVED**  
WHOLE SCHOOL & FAMILIES      SELECT GRADES & FAMILIES
- **FROM THE SCHOOL WHAT WOULD YOU LIKE TO INCLUDE**  
CROSS-CURRICULUM      HEALTH & PE ONLY      FAMILY INFORMATION TOPICS
- **WHO WILL HELP FUND IT**  
PTA/PTO/H&S      SPECIAL EVENTS COMMITTEE      SCHOOL FUNDS      FUNDRAISING      FAMILY FEE/DONATIONS
- **BRAIN STORM OF VARIOUS THEMES FOR FAMILY NIGHT**  
CROSS-CURRICULUM      HEALTH & PE ONLY      FAMILY INFORMATION TOPICS

# USING THE COMMUNITY

**ZUMBA**  
**MARTIAL ARTS**  
**YOGA**  
**DANCE**  
**LESSONS**





# USING YOUR COMMUNITY

- **BE SURPRISED HOW MANY RESTAURANTS AND COMMUNITY ORGANIZATIONS WOULD BE INTERESTED IN HELPING YOU HOST EVENTS ESPECIALLY IF THE EVENT HAS A “GOOD TURN” GOAL IN MIND.**

## VETERAN’S DANCES

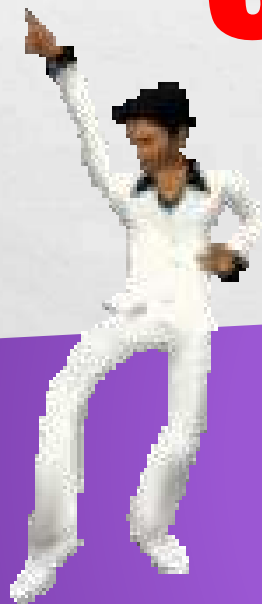
## VETERAN’S WEEKEND BREAKFASTS

- **THINK OF LOCAL BUSINESSES LIKE EXERCISE AND DANCE PLACES TO HELP BE THE “DEMONSTRATOR OR INSTRUCTOR”. FAMILIES WOULD LOVE TO GET A LESSON ON HOW TO DO AN ACTIVITY THAT MAY BECOME A LIFETIME ACTIVITY IN THEIR OWN SCHEDULES. BUSINESSES MAY LOVE IT TO BRING IN NEW CLIENTS. MAY EVEN OFFER A “DEAL” TO YOUR STUDENTS OR FAMILIES IF THEY SIGN UP.**



**DANCES**

**GET DOWN TONIGHT**  
**SWEETHEART DANCE**  
**BACK TO THE 80'S**



# USE YOUR PE DANCE UNIT AS A OPENER:

- TEACH VARIOUS STYLES OF DANCE IN YOUR DANCE UNIT LESSONS
- IF TEACHING VARIOUS GRADES = SUB TOPIC YOUR DANCE THEMES
- FORMAL DANCES      DRESSING IN STYLE      SWEETHEART DANCES  
HAVE LIMITATIONS: VALENTINE      SADIE HAWKINS      FATHER/DAUGHTER      MOTHER/SON  
GRANDPARENTS
- RETRO DANCES      DRESS FOR THE ERA  
50'S      70'S (DISCO)      80'S      ASK LODGES FOR DONATION COSTUME BOX
- INVITE VETERANS AND HOST A "USO DANCE"

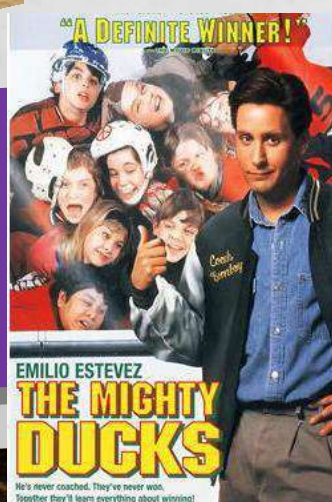
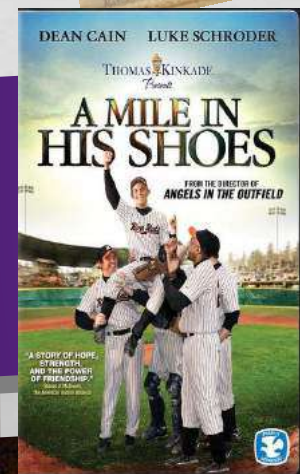
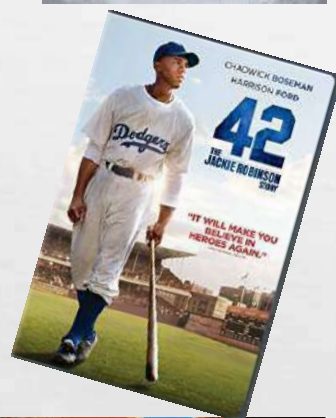
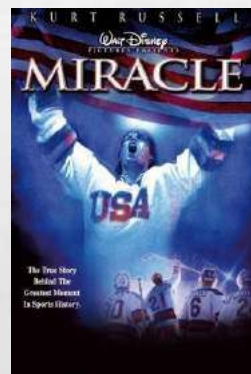
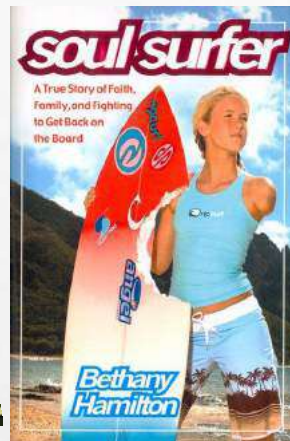


DURING THE TIME PERIOD OF 1939-1945, SWING WAS VERY POPULAR. THERE WAS THE LINDY HOP, BALBOA, ST. LOUIS SHAG, JITTERBUG, LINDY, WEST COAST SWING, EAST COAST SWING, MURRAY AND THE CHARLESTON.

\* HOST A DANCE SHOW







**<http://www.ptotoday.com/pto-today-articles/article/8500-yes-you-need-a-movie-license>**

**Heads up: If you're showing a movie somewhere other than your own home and for a non-teaching event, you need a license. Here are 10 reasons why it's worth getting a movie license for your school, plus a video Q&A.**

**To help pay for the licensing tap into monetary resources who will be under the umbrella of being covered: PTA, afterschool, organizations that may use your building, library funds, etc.**



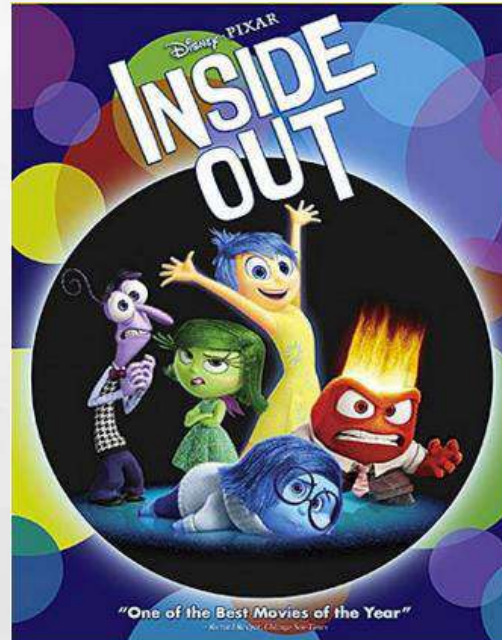
# MOVIES THAT ALSO TEACH HEALTH CONCEPTS.....



**Not only master builders  
can change the world.**

**Don't overlook the  
simple everyday guy for  
everyone can be a  
contributor.**

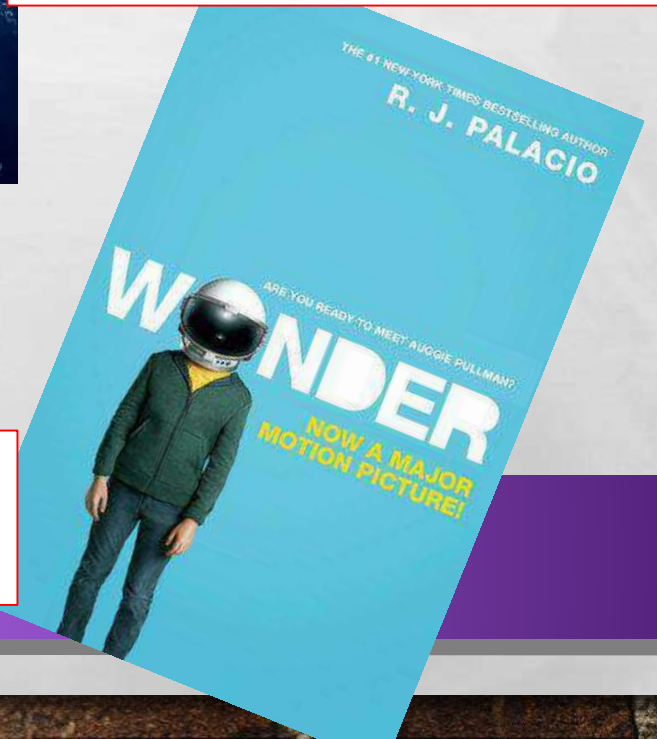
**Teamwork makes it  
happen.**



**Emotions**



**Helping Others  
Problem Solving  
Acceptance  
Perseverance  
Loyalty**



**Kindness &  
Acceptance**

Licensing from Movie Licensing USA saves time and money while providing peace of mind that you're following copyright law. We work with thousands of schools nationwide and pride ourselves on helping you create the most successful movie events.

### **Annual Public Performance Site Licensing**

An Annual Public Performance Site License allows K-12 schools to legally show copyrighted movies for non-teaching activities without the risk of copyright infringement. The cost of this license is based on your school's total enrollment and is valid for a full year from a date that you choose.

#### **Benefits include:**

- 24/7 coverage of your building
- Unlimited movie showings in your school regardless of whether or not the event is affiliated with your school
- Coverage for movies obtained from any legal source (renting, personal collection, etc.)
- Continuous, money-saving coverage with automatic renewal options, multi-year pricing and multi school/district discounts

#### **This license covers movie entertainment for events like:**

- Family movie nights
- Before/after-school programs
- Staffing emergencies/substitute teacher days
- Last days of school
- Student reward programs
- Inclement weather days
- Indoor recesses and lunch times
- Children's entertainment during meetings
- Prom and graduation events
- Holiday programming
- Fundraising
- Lock-ins and dances
- State testing periods
- Summer camps
- After-school clubs
- Student council activities

**<http://www.ptotoday.com/pto-today-articles/article/8500-yes-you-need-a-movie-license>**

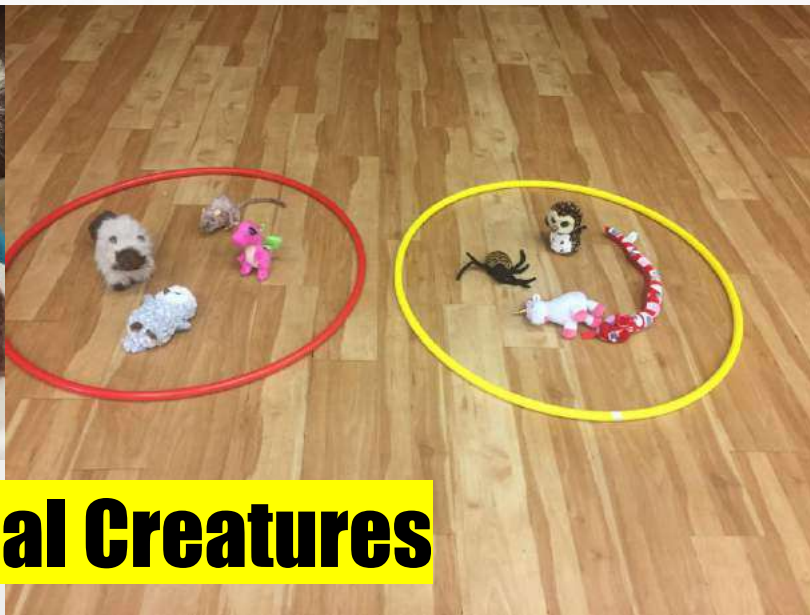


# “THEME” NIGHTS

# Harry Potter







## **Rescue the Magical Creatures**



## **Rescue the House Elves**



## **Broom Race**





**Snitch is caught**

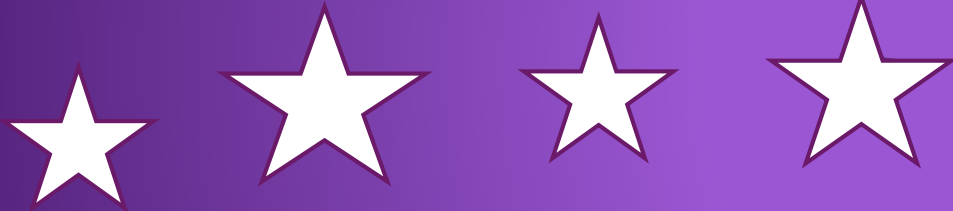


# Muggle Quidditch

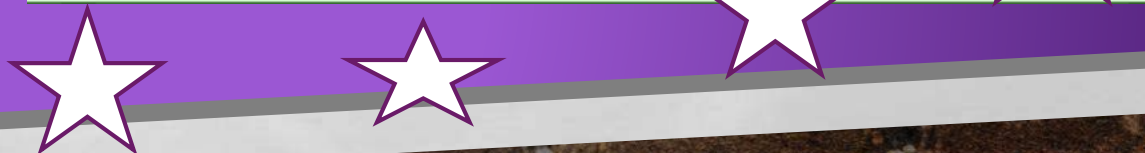




“THEME”



NIGHTS



<http://www.ssw.com/blog/star-wars-activities-physical-education/>

# Kevin Tiller



Amazing Ideas



F.O.R.C.E. Guidelines in PE

Warmups

Dance of the Storm Troopers

Pool Noodle Lightsabers games

Throwing Game

The Pod Race

Word Run

The Planet Naboo

Ice Planet Hoth

Cloud City

Virtual throwing

Jedi Code Poster

Leave the Dark Side at the Door

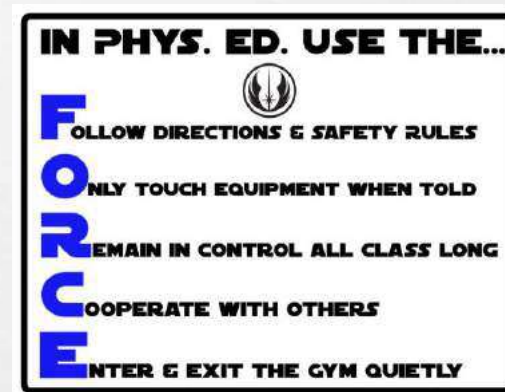
Shower Curtain Targets

Jedi Gymnastics

Movement Activities

Jedi Certificate

Cup Stacking Ideas



<https://physedreview.weebly.com/projector-activities.html>

<https://physedreview.weebly.com/star-wars-gym.html>



# Bingo Game



**Star Wars related games & activities**

# Food



# characters

**501<sup>st</sup> Legion Vadar's Fist -villians**

**Rebel Legion-Jedi, Rebels**

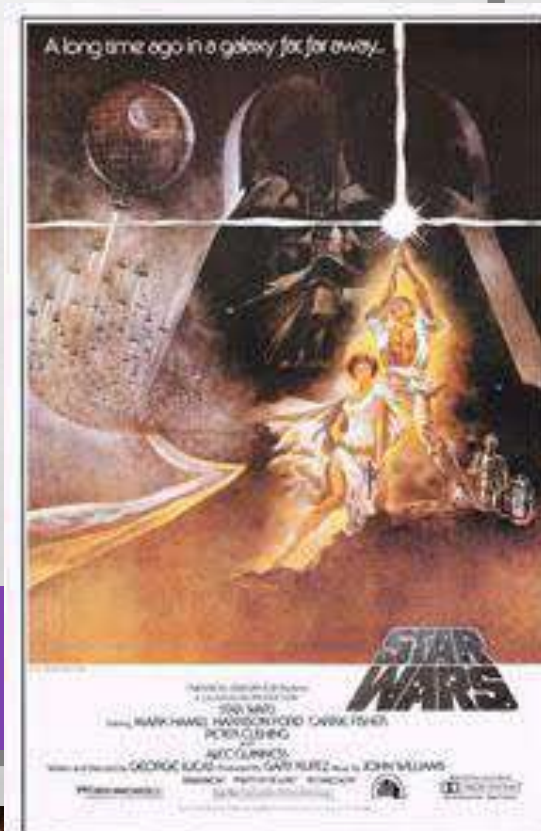


# Jedi Training

**Following a routine using  
homemade light sabers**



# Star Wars Movie





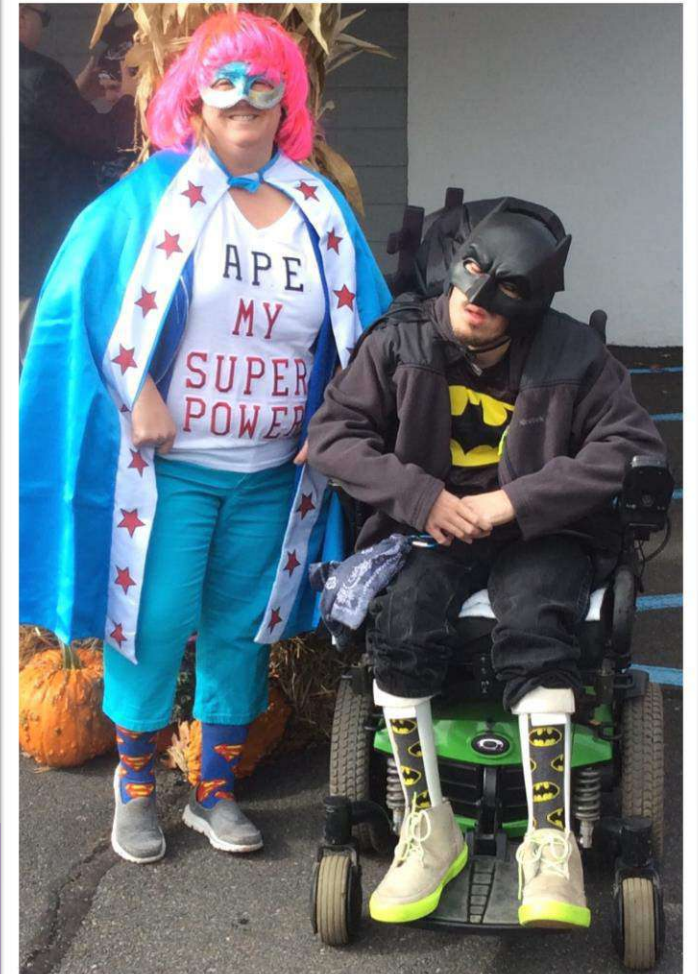
## Pinterest Ideas:





# “THEME” NIGHTS

**CALLING ALL  
SUPERHEROES!**







**Posters make good tic tac toe boards**

**Towels, bed sheets,  
shower curtains  
Make great targets**



**Create a Net**







**Superhero  
Puzzles**



**Create Obstacle  
Course**



# KARAOKE NIGHT



- **EYE OF THE TIGER - SURVIVOR**
- **DON'T STOP BELIEVING - JOURNEY**
- **WE ARE THE CHAMPIONS - QUEEN**
- **WE WILL ROCK YOU – QUEEN**
- **CHAMPION – QUEEN LATIFAH**
- **HERO – MARIAH CAREY**
- **CENTERFIELD – JOHN FOGERTY**
- **DON'T GIVE UP - PETER GABRIEL**





# **HALLOWEEN FEST**

**Recommended from TeachersPayTeachers:**

**Captn Pete: PE Activities Whats on Your Plate Halloween  
Fitness Edition**



**PE Halloween Games & Activities  
Halloween Concentration Game**

**Gems from the Gym: Smashing Pumpkins**

**PE with Mr G: Halloween Games (also on YouTube)**

**The Brighter Rewriter: Halloween Party Games**



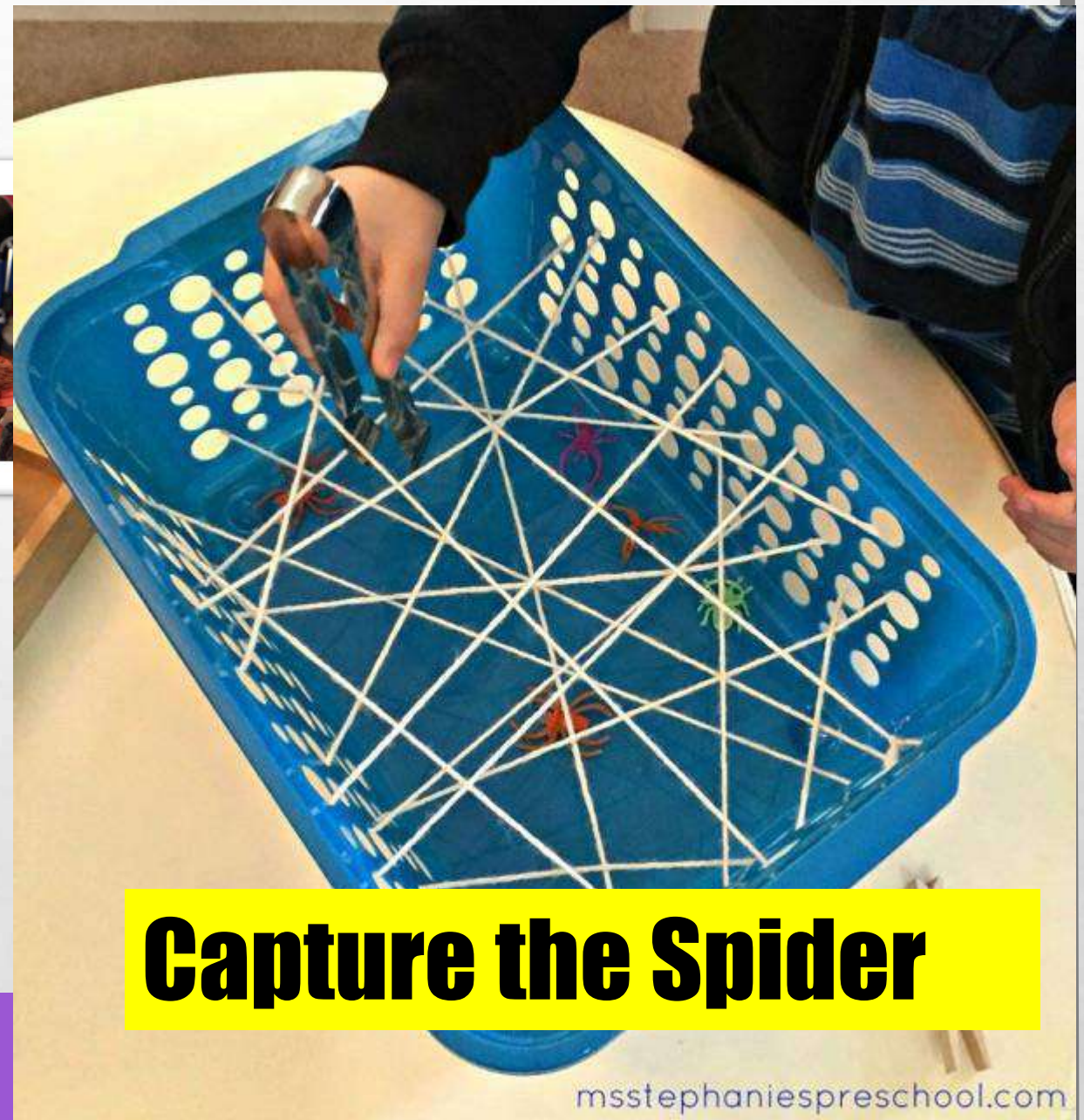
# Mummy Wrap



# Pumpkin Decorating



# Marionettes



**Capture the Spider**

[msstephaniespreschool.com](http://msstephaniespreschool.com)



# MORE GAMES

**Dollar Tree buys**

**Pumpkin decorating Kit-Hobby Lobby**



**Build a Monster**



**Mummy's Got a New Set of Eyes**



# MORE GAMES

Inspired by TPT & Pinterest

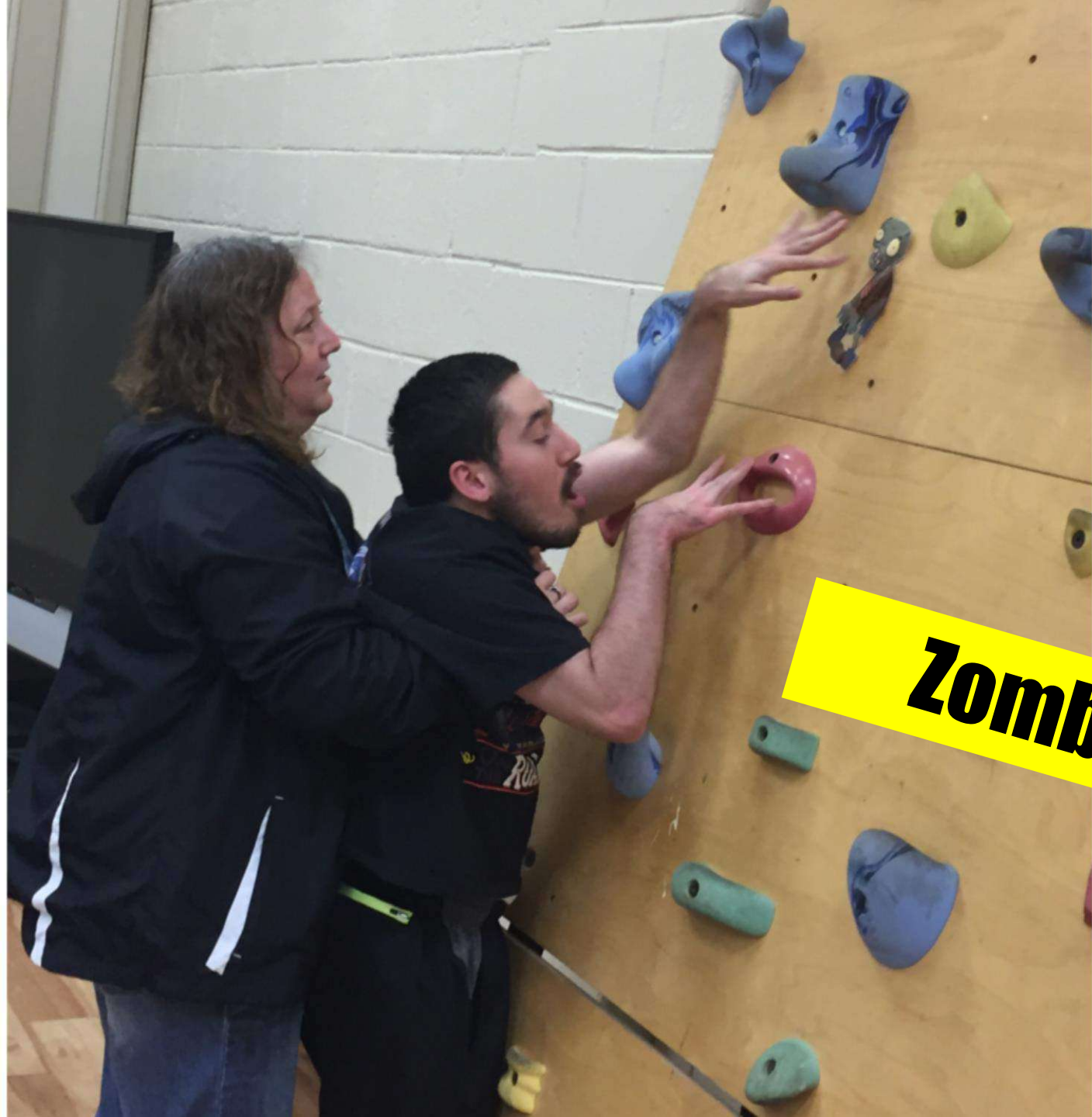


## Witch's Brew





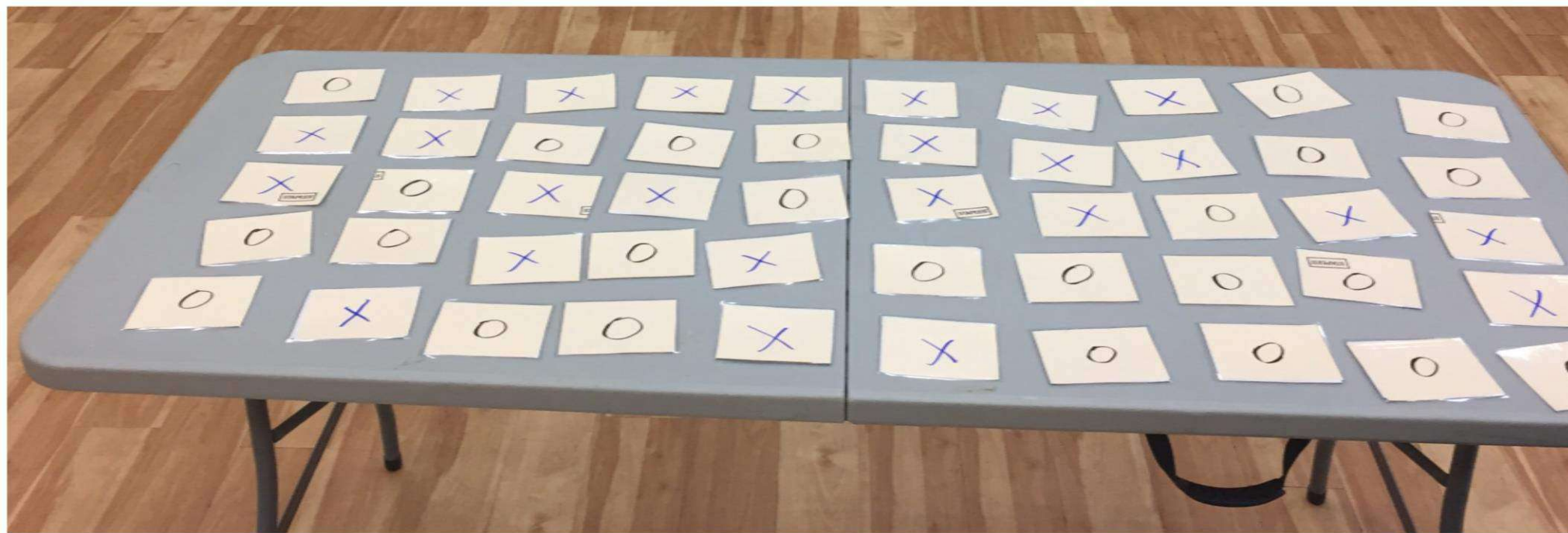




# Zombie Attack





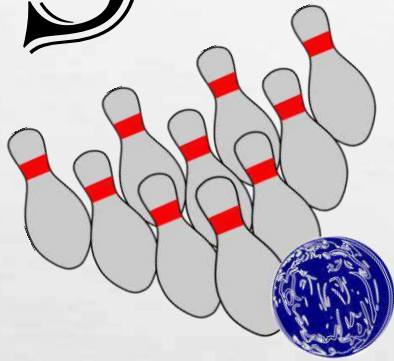


# Halloween Concentration Game





# BOWLING NIGHTS



..... **In the Gym**

..... **At the Local Alley**

..... **Cosmic Bowling**





# **Drew Beckner**

**Ellisville, Montana**

## **Cosmic bowling**

**Uses the lights from  
Holiday projectors or  
disco lights**

**PE Central FaceBook**





**Check out the  
drumfit routines  
on YouTube:  
Ross Chakrian  
Ben Pirillo**

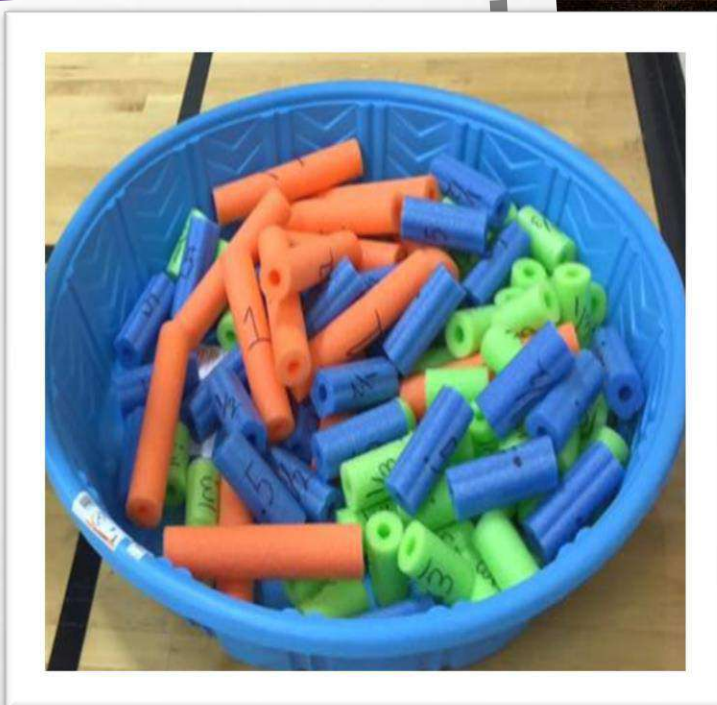
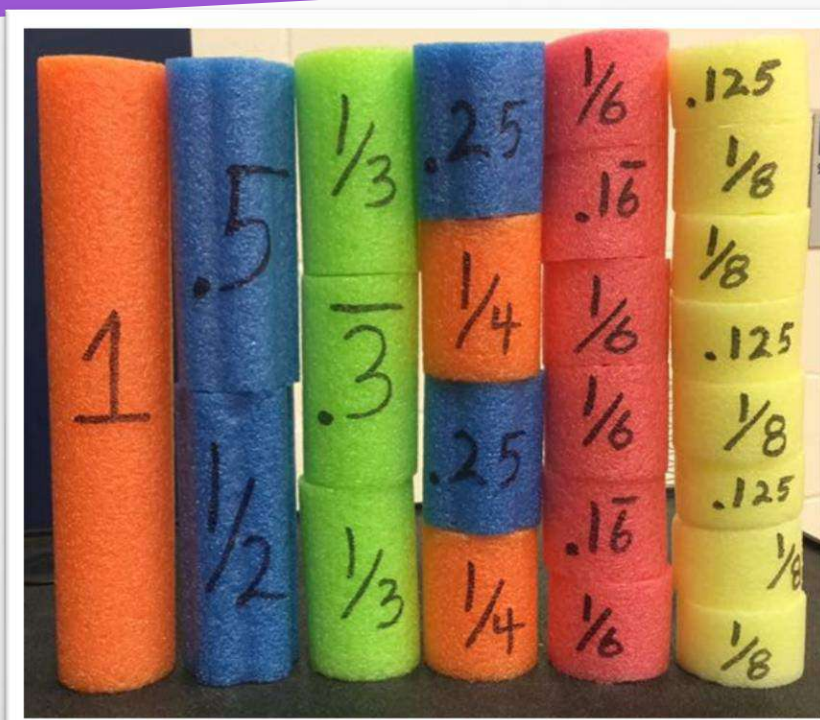
**"LIGHT 'EM UP"  
by Fall Out  
Boys - Dance  
Fitness  
Workout with  
Drum sticks  
Valeo Club**

Lisa woods-cutting Fortworth, Texas





# MATH NIGHTS



## Pool noodle fractions

**Jared Carder – PE Central  
FaceBook**





# Bowling & Keeping Score

<https://mathsnmovement.com/>

YouTube PhysEd Games  
PE Games - Math In Action  
Lily Pad Math  
Line Math  
The Number Game

[https://www.getfit.tn.gov/kids/lessons\\_math.aspx](https://www.getfit.tn.gov/kids/lessons_math.aspx)

<http://lessonplanspage.com/pemathmathtaggamek5-hm/>

Player Name	HDCP.	1	2	3	4	5	6	7	8	9	10	TOTAL
1												
2												
3												
4												
5												

## Track

Convert feet into meters  
Measure distance using tape  
Record time using a stop watch  
Mark on chart, compare scores

## Field Event

Convert feet into meters  
Measure distance using tape  
Find the average of 3 throws  
Mark on chart, compare scores  
Record best score  
Mark on chart, compare scores

Finding angles  
in billards or  
miniature golf





Google



YouTube





# WINTERFEST









**Who can  
build the  
best  
snowman?**





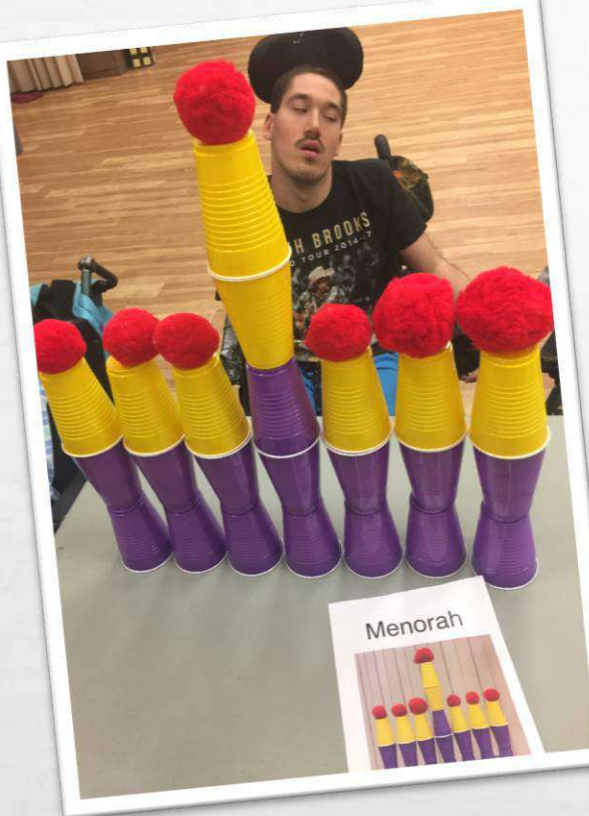


# SNOWBALL FIGHT GAME





# Cup Stacking



**Menorah**



**Christmas Tree**



**Sled**



**Present**





# Cup Stacking



**Santa's Workshop**



**Igloo**



**Candy Cane**



**Star of David**



# Games



## Grinch Returns Christmas

Throw balls back down the chimney



## Santa's Ring Toss



## Winter Target Toss



# MORE GAMES

Also on [teacherspayteacher.com](https://www.teacherspayteacher.com):

North Pole Adventures Packet -

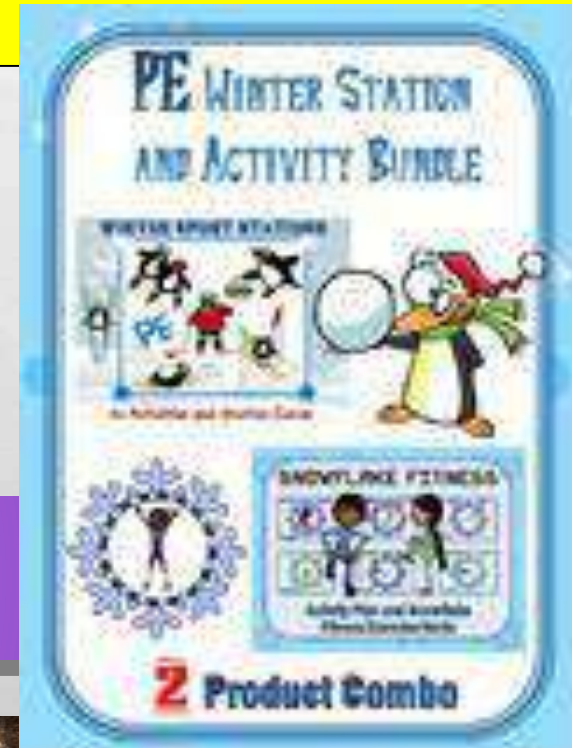
Target Snowman - The PE Shed

Reindeer Games - [www.wonderteacher.com](https://www.wonderteacher.com)

PE Winter Station & Activity Bundle – Captn Pete



## Ornament Decorating





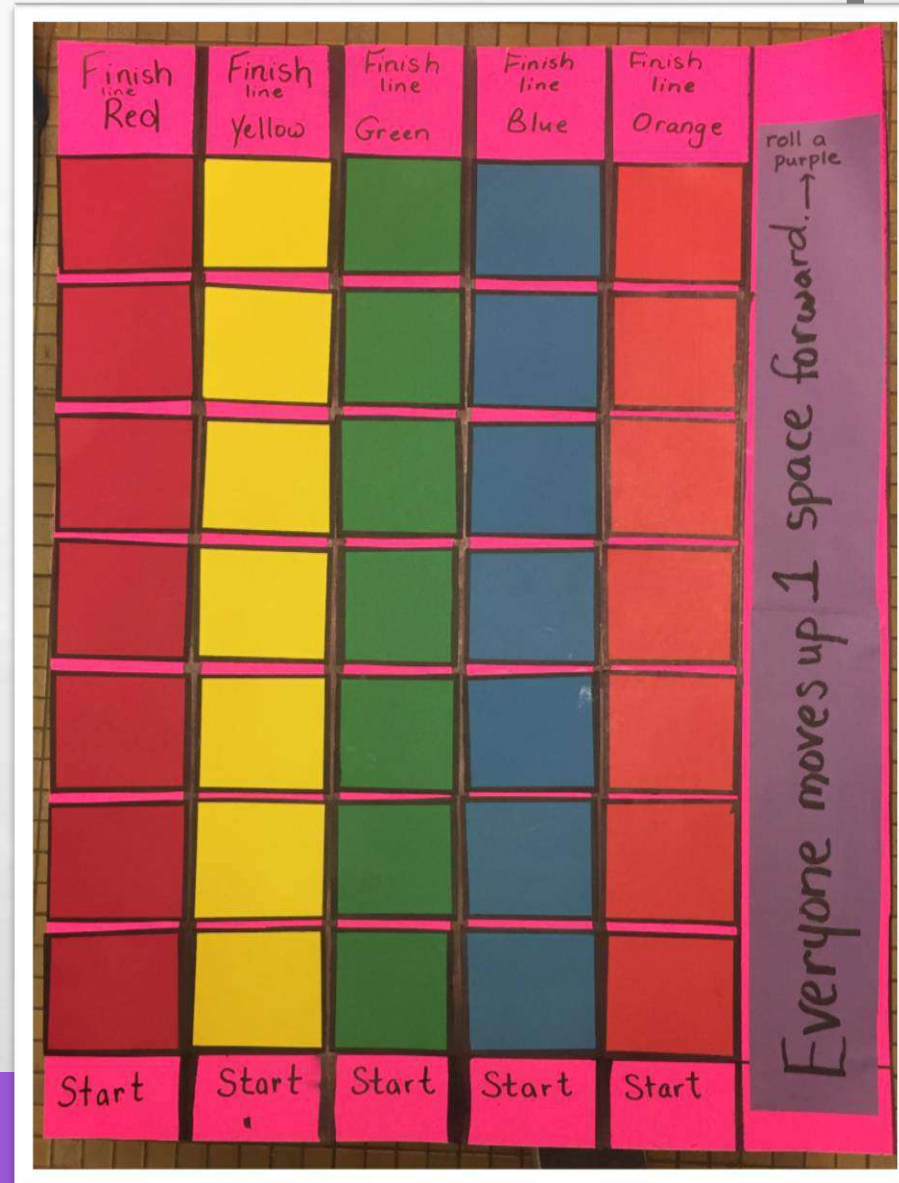
# **MEGA BOARD GAME NIGHT**

**Creating games in  
super size form from  
original board game**

**Creating games from  
board games but  
adapting to meet  
class' needs**



# Color Race







# Potato Heads



# Frog Leap

500





# Mario's Raceway







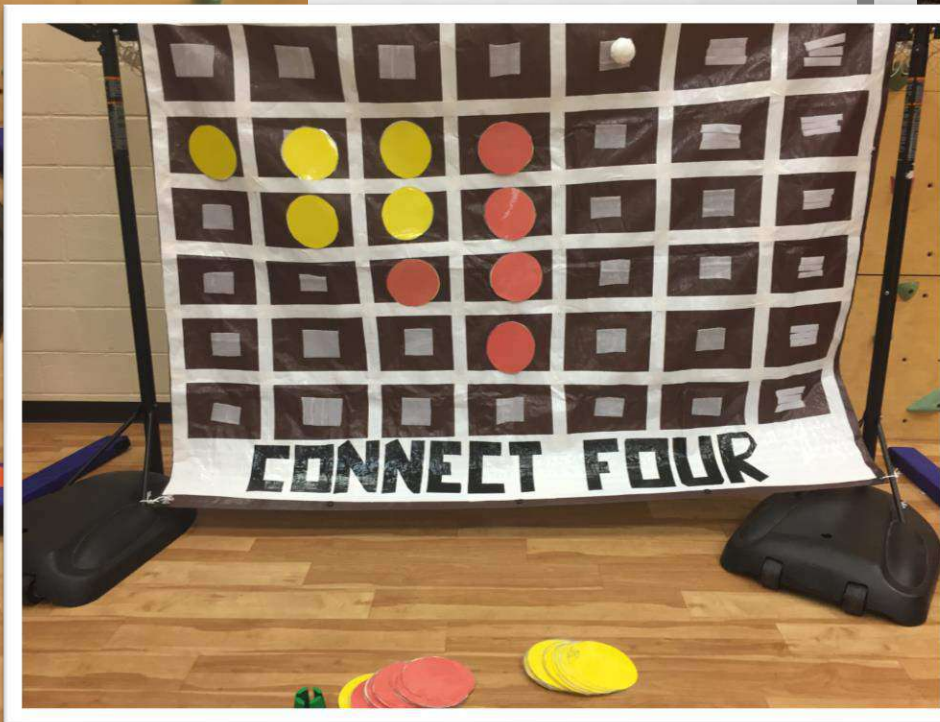
# Target Toss



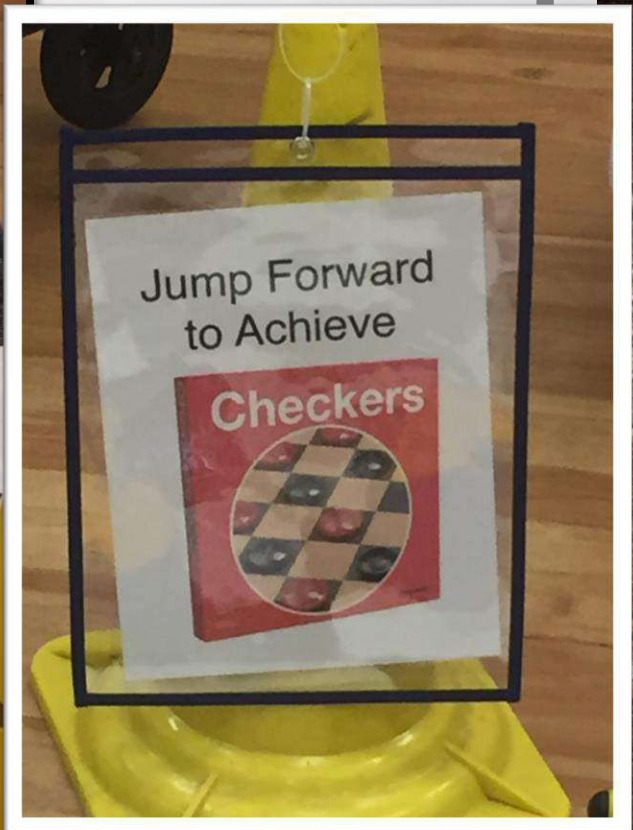
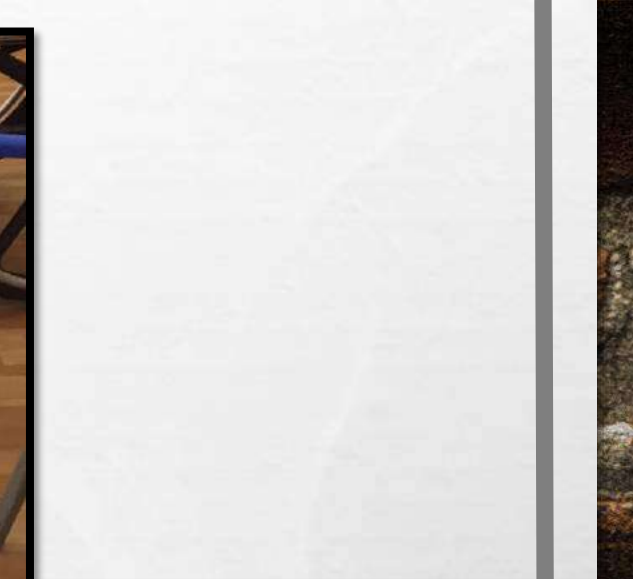
# Yatzee













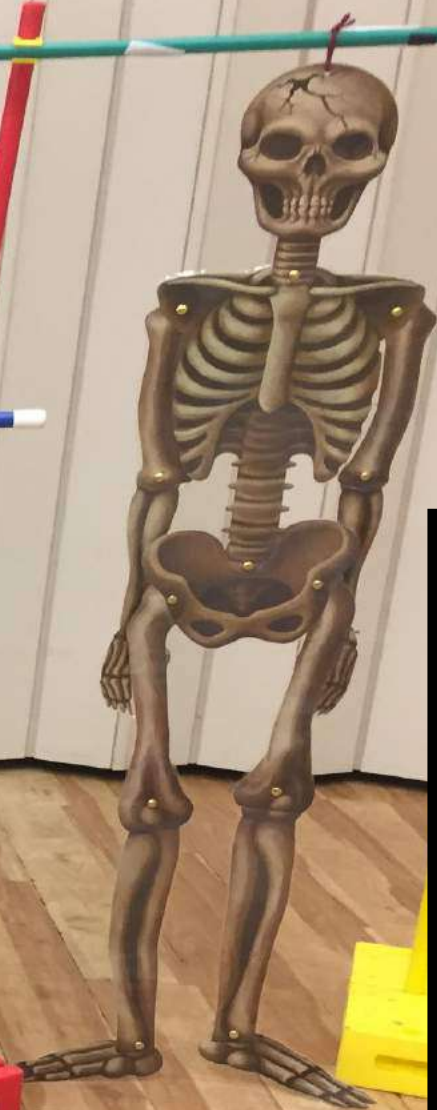
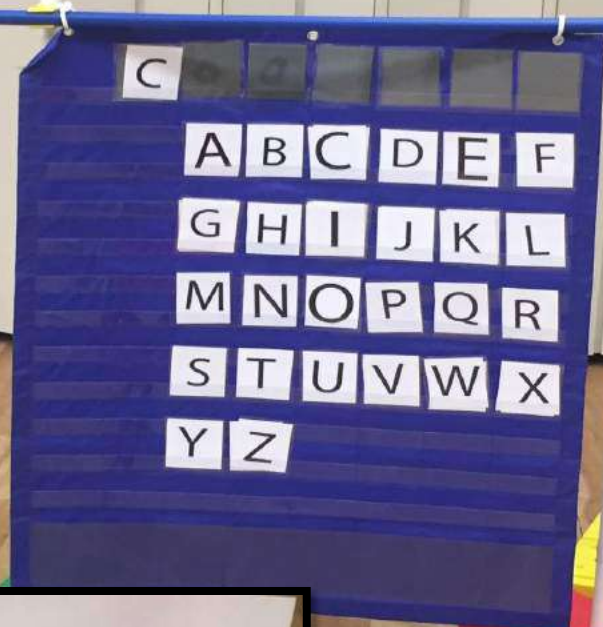
# TIC TAC TOE



# KERPLUNK



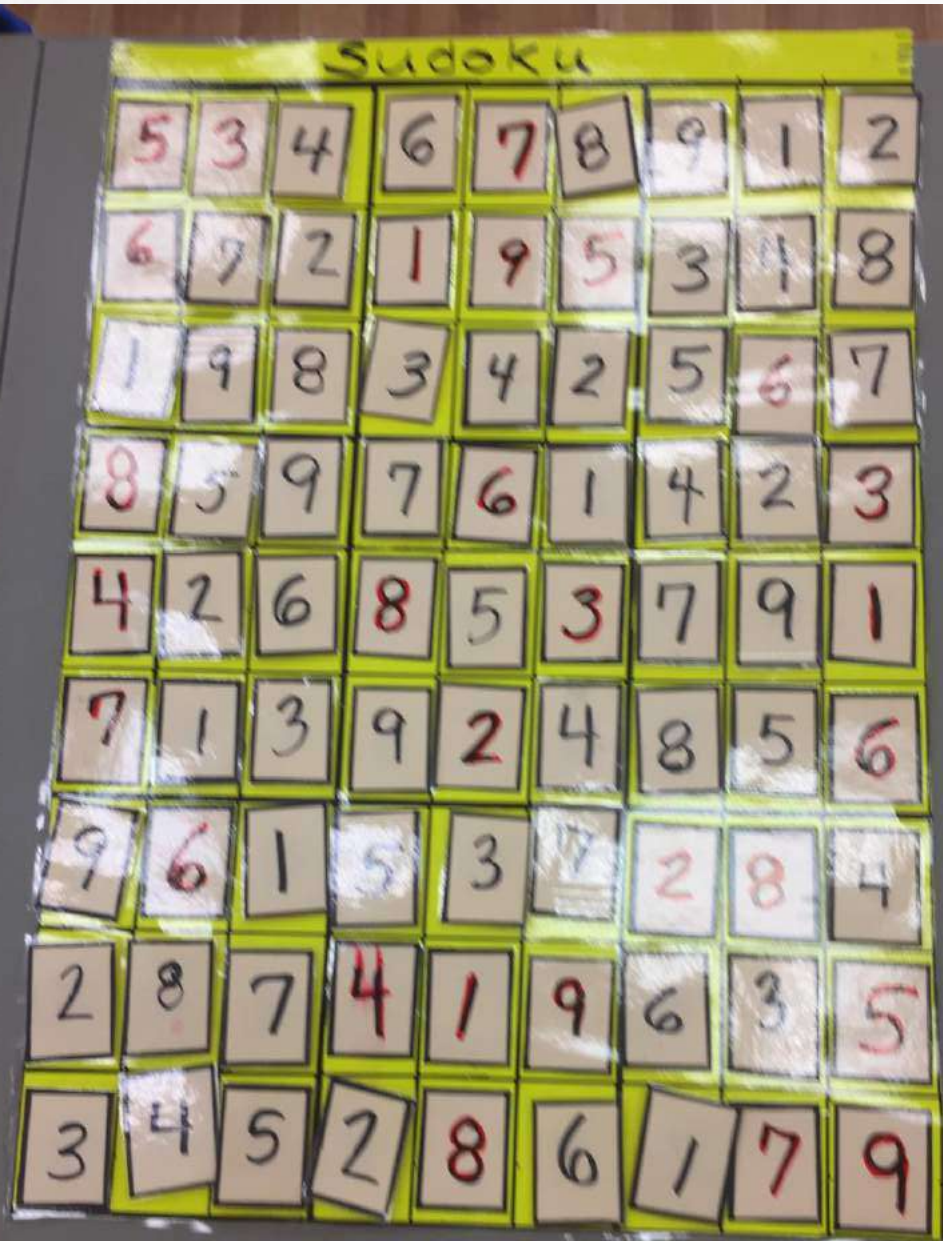
# Hangman





# Jenga

# Sudoku





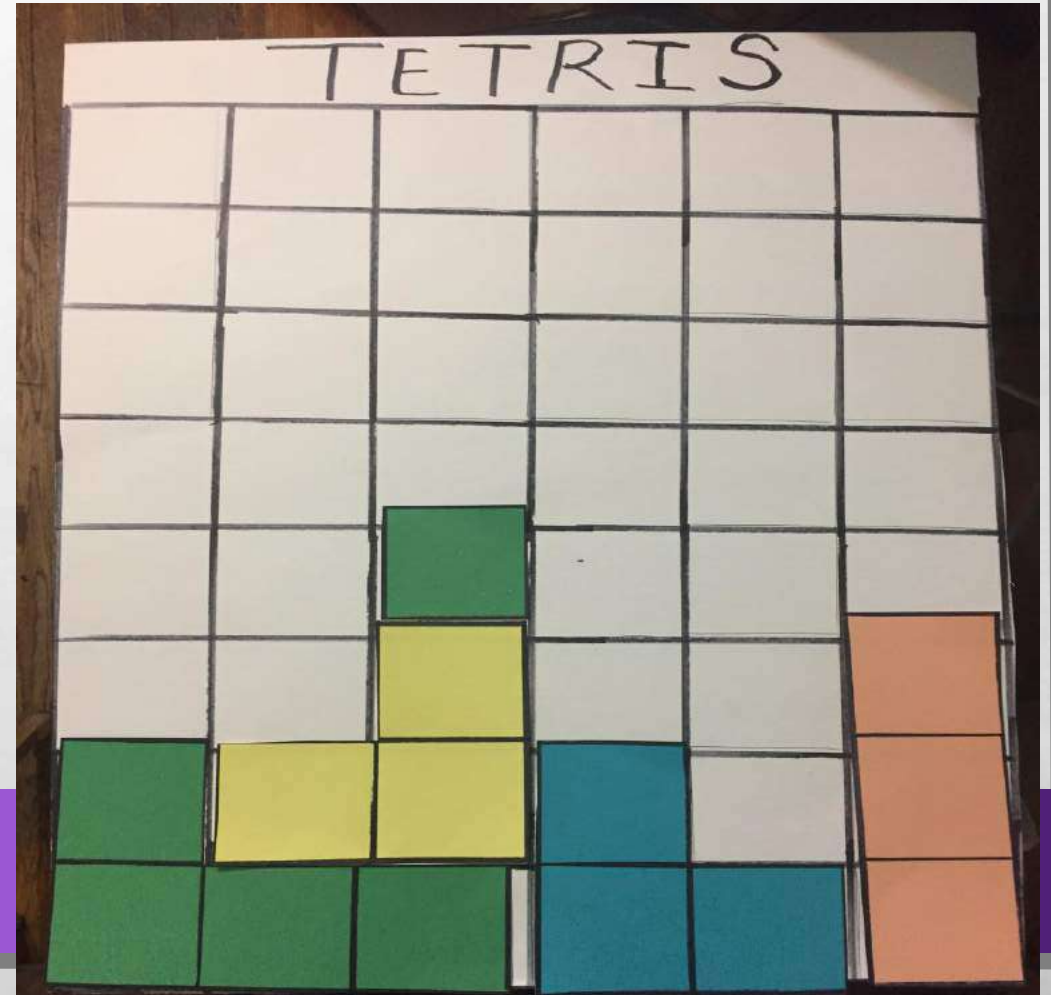
# SORRY



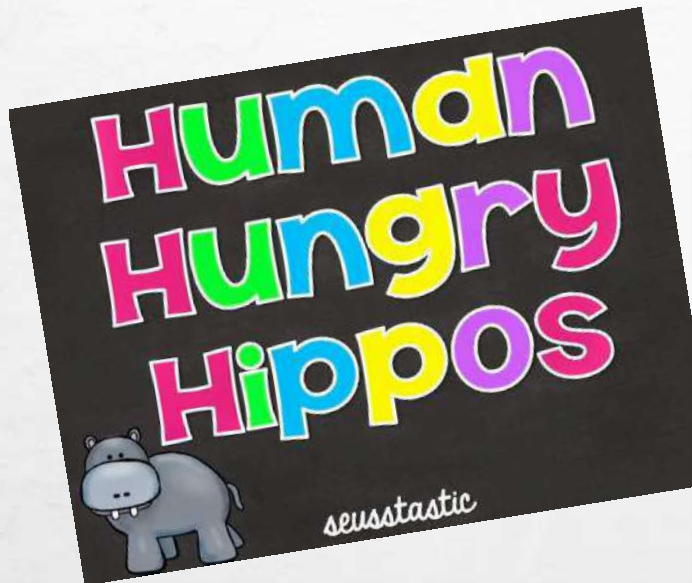
Dollar store  
finds



# Paper Tetris









# CUP STACKING NIGHTS



## World Series Trophy





## **Cup Stack Relays-**

Students in small groups (4-5) at one end of the playing area, large amount of colored cups Each group will have 12 cups/ buckets in front of their group. On the signal the first player in line will run out and collect a card and bring it back to their group. Their group must work together to stack the cups so it looks like the picture. They will keep the card that represents their point total. They down stack the pile into 1 and the next player in line runs out to collect another card. Adaptations/Tips: 1) Have students travel using different locomotor patterns 2) Complicate patterns by stacking the cups 3) Use task cards for each group with a variety of patterns to engage and challenge students. See how many each group can complete before time is over. Variation- number each formation and once all groups have completed all 12 have them with their group create the number you call out. The group that finishes last performs laps/jumps rope while the other teams are competing to see who can do it the fastest.

## **Egyptians vs. Builders-**

Activity with two teams. One team is creating pyramids 2 on bottom and 1 on top with cups while other team are creating towers with one, one, one straight up. Goal is to create more of pyramids or towers depending upon team. Teams see who can have the most at the end of the time limit. Switch roles and keep track after each round. (Variation- same concept, but 2 teams of Uppers (up stack) and 1 team of Downers (down stack))

[\*\*https://www.mrclarkspe.com/cup-stacking.html\*\*](https://www.mrclarkspe.com/cup-stacking.html)



## **Partner Cup Stacking** -

players will take turns cup stacking 3, 6, 3 formations Facing each other partners take turns/collectively by using: Right hand only Left hand only Push up position Planking position Eyes closed Together while staying connected Racing each other while partner counts quietly Creatively decided by each group

## **Cup Stacking Tournament** -

set up 6 poly spots with stacks of 12 cups, 5 poly spots with 12 cups on each, 4 poly spots with 12 and so on until you have 1 poly spot with 12 cups. 6 students line up behind the first row of poly spots and they each have their own cups. On your signal, the players begin creating 3,6,3 formation and then have to down stack before proceeding to next row. The next row only has 5 spots so 1 player will have to exit the round and report back to the end of their line as the players continue and race to be the 1st player to that single poly spot. The person that wins from each round advances until 12 students earn their spot in the championship. The championship I start 3 players at level 4 so they will have another shot if they lose to make it to the final 6. I create certificates, make a huge tournament from this for 3-5th grades, and award prizes to top students from each grade and from the overall championship. (See picture below)

x x x x x x (12 Cups on every x or poly spot you see)

x x x x x x x x x x x x x x x x (Advances)

<https://www.mrclarkspe.com/cup-stacking.html>





# LITERACY NIGHT

## **1. Create games to go with storylines of popular books**

**Harry Potter**

**Dr Seuss**

**Where the Wild Things Are**

**Hunger Games**

## **2. Book exchange nights: get copies of books with themes for sportsmanship, expressing feelings and emotions, stop bullying, on sports figures, and storylines including sports and fitness activities.**

## **3. Games that promote Language Arts**

**relays to retrieve words that will create a sentence about a health topic**

**scooter scavenger hunts to read clues that make them perform a fitness or physical task before moving on to another clue**

**team skill relay for sport skill (basketball shots) get it in, get a card (match the superhero with their silhouette or with their superpowers or with their alias)**

## **4. Mega Scrabble Game**

**Mega Boggle Game**



# Great resource: Charles Silberman



<http://www.ssw.com/blog/tag/charles-silberman/>

<http://newphysicaleducator.com>

**Webinar – Integrating literacy into Physical Education**

[Ssw.teachable.com/p/integrating-literacy-into-physical-education](http://Ssw.teachable.com/p/integrating-literacy-into-physical-education)



**Creating a scavenger of fitness activities while reading the instructions to the next spot, doing the activity, then move to next spot**

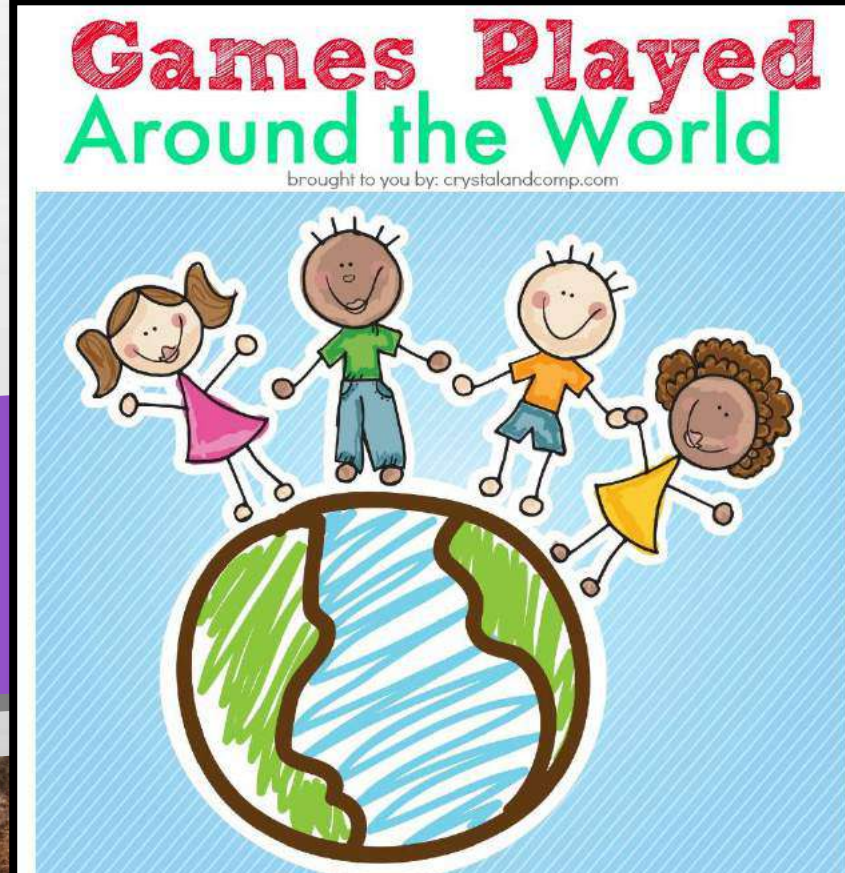
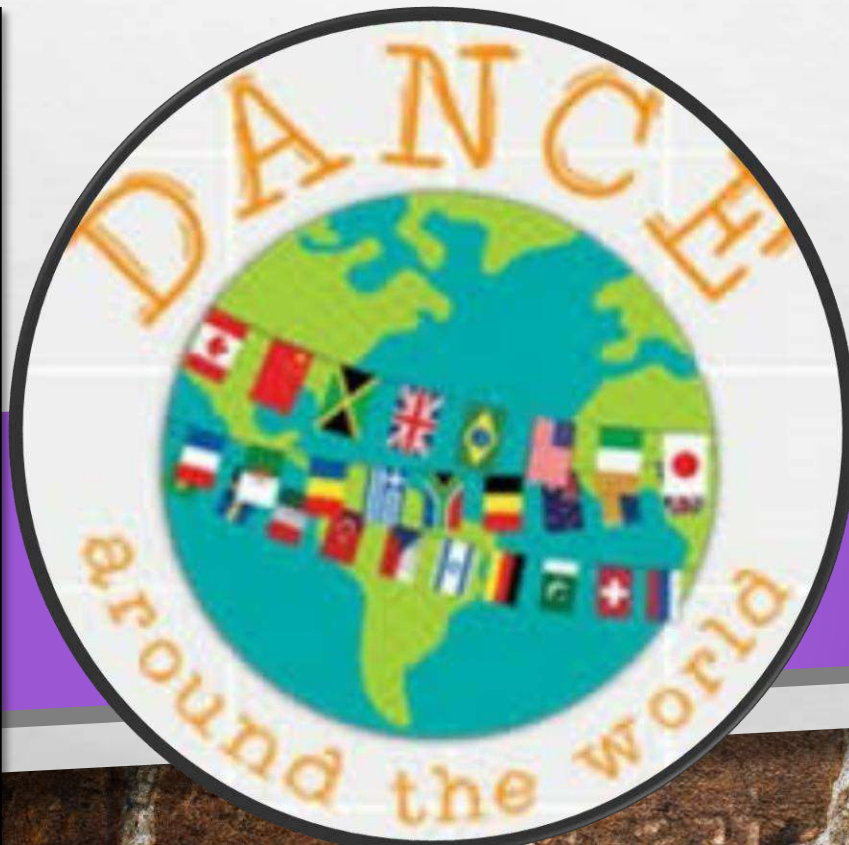
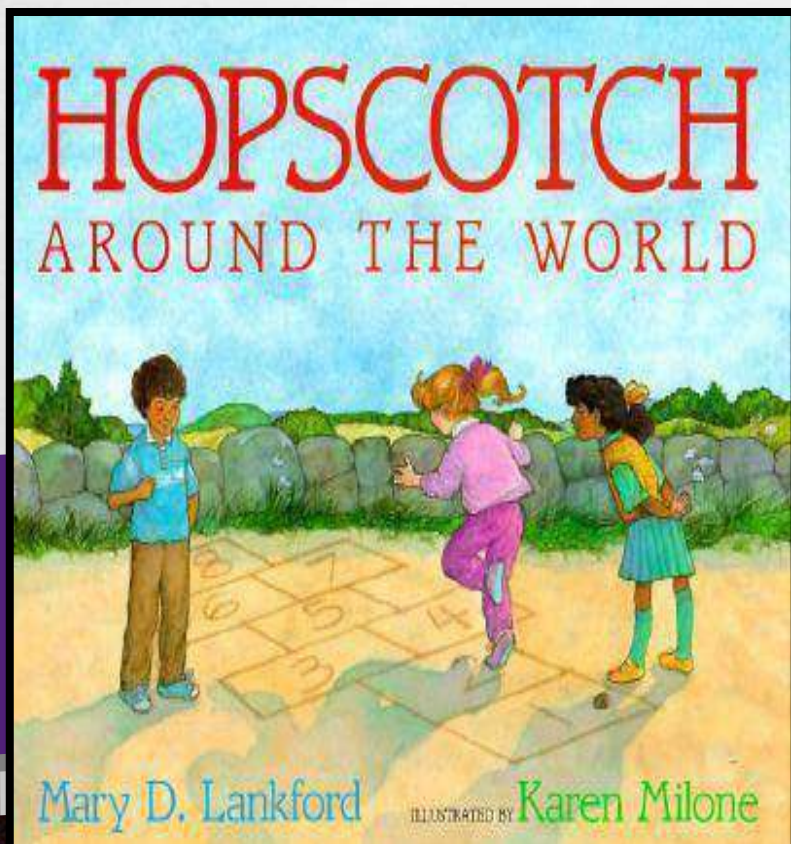
**How to Catch a Star (Literacy and Yoga in PE) Stefanie Rothschild**

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=133319#.Wnf6UKinFPY>

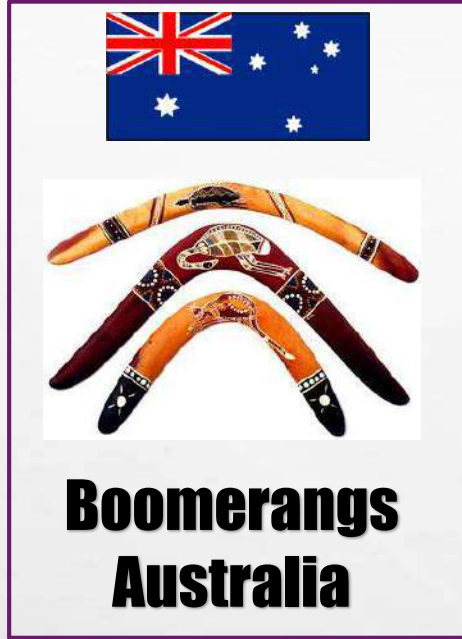
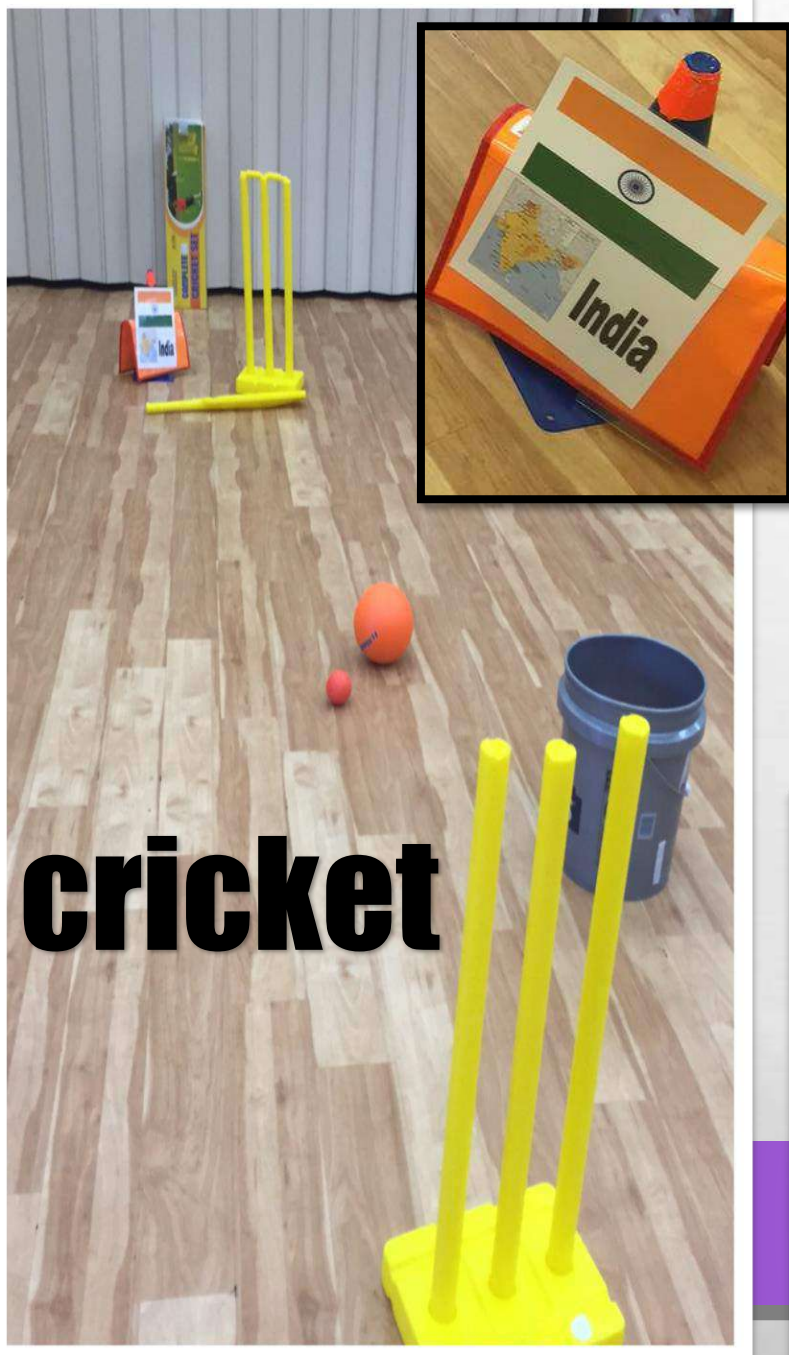


# MULT-CULTURAL NIGHT

**PE teachers can add to the night with....**



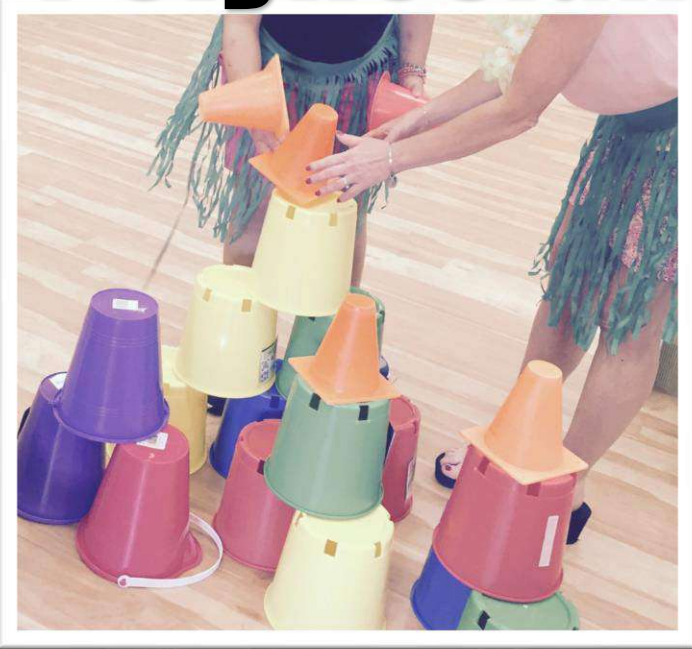








# Polynesian Islands



**Hula Dancing**  
**Surfing**  
**Building Sand Castles**





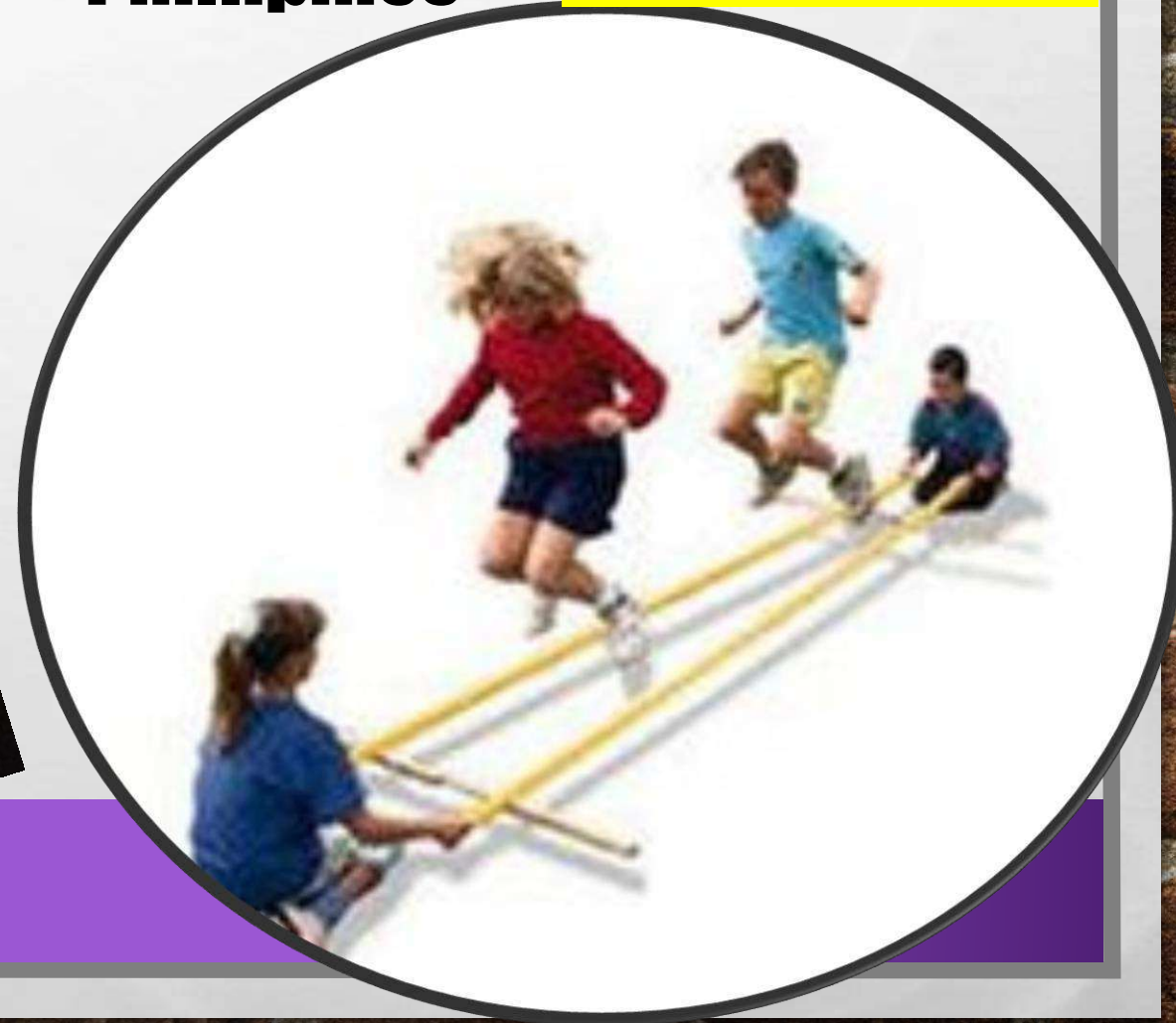
**knubb**

**Sweden**



**Phillipines**

**tinikling**





# OBSTACLE COURSE

*Create Themes*

**Staff vs Students**

**Students vs Family Member**

**Staff vs Family Member**





**Capture the Villains  
Put them in Jail**

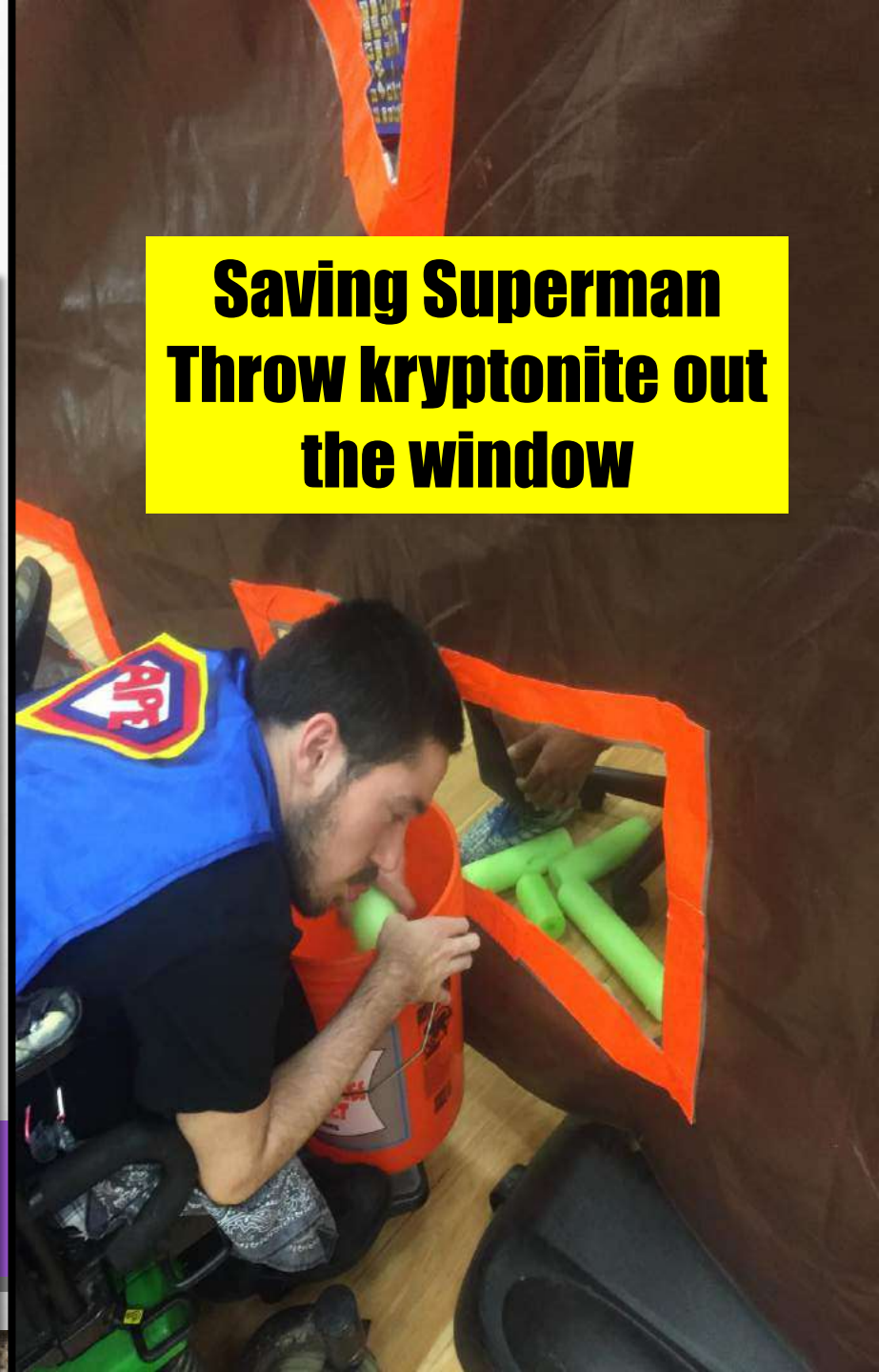


# Course

**Pass Lava Girl**



**Saving Superman  
Throw kryptonite out  
the window**











**Props  
Costumes  
Special Guests**



# FITNESS NIGHTS

## Walking the World **Step It Up Fitness**

Staff, mothers, fathers, grandparents, and kids in strollers socialized as they walked around the school's track. With pedometers, families can learn to count their steps.





## **Fitness Games**

### **Catch the Dragon's Tail**

Give everyone a dragon's tail (bandana) to place hanging out of waistband or back pocket. Goal is to catch a tail by pulling it out and throwing onto the floor. Retrieve your thrown tail off floor, put back in, return to play.

### **Relay Race Tic-Tac-Toe**

Divide the group into teams. Lay out a tic-tac-toe board on the ground. (Use painter's tape or Hula-Hoops to create the board.) Each team only gets three items. One person from each team races to the tic-tac-toe board and places their item. If no one has won after three people have gone, the next players go and move one of their items to a new position until one team wins.

### **Over and Under**

This game works with large or small groups, indoors or out. Divide the group into two teams. Teams line up in parallel lines, all facing the front of the line. Each team gets a ball. The first person in line passes a ball overhead to the person behind. The second person passes it under, between his legs, to the person behind. Teams continue passing over and under until the ball reaches the end of the line. For younger groups, the winner is the team that gets the ball to end of the line first. For older groups, the ball must go all the way back to the start in the same pattern for a team to win.



# Castle Ball

## CASTLE BALL

**SKILLS PRACTICED:** Throwing & Catching, Defending a goal

**GRADE LEVEL:** 3-8

**EQUIPMENT NEEDED:** Hula Hoops (36 – 18 per team), Gator Skin Balls (10-12)

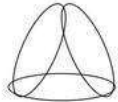
**SETUP:** Split the class into two teams each occupying one side of the gym. On each side behind the end line place three "castles". A castle is made up of 6 hula hoops placed in a way that they stand up on the floor (see diagram).

STEP 1:



Place one hoop on the floor

STEP 2:



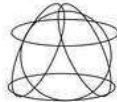
Place two hoops standing up across from each other

STEP 3:



Place two more on opposite sides for a total of 4

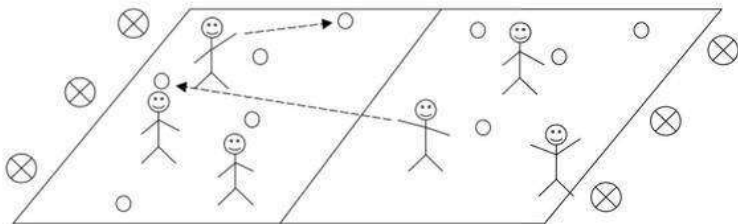
STEP 4:



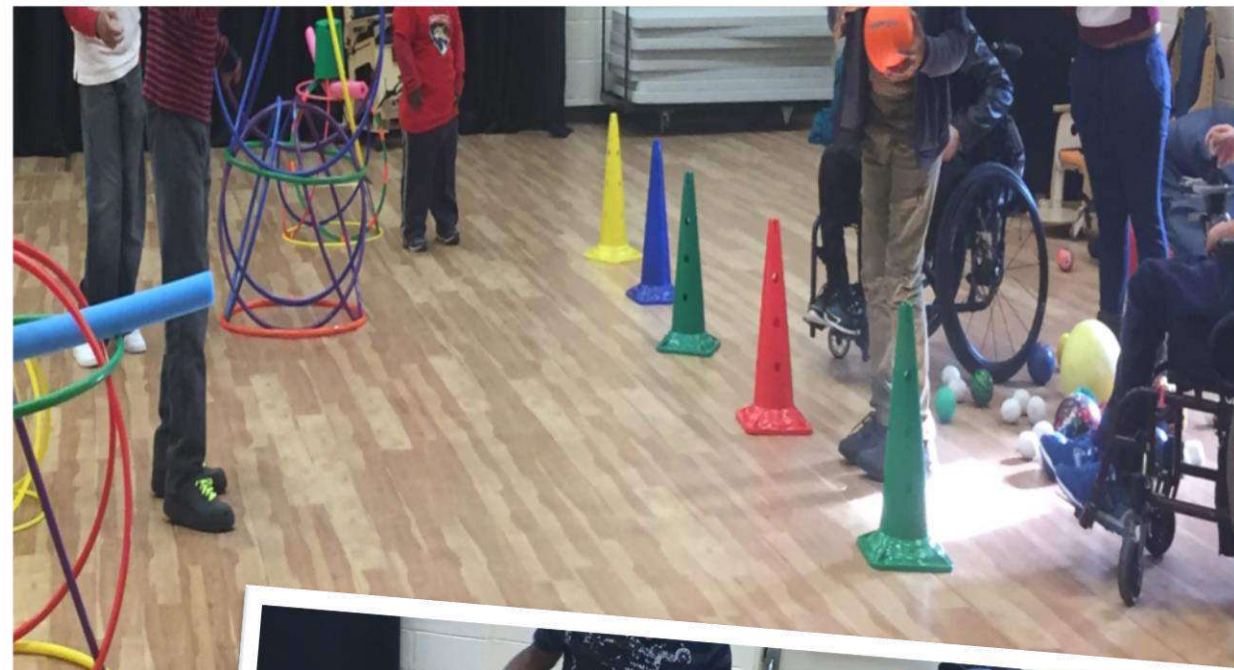
Place one last hoop on top to complete the castle

**DIRECTIONS:** The object of the game is to try and throw a gator skin ball to knock over the other team's castles. At the same time both teams are trying to defend their castles from being knocked over. Students are not allowed to reset their castles if they are partially knocked over. When one team loses all three castles the game is over. Reset the castles and play again.

⊗ = Castles    ○ = Gator Skin Balls



<https://physedreview.weebly.com/dodgeball-alternatives.html>





# Human Fooseball



<https://groupdynamix.com/pickyourplay/>





[AThriftyMom.Com](http://AThriftyMom.Com)

# **HUNGRY** HUMAN **HIPPO'S** GAME



# **Families Come Together to Learn About a Healthier Lifestyle**

**Stations featuring nutrition classes focused on the importance of healthy foods, reading labels, cooking tips, and ways to ensure a balanced meal. Can even feature a contest to see who could make the best salad and salsa using healthy ingredients.**

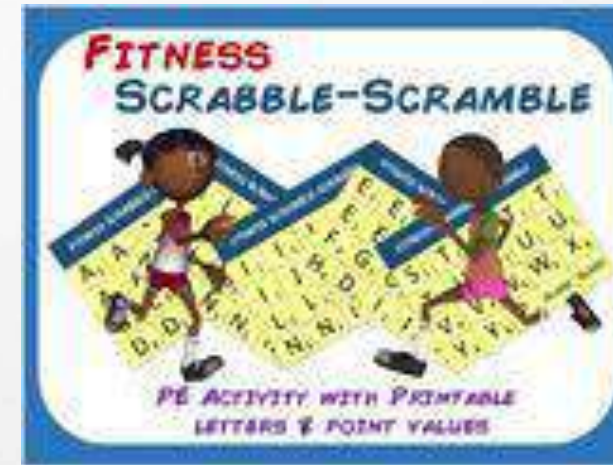
**Stations featuring yoga, teaching how to use a pedometer or Fit Bit correctly, other life activities.**

**Stations featuring activities such as making a healthy snack, planting vegetable seeds to take home, and playing food plate trivia. Students rotated through stations with scorecards, which they turned in for a goody bag full of coupons, recipes, and tips for incorporating nutrition and fitness into everyday life.**



# Family Fitness Fun Night: 25 Movement Activities for Parents & Kids

Teacherspayteachers.com \$8.00



Grade Levels

[PreK](#), [Kindergarten](#), [2nd](#), [3rd](#), [4th](#), [5th](#), [6th](#)

Resource Type

[Activities](#), [Fun Stuff](#), [Task Cards](#)

FFFN ACTIVITIES:

Balance Station  
Basketball Dribble  
Balloon Fun  
Beach Ball Volley  
Beanbag Toss  
Bowling  
Climbing Wall  
Cup Stacking  
Cross the River  
Flexibility Station  
Fling Disc Toss  
4 Square  
Hula Hoop Twirl  
Long Jump Rope  
Noodle Balance  
Noodle Limbo  
Scarf Toss  
Scooter Board Scoot  
Shuttle Run  
Short Jump Ropes  
Soccer Circle Dribble  
Striking a Ball-  
Paddle  
Strength Stations  
Tumbling/Crawls  
Yoga poses

Cap'n Pete's Large Group PE Games - "Triple Series Mega Bundle"

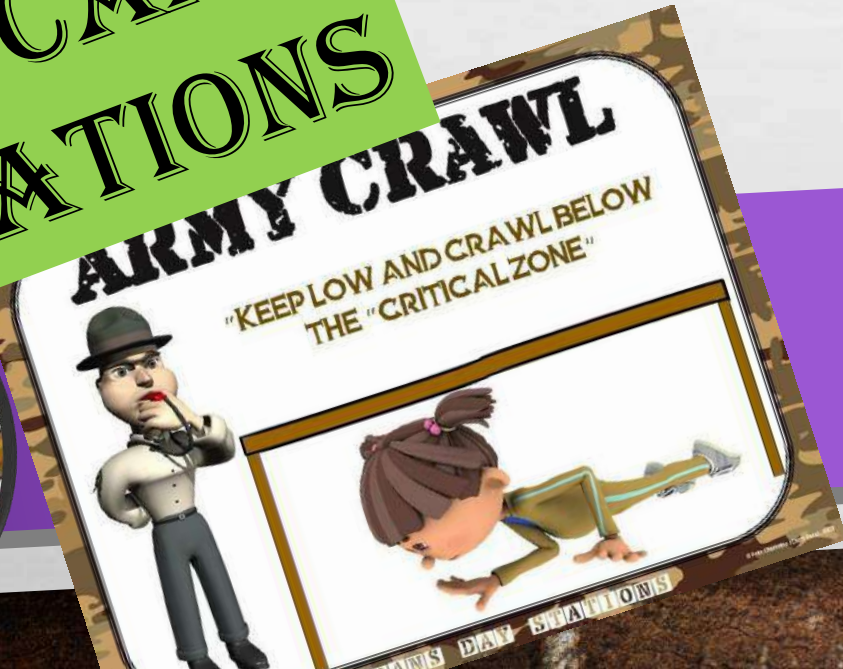




GROUP GAMES

TPT

BOOT CAMP  
STATIONS



<http://community.shapeamerica.org/blogs/laura-e-bruno/2017/10/17/creating-an-american-ninja-warrior-unit-for-pe>

[www.elementarypeteacher.com/american-ninja-warrior-obstacle-course/](http://www.elementarypeteacher.com/american-ninja-warrior-obstacle-course/)

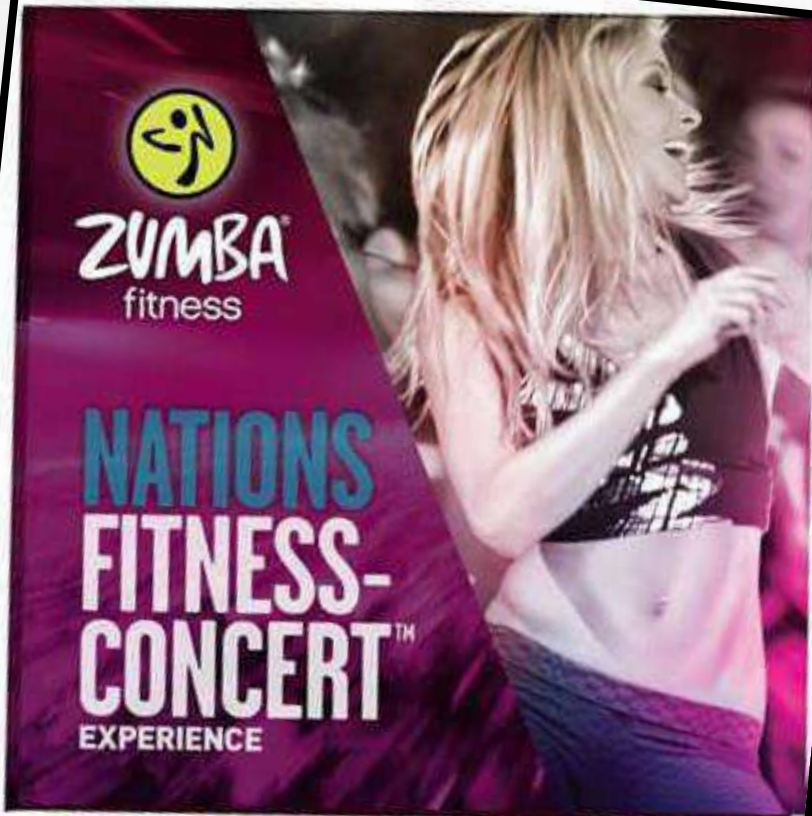
<http://www.ssw.com/blog/ninja-warrior-obstacle-course-pe/>

AMERICA NINJA  
WARRIOR OBSTACLE  
COURSE

Justin Wiese







SO YOU THINK YOU CAN  
**DANCE**  
WORLD OF  
DANCE  
dancing  
with the  
stars

Zumba Kids cu Andrei  
Gummy Bear Dance

Hamster Dance



Just Dance Kids





# BBQ BACKYARD NIGHT





**washers**



**Nok Hockey**

**Football flick**

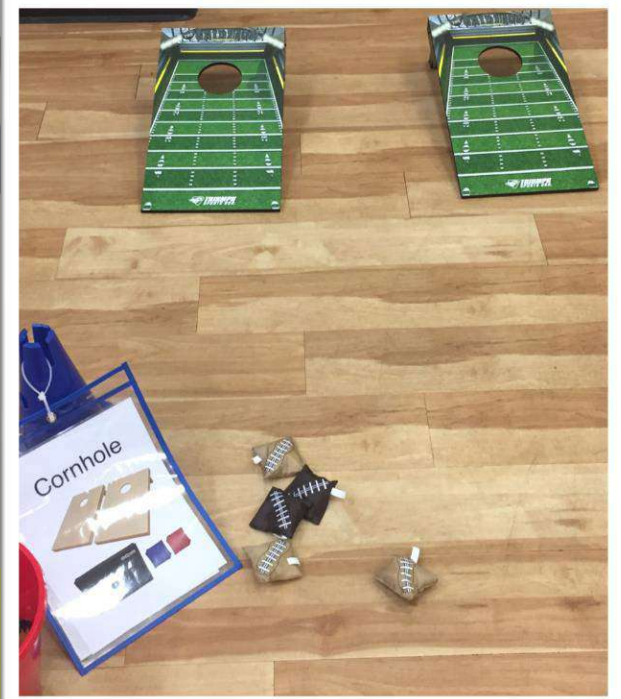




# Bean bag bowling



# cornhole



# Bean bag bocce







**Rally Ball**



**Horseshoes**





## Kan Jam



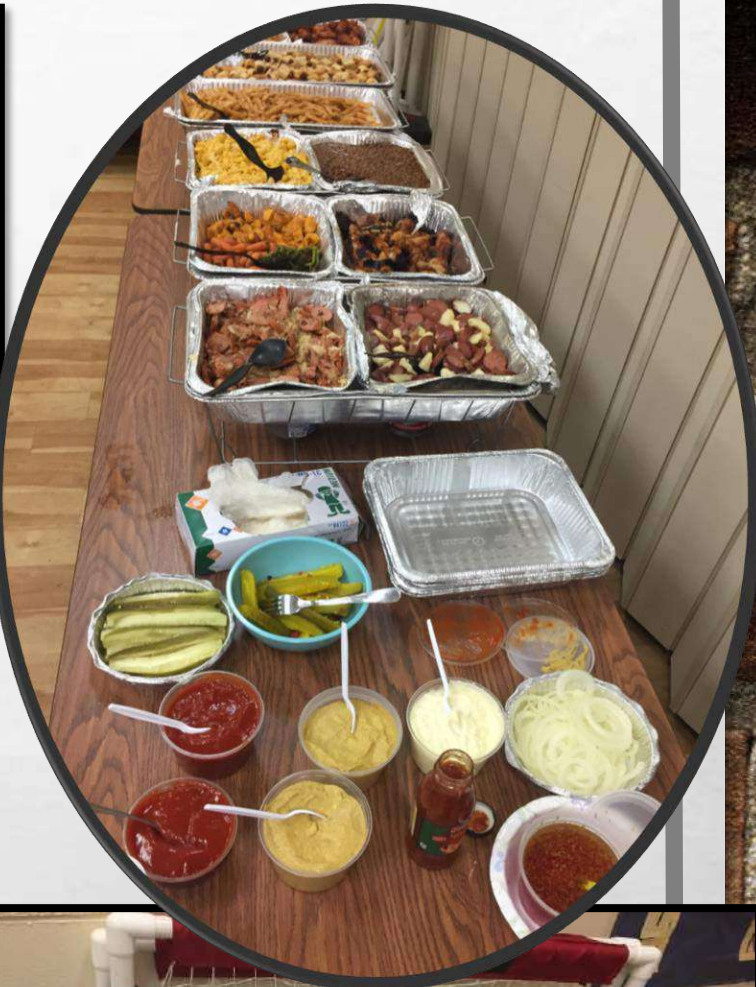
## Toss a Cross



## Ladder Ball









# MINI GOLF







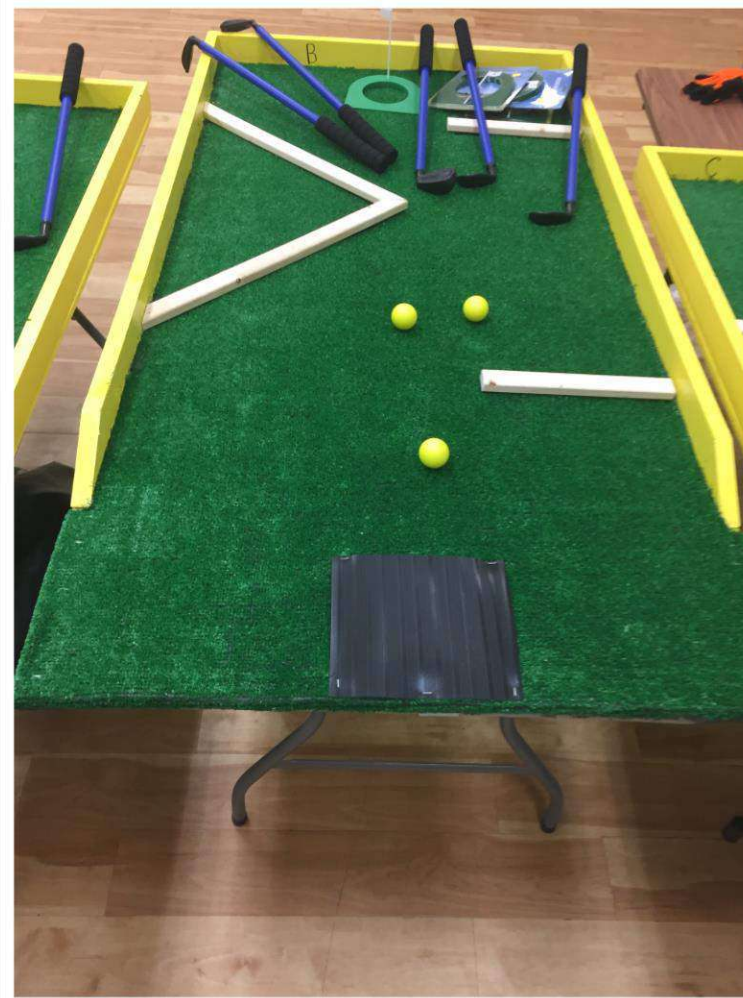
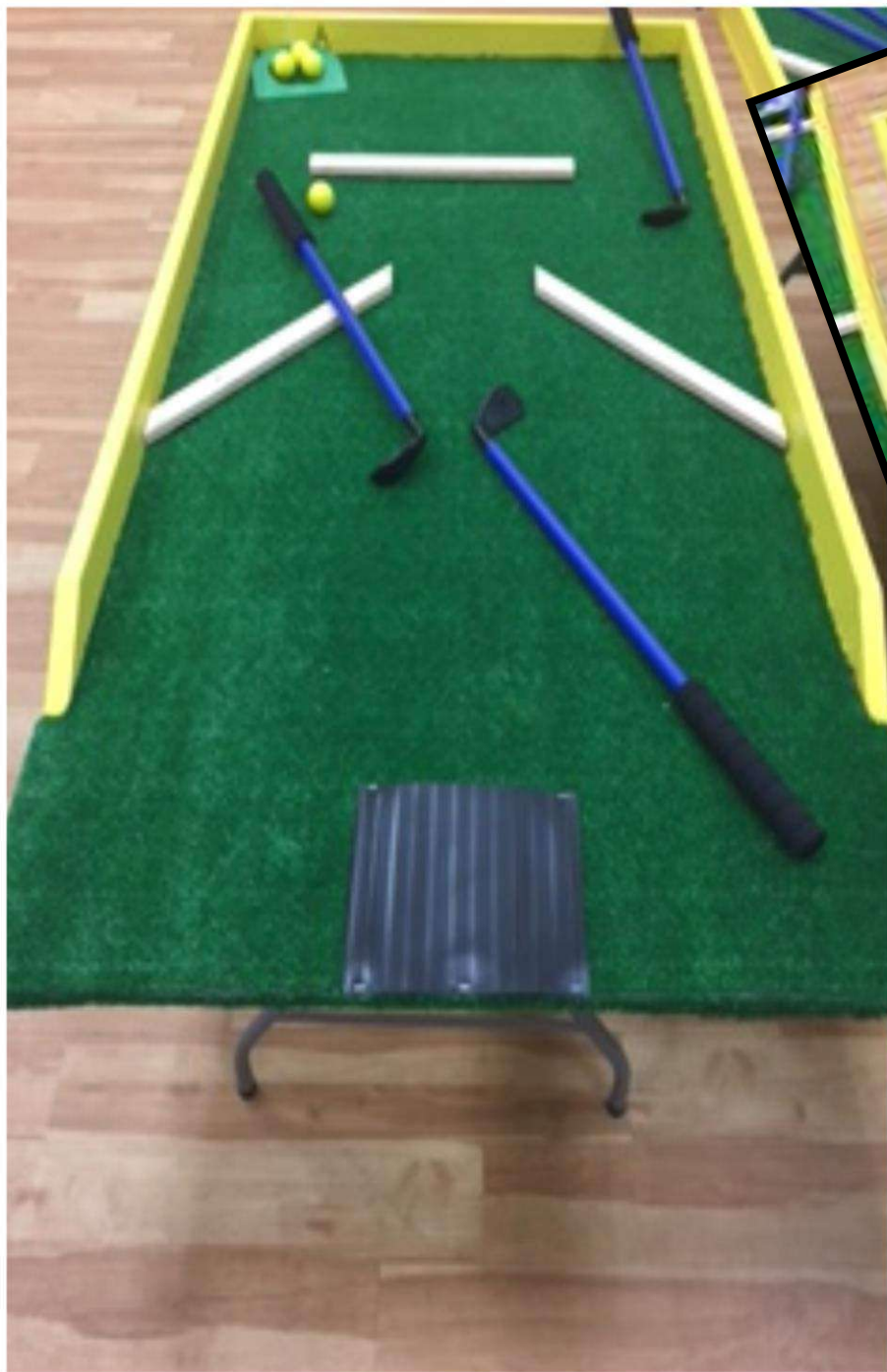








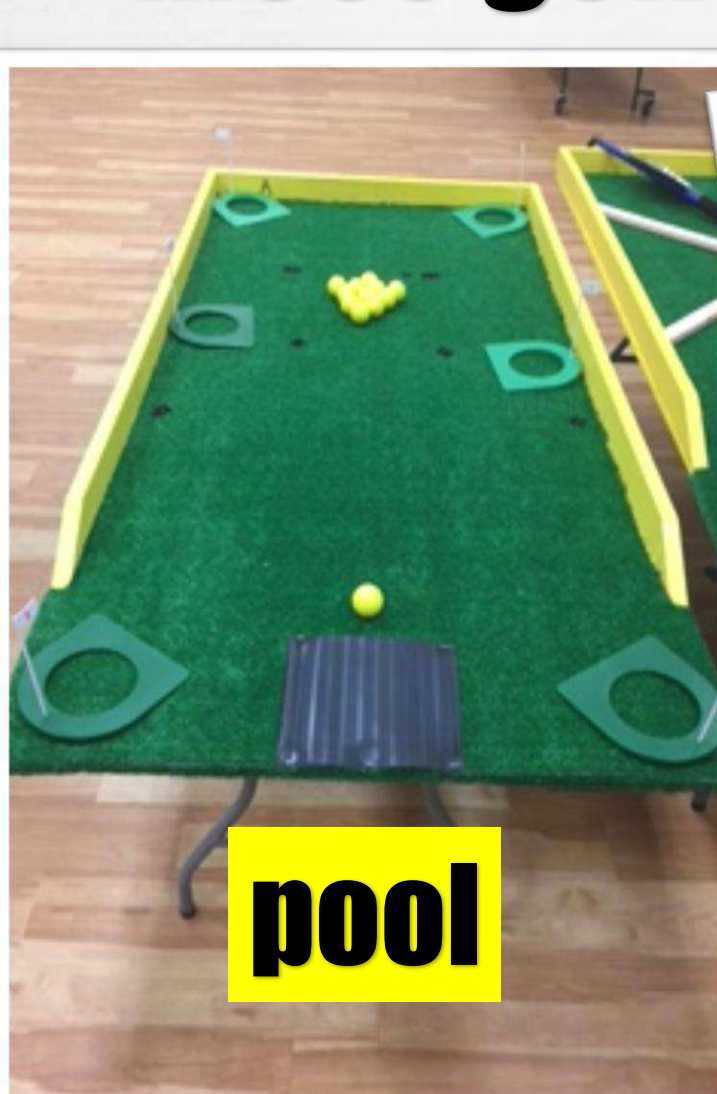




**Made for us  
Scout Eagle Project**



# Other Table Ideas for those golf boards





# BUILD TOGETHER BLOCK PARTY



**Magnetic Blocks**

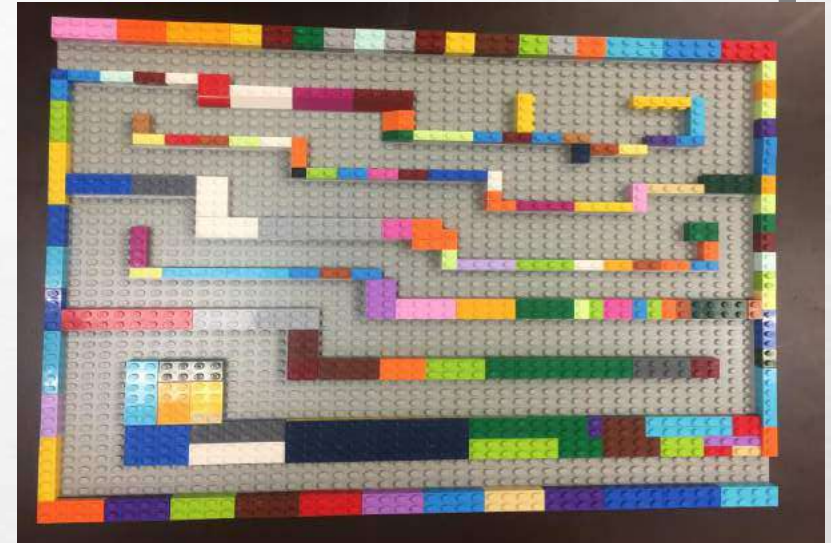
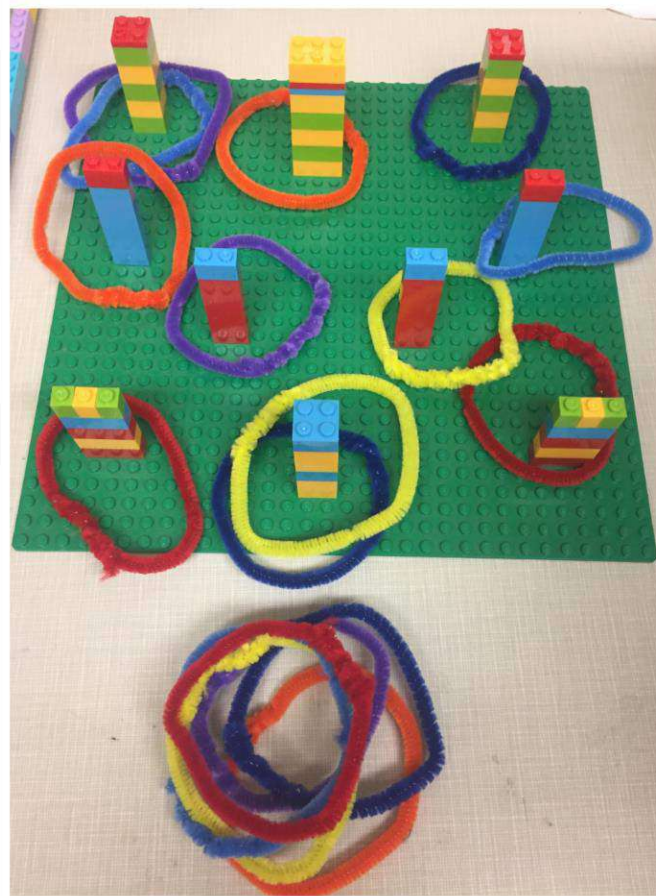


# BUILDING BRICKS ACTIVITIES

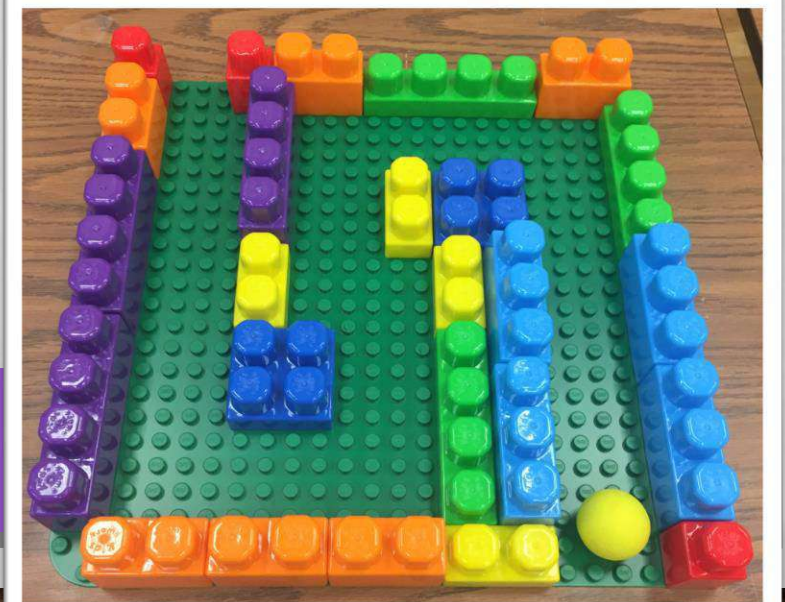
## Bean Bag Brick Toss



## Brick Ring Toss



## Challenge Maze





# SET UP BRICKS TO BUILD PE ACTIVITIES

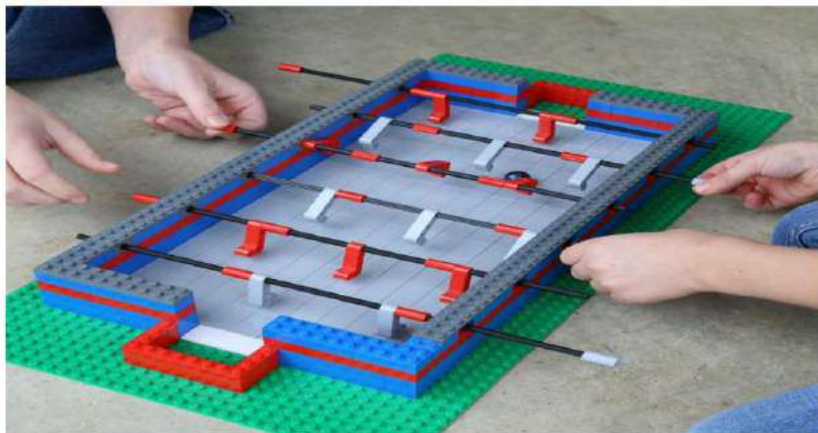


**basketball**



**fitness  
WORKOUT**



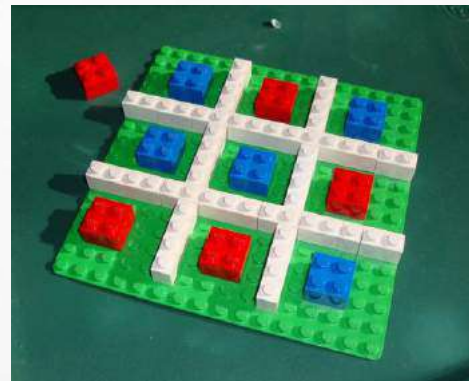


## How to Build a LEGO Foosball Game



FrugalFun4Boys.com

<https://frugalfun4boys.com/2016/11/06/build-lego-foosball-game/>



# Tic Tac Toe

<https://pinkandgreenmama.blogspot.com/2013/07/fun-with-legos-diy-lego-hangman.html#.WoErL6inFPY>



<https://littlebinsforlittlehands.com/lego-zip-line-homemade-toy-zip-line-kids/>







**Match up Lego athlete with station skill**



# FREE ZONE BUILDING AREA





# Lego Movie



**Theme  
food**







**Include Coupons for  
Family Outings**



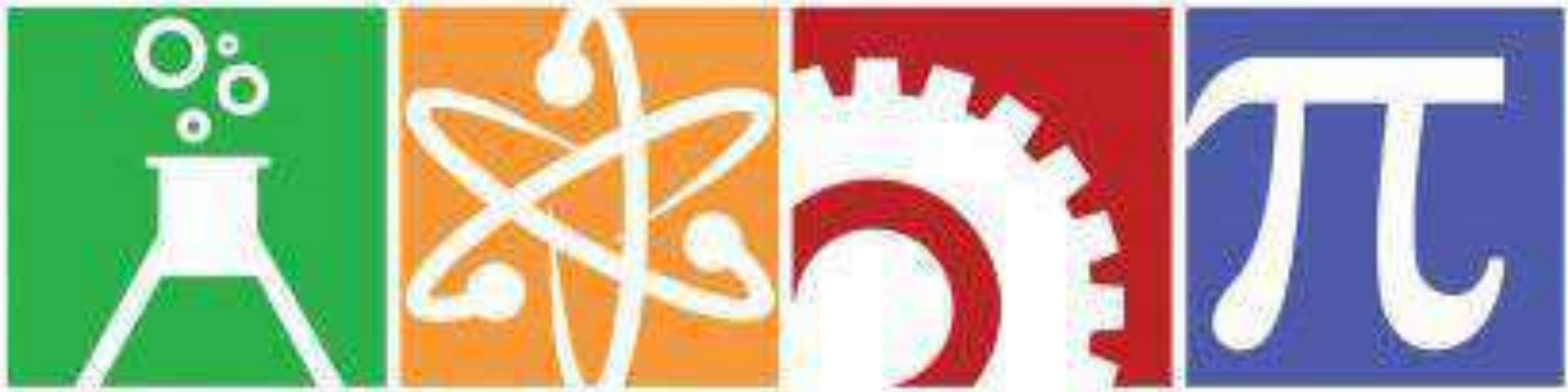
# FOCUS ON STATIONS

**USE FLASH CARDS TO BUILD WHAT IS DESCRIBED**

**[HTTP://ONEMAMASDAILYDRAMA.COM/WP-  
CONTENT/UPLOADS/2017/08/PRINTABLE-LEGO-CHALLENGE-CARDS.PDF](http://onemamasdailydrama.com/wp-content/uploads/2017/08/printable-lego-challenge-cards.pdf)**

**[HTTPS://THESTEINLABORATORY.COM/WP-CONTENT/UPLOADS/2015/12/LEGO-  
CHALLENGE-CARDS.PDF](https://thesteinlaboratory.com/wp-content/uploads/2015/12/lego-challenge-cards.pdf)**





**STEM** Science, Technology,  
Engineering, Mathematics



Science in Boats: Exploring Buoyancy Family Science Experiment  
Teacherspayteachers.com Chad Clark Creations grades 4-7

\$2.49

PE and Health tie-in: water safety

thestemplaboratory.com

Hesstrucks.com

<http://www.bioedonline.org/tasks/render/file/index.cfm?fileID=1AB2A88A-D4CF-9C0F-75D8488EFBA86E17>

<http://www.bioedonline.org/lessons-and-more/focus-on-stem/simple-and-compound-machines/>



# Check out PE Central on Facebook or Twitter

**Use the Search bar to find ideas on STEM activities in PE**

[Nikki Rittling](#) Science: balancing different objects on body parts.

Technology: QR codes with fitness or questions.

Engineering: draw a map or blueprint and then have students use movement concepts to dance it out!

Arts: see above or use patterns and movement.

Math: movement patterns, use rhythm sticks to decompose numbers.

[Angelina BartolucciGroup Admin](#) Have you thought about incorporating Makey Makey? <http://www.ssw.com/.../using-makey-makey-for-active.../>

[Mark ManrossGroup Admin](#) Also, a great family fitness night can be done with the PE Central Cooperative Fitness and Skills Challenge activities. I have been to several of these and they are so much fun! Parents love doing these challenges with their kids. <http://pecchallenge.org>



# CARNIVAL NIGHT

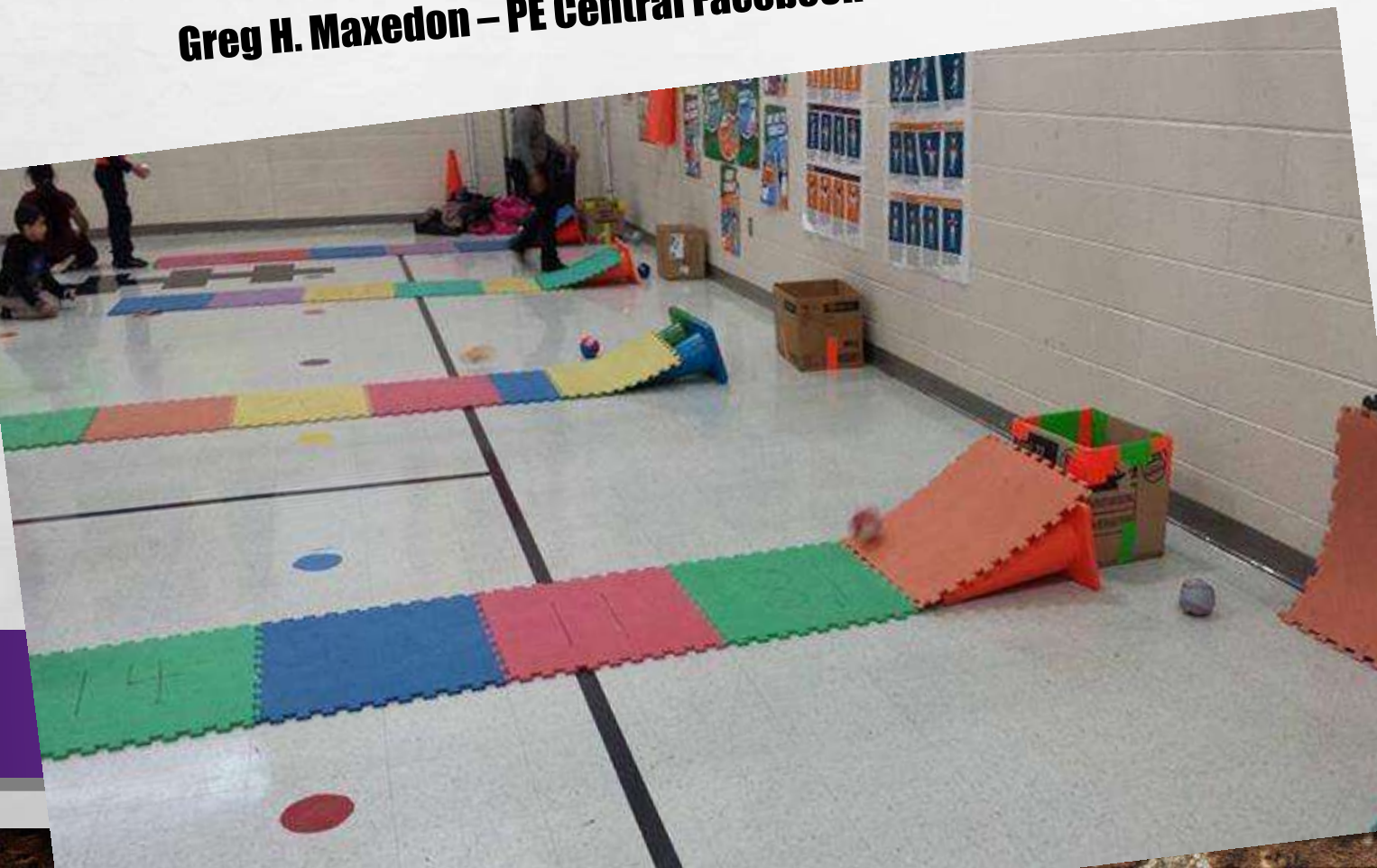




# Skee ball

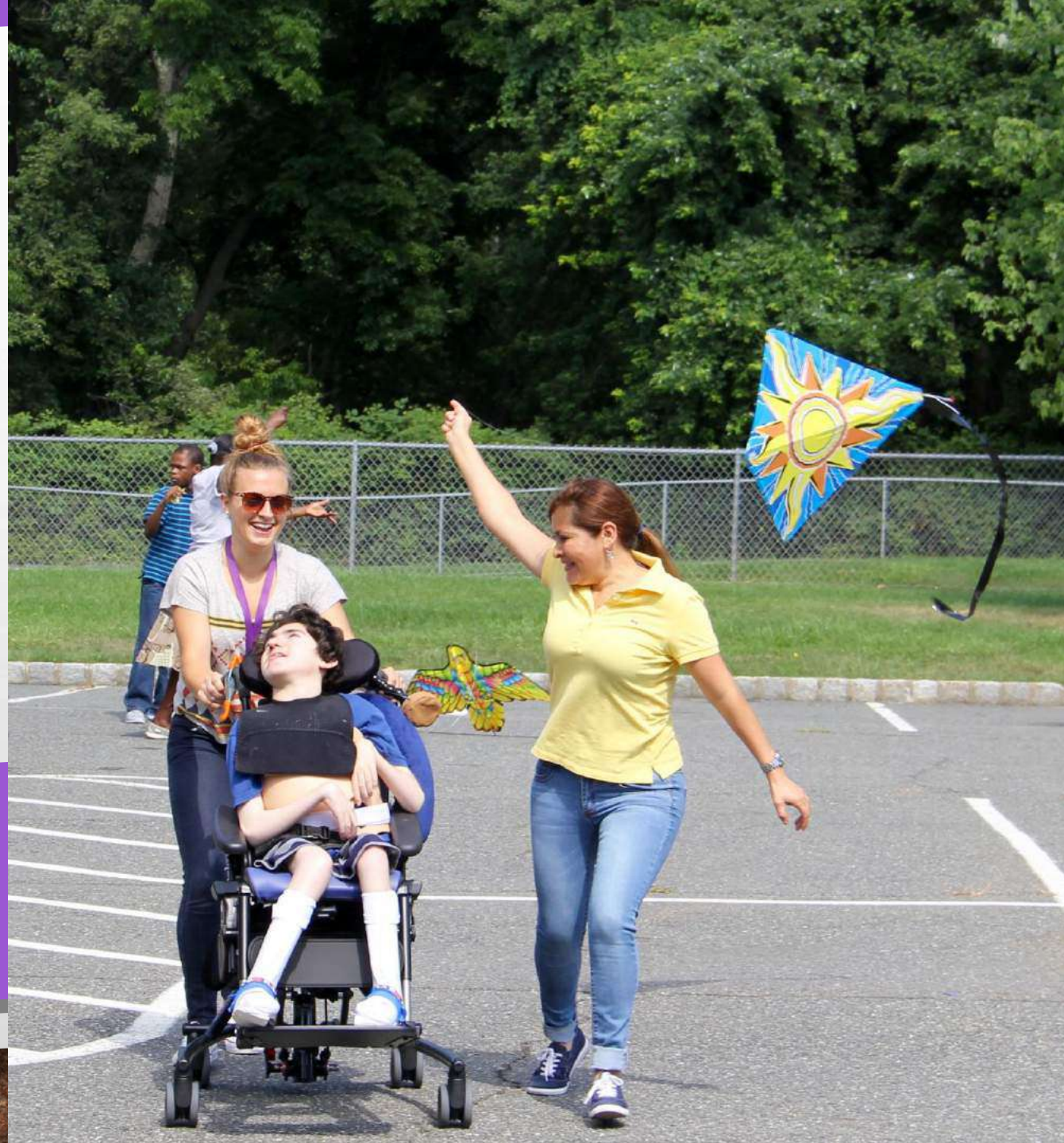
Ross Chakrian – PE Central Facebook

Greg H. Maxedon – PE Central Facebook





LET'S GO  
FLY A  
KITE





# PUZZLE NIGHT





# RECYCLE THE FUN NIGHT

- CRAFT USING RECYCLED MATERIALS AS ART SUPPLIES
- CREATING GAMES TO PLAY USING RECYCLED MATERIALS
- STATIONS FOR FAMILIES TO LEARN FACTS ABOUT RECYCLED PRODUCTS AND LANDFILLS
- STATIONS FOR FAMILIES TO LEARN FACTS ABOUT HOW OUR SEA LIFE IS AFFECTED BY OUR GARBAGE



# BIKES, BLADES, BOARDS RODEO

- **KIDS BRING THEIR BIKES, SKATEBOARDS, SCOOTERS, OR INLINE SKATES, ALONG WITH A HELMET, AND PARTICIPATE IN AN OBSTACLE COURSE.**
- **LOCAL POLICE OFFICERS TO OFFER SAFETY TIPS**
- **LOCAL BIKE SHOP TO MAKE REPAIRS.**
- **OLDER KIDS CAN TEACH YOUNGER ONES SOME NEW MOVES.**
- **STRIDER BIKES, ACCESSIBLE BIKES....BRING IN VENDORS TO SHOW ADAPTABLE TRICYCLES, WALKING BIKES AND 2<sup>ND</sup> PERSON CONTROL BIKES**



# CSI NIGHT

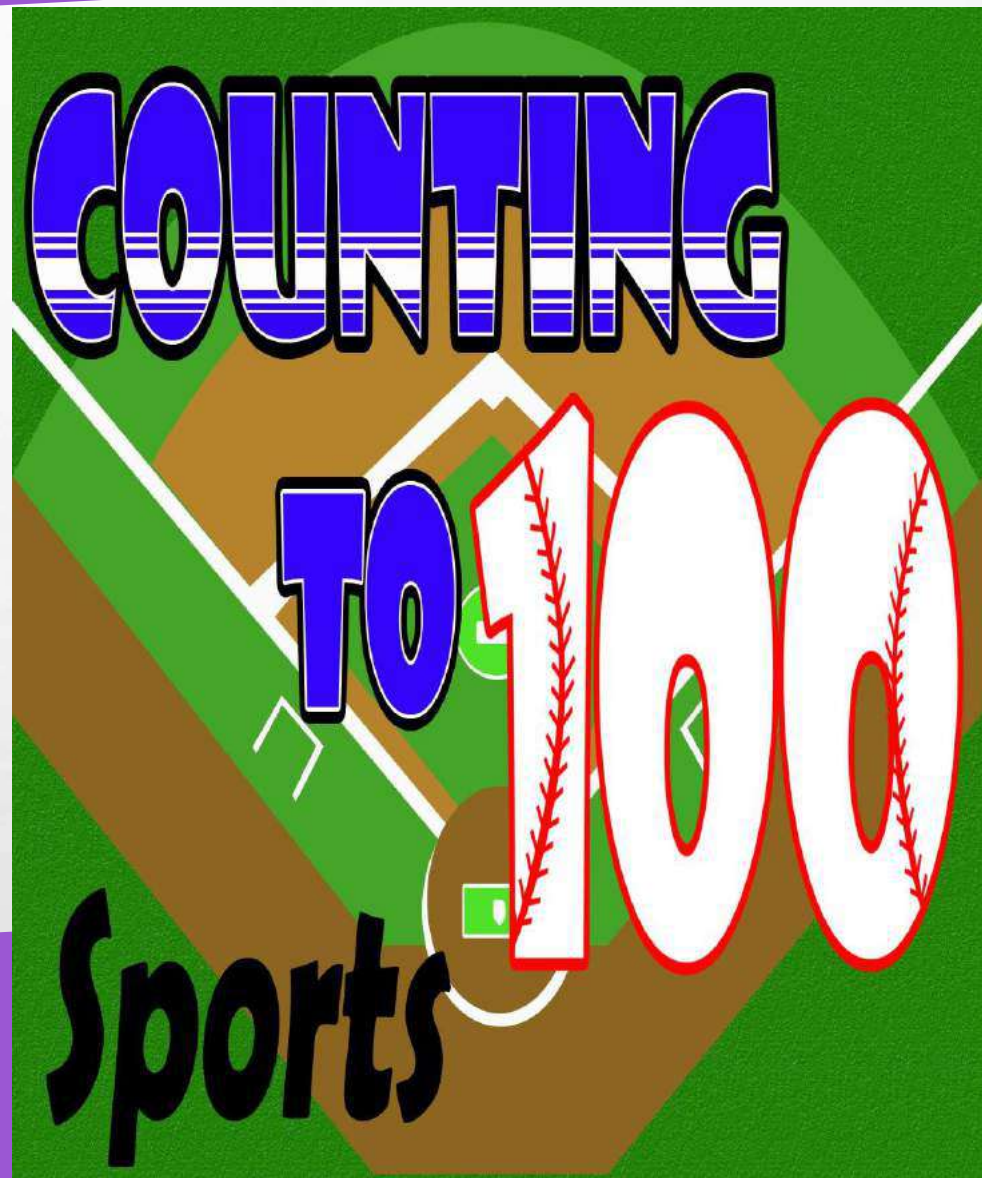
With this clever spin on science night, kids get the opportunity to solve a crime.

The Committee sets up a mystery where something had been stolen and students had to find the culprit by using fingerprints, tread marks, and other clues.

Move from classroom to classroom. The Gym area can be used for clues including the Skeleton, Blood Types, Cause of Death (high risks), the Weapon (a sport implement).



MARK  
THE 100<sup>TH</sup>  
DAY OF  
SCHOOL





## Take It to the Gym

**With your PE instructor's supervision, challenge kids to do the 100-yard dash, 100 sit-ups, and 100 jumping jacks. End the activities with a beanbag toss to see who can get to 100 tosses first, list of 100 ways to stay active & healthy**

<https://www.ptotoday.com/filessharing/document/1964-certificate-for-100th-day-pe-challenge>



**Decorate a shirt**



**Count & Fill**

**Photo opt**





# KICK OFF TO SUMMER

**Booths with luau style games and snacks**

**Stations for various summer activities – call in vendors to display their stuff**

- **CANOEING/KAYAKING COMPANIES**
- **MARTIAL ARTS PROGRAM**
- **LOCAL RECREATION COORDINATOR FROM THE TOWN**
- **DANCE PROGRAMS**
- **OUTSIDE TOWN RECREATIONS (THAT HAVE PROGRAMS THAT YOUR TOWN DOESN'T PROVIDE (MAY CHARGE \$))**
- **COUNTY RANGERS OR REPRESENTATIVES FROM PARKS TO TELL ABOUT THE HIKING TRAILS OR FISHING IN THE AREA**
- **LOCAL TOWN POOL REP OR SOMEWHERE YOU CAN TAKE SWIMMING LESSON**
- **SKATE BOARD PARK – LOCATION, LESSONS AVAILABLE, PARK HOURS AND OTHER INFORMATION**
- **CAMPS – DAY, SLEEP AWAY, SPORT**

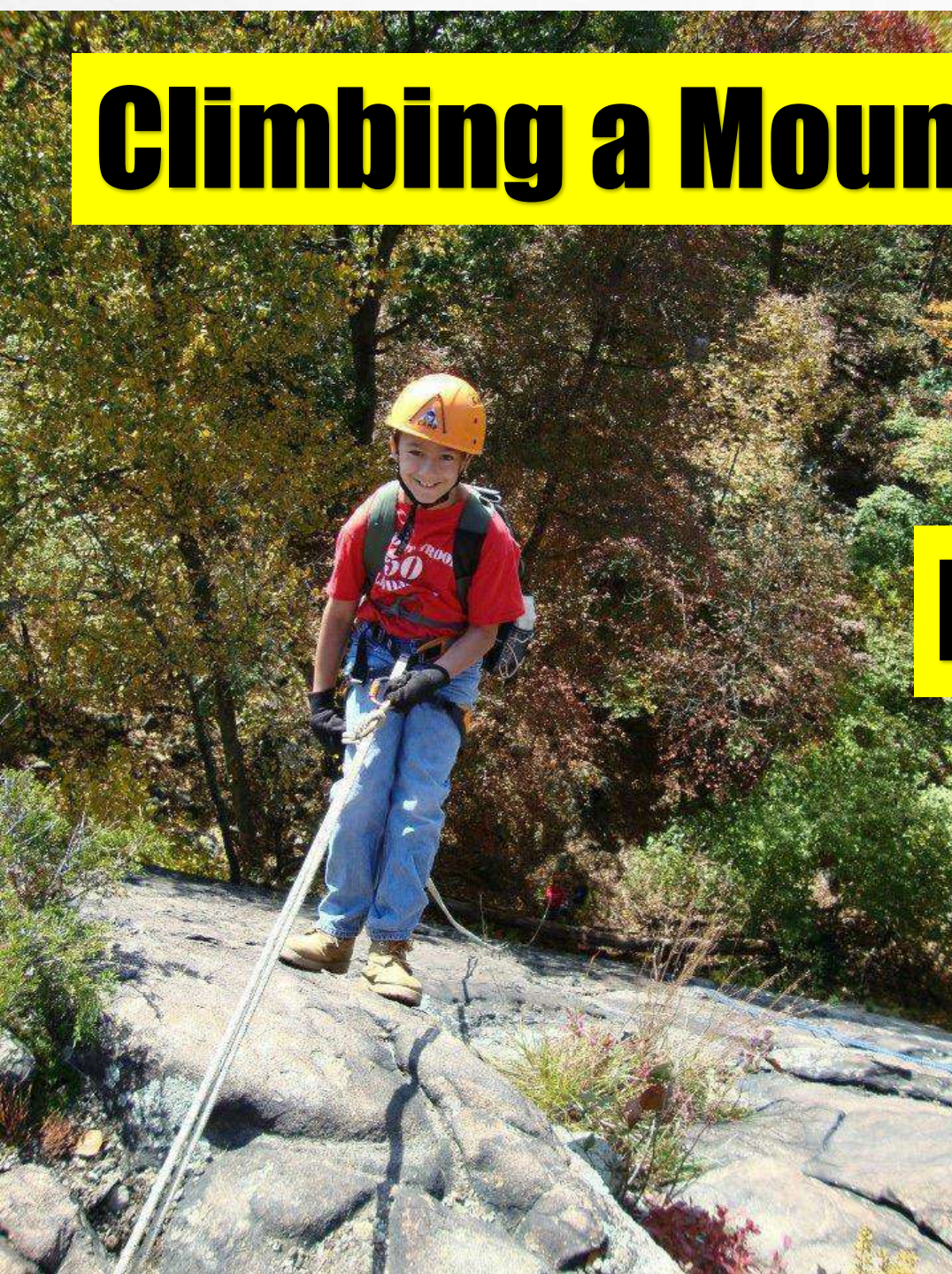


# Climbing a Mountain

Out of his wheelchair  
His harness is attached to  
instructor's harness and  
belay system

## Rock Walls

40 ft wall



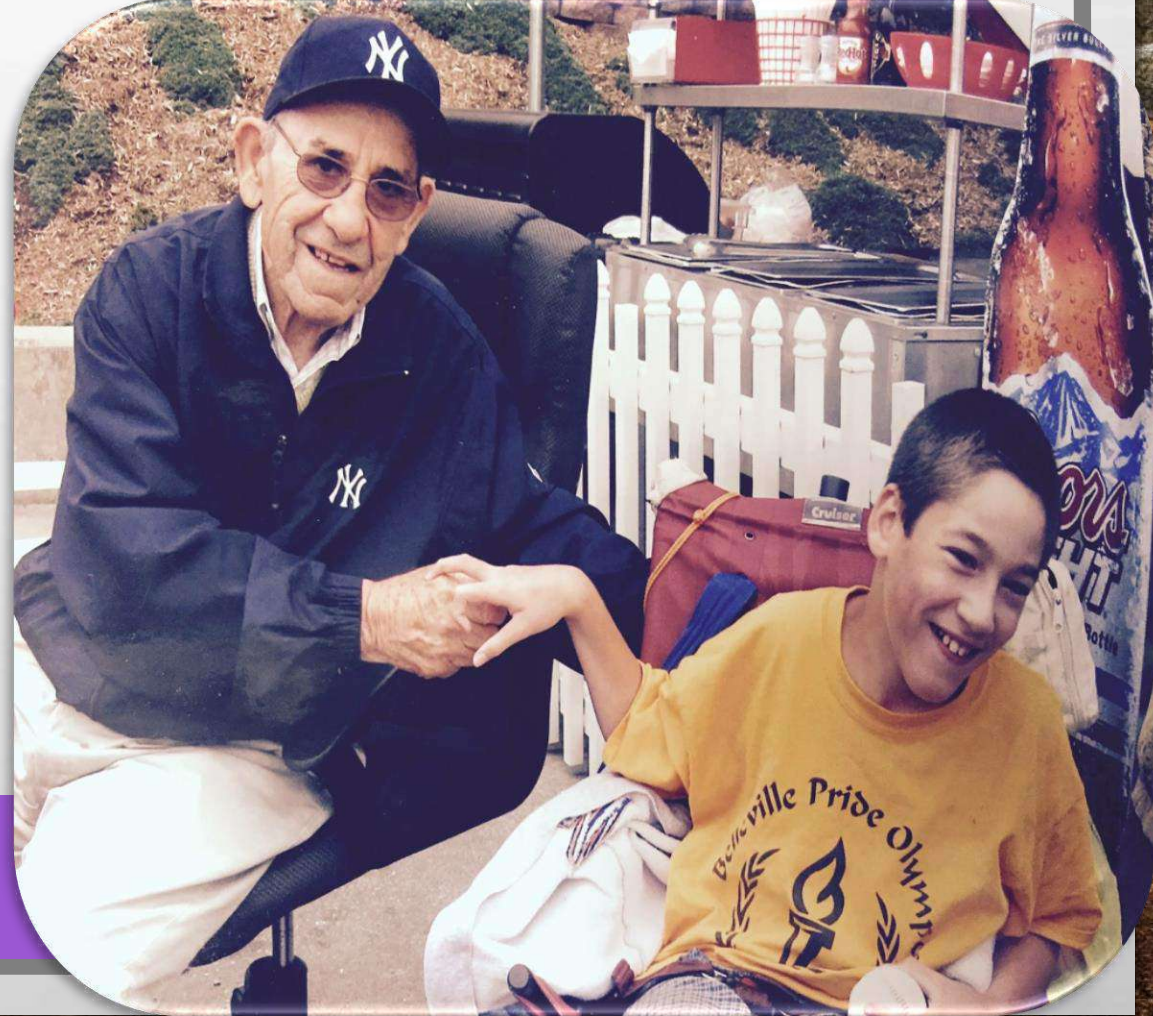




**Camp or Rec Programs**



# Take Me Out to the Ball Park





**A FAMILY EVENT  
AS A  
FUNDRAISER**

**FOOD TRUCKS**  
**PAINT & SIP (G)**  
**COOKING**  
**CLASSES**  
**DANCE LESSONS**





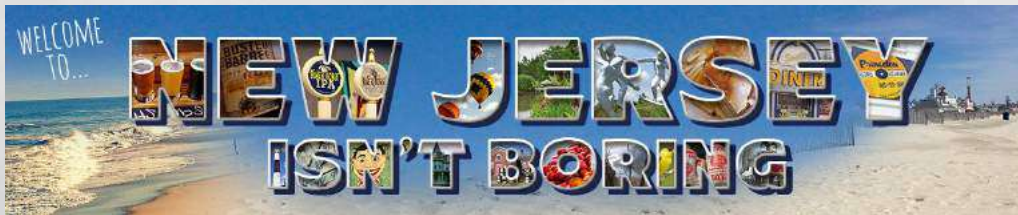
**CONTACT LOCAL FOOD TRUCKS IN YOUR AREA**

**ASK ABOUT A FUNDRAISING IDEA OF GETTING A % FROM THE SALES FOR YOUR FUNDRAISING NEEDS**

**HEALTHY CHOICES TO FUN TREAT CHOICES**



<https://www.njfta.org/>



<http://newjerseyisntboring.com/new-jersey-food-trucks/>



**Local business in Belleville  
Also does special events**



# RESOURCES:

## PE CENTRAL

ON THE WEB

FACEBOOK

TWITTER

<https://www.youtube.com/channel/>

Twitter Facebook Web TPT

Ross Chakrian  
Jim DeLine  
Nick Kline  
Ben Pirillo  
Kevin Tiller

@Mr\_C\_PE  
@jimsgymtx  
openphysed.org  
[Teachphysed](#)  
[Phys.Ed.Review](#)

## PINTEREST

JUST CLICK AND SAVE YOUR PINS

TAKE A PIN AND REINVENT OR MOLD TO FIT



Michael  
Beringer  
[http://fair  
Viewpe.  
blogspot.  
com/](http://fairviewpe.blogspot.com/)

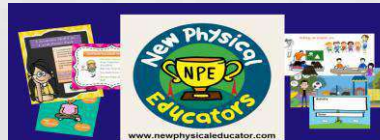
## pinterest

Just click and save  
your pins  
Take a pin and  
reinvent or mold to  
fit

[Charles Silberman](#)

[@ThePeGuy](#)

[https://newphysical  
educator.com/](https://newphysical<br/>educator.com/)



Is packed with valuable information for  
all Physical Educators *plus* links to my  
Online Training Courses & Free & Paid  
Resources on [teacherspayteachers.com](#)

## PTO/PTA WEBSITES

[HTTP://WWW.PTOTODAY.COM](http://www.ptotoday.com)

1. FREE DOWNLOAD KITS FOR ALL SORTS OF  
ACTIVITIES

2. OTHER RESOURCES TO GET IDEAS FROM

3. EVALUATION PLANNING FORM

[FILE:///C:/USERS/TWINK/DOWNLOADS/EVENT-  
EVALUATION-AND-PLANNING-FORM.PDF](#)

4. STEM NIGHT PACKET (AND OTHER EVENT PACKETS)

[HTTP://WWW.PTOTODAY.COM/SFN?UTM\\_SOURCE=C  
USTOM\\_OPTIN&UTM\\_MEDIUM=EMAIL&UTM\\_CAMPA  
IGN=FSN EMAIL JAN2018#FAMILY-SCIENCE-NIGHT](http://www.ptotoday.com/sfn?utm_source=C<br/>USTOM_OPTIN&utm_medium=EMAIL&utm_campaign=FSN_EMAIL_JAN2018#FAMILY-SCIENCE-NIGHT)

5. [HTTP://WWW.PTOTODAY.COM/PTO-TODAY-  
ARTICLES/ARTICLE/8500-YES-YOU-NEED-A-MOVIE-  
LICENSE](http://www.ptotoday.com/pto-today-articles/article/8500-yes-you-need-a-movie-license)

**GOPHER**

**US Games**



  
Teachers Pay Teachers

**FLAGHOUSE**



# RESOURCES:

<https://www.teacherspayteachers.com/Store/Mr-Clarks-Physical-Education-Store>

Nathan Horne



**iPHYS-ED.COM**  
PHYSICAL EDUCATION WITH PURPOSE



[Ben Landers](#)

[WWW.THEPESPECIALIST.COM](http://WWW.THEPESPECIALIST.COM)

ON THE WEB

FACEBOOK

TWITTER



<https://www.teacherspayteachers.com/Store/Prime-Coaching-Sport>



<https://www.teacherspayteachers.com/Store/Super-Pe>

Jarrold Robinson

**ConnectedPE**

[www.connectedpe.com](http://www.connectedpe.com)

**TPT – Cap'n Pete's Power PE**

ON THE WEB

FACEBOOK

TWITTER

Pete Charrette



<https://www.teacherspayteachers.com/Store/Physedreview>

OPENPhysEd.org

OPEN is a public service of US Games

**OPEN**  
Online Physical Education Network

Mike Ginicola

<http://physeddepot.weebly.com/>



**You Tube**

Nichols PhysEd Depot

