

"If These Walls Could Talk"

By: Steve Wehrle

Email: swehrle@greenwich.k12.nj.us

Purpose: In looking around the halls and classrooms of an elementary school, you find color; you find content reinforcement in every room except one...the gymnasium. This presentation was born out of that concept, and a way for teachers to enter cross curricular concepts, reinforce their own lessons, and an easy way for students to function in a Physical Education classroom. These activities include games, organization and transfer skills, and just flat out ways for kids to have fun in the PE classroom. I hope you find them useful. Listed are some activities presented.

Grade Level: Pre-School- Elementary

Solar System



1. Throwing Practice: Students look at a map of the solar system, one partner gives the other a target (a planet) to throw an asteroid at. Students can take turns picking a planet and throwing at it, as a station. For older student you can give facts, such as, "throw the asteroid at the red planet (Jupiter)"

Map of the United States and of the World



1. Name the State/country: Place a dot or star, some kind of marker on a state or country, make it a warm up question. Have the students try to match the states, or place them in an order that you decide.
2. Reference to the Olympics/World Events: show where the Olympic flame comes from, and tie into where they are being played now. Show the route, talk about how they get the flame there
3. Tie in With geographically specific animals: Kangaroos live in Australia, let's practice our kangaroo jumping, elephants live in Africa/Asia, show how an elephant would walk with their trunks, etc...
4. Geographically Trivia: If I am playing an activity and I need to select a student to go first (as an example) I point to a state or country and have the students take guesses as to what it is.

Visual Schedules

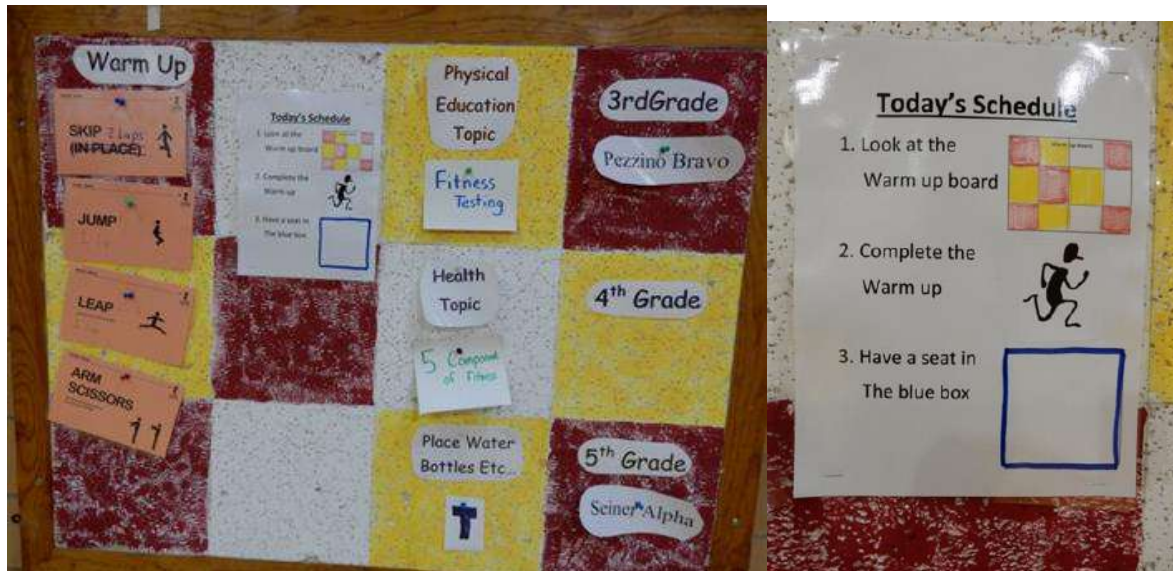


Why Visual Schedules are beneficially....

Research

- Difficult sequencing activities and exhibit delays in memory storage
(Sagvolden et al., 2005)
- Knowing what will occur reduces the anxiety of not knowing what to expect in the classroom
(Breitfelder, 2008)
- Placing a schedule in a visible location allows students to know what is to occur in the future and eliminates the need for constant verbal reminders
(Pfiffner, Barkley, & DuPaul, 2006)
- Verbal schedules are not nearly as beneficial because they have difficulty focusing on long verbal instructions, committing multiple tasks to memory, and are not focused when directions are presented
(DuPaul & Stoner, 2003)

Warm Up Board



Left Column gives the warm up: Cards or activities are the warm up

Left Center Column: Visual Schedule for an Autistic Student, use for special instructions

Right Center: Phys Ed/ Health Topics for the Day, Where to play water bottles/coats

Right Column: What class get heart rate monitors, striders, pedometers, etc...

1. **Create a Warm Up Board to Answer simple questions:** What are we doing today?, Where do I put my water bottle?, etc... My second-fifth grade students come in read the board and react. It allows me time to handle clerical items, or to set up or break down an activity.

School Logo



The logo and quote was funded through an NJEA grant

College Pennants



The staff each made a college pennant from where they went to school, and we accompanied it with a sign that said, "We Went College, You Can Too"

Skeleton for Anatomy



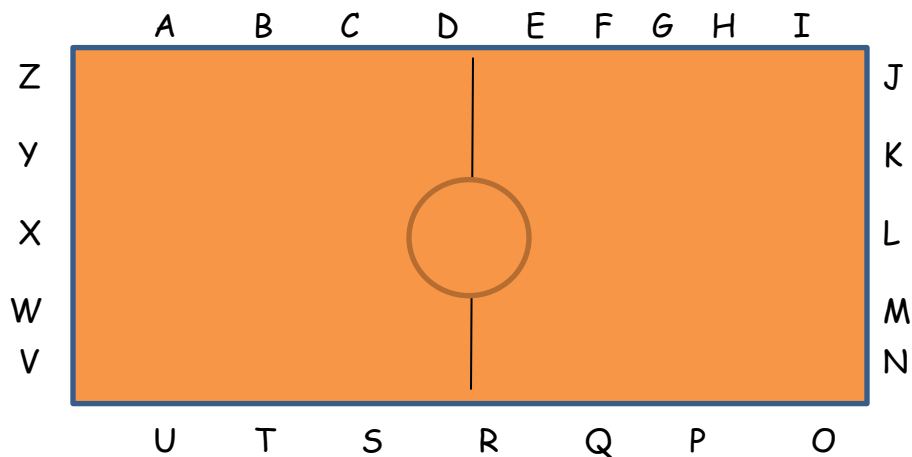
These are my skeletons Diego and Felicia

1. Skeleton Puzzle: Using poly bones I have classes make the skeleton in a relay format, where in order to put the bones together, they have to run a lap around the gym. The skeletons pictured here are for assistance.
2. Name that bone: I place a star on a bone and they have to determine which bone it is by looking at a label picture at the far end of the gym.
3. Health Class: Use an example or demonstrate movement of joints

Painting Letters on the Outside of the Walls

Activities: 66 of them

My Gym- Each letter is various colors and levels



1. Spell out your name, touch each letter, gallop to each letter
2. Dribble the soccer ball (or basketball) touching the words we are learning in the unit
3. Multiple Choice: Ask a question with 4 Answers- A,B,C,D...go stand next to the letter that you think is correct
4. Write a sentence, stand next to the first letter of the Noun
5. Math problems in code- A=1, B=2, C=3 etc...
6. Fill in the blank: ____=MC2Hopefully everyone goes to E
7. Each Letter is a different color- find the Red Letter, the blue letter...
8. Each letter is on a different level- find the highest letter, the lowest...

9. Find the letter with a curve in it, straight line in it....
10. Find the letter with an angle, with a point.....
11. Find a triangle, a circle, etc....
12. Stand next to a letter, be an animal that begins with that letter
13. "Sit by the letter G"
14. "Class we are lining up please put your equipment by the letter M"
15. "Line up to go outside by the letter Q".....Que by the Q, love it
16. Jump Rope over to the Z, and make the shape using your jump rope
17. Find a partner jump to a letter, make it using your jump ropes
18. Using your Z-Cubes (6 side cube with letters on it), make up words using the Z-Cubes and letters on the wall
19. Hand the class their spelling words for the week, hop spelling out word one, jump spelling out word two.
20. Missing letter. Give one group a word with a missing letter, have them stand next to the missing letter, give another groups a second word, with a missing letter
21. Wheel of Fortune: Find a pair, students pick up a set of topic cards. Topic Cards are 5 note cards with a word spelling out with one of the letters underlined. Partner 1, write the word, but draws a line where the missing letter would be. So if the topic where "Colors" and the word was BLUE, partner one would write B _ U E. Partner 2, has to run over to the missing letter, in this case it would be L. They then switch and partner 2 writes a word with a missing letter. They try to get all 5 cards correctly. For each one they have to pass or do not get correctly the get to go to the Board of Fun, a chart I have with different exercises. Find a different category.
22. Stand next to the vitamin that is important for vision, found in carrots (A)
23. Next to the vitamin that knot together wounds (C)

24. Simon Says: Tell your friend what you had for lunch using the letters
25. It adds color to your room
26. Can quickly divide up teams, go stand by the T, go stand by the X...you are team T, team X...
27. Singing Stump. Find a partner, sign the ABCs to your partner leaving out a letter...stand next to the missing letter
28. Variation.....Sing the ABCs to your partner, and double up on one letter
29. Variation...Skip a part of the chorus, what was the last letter that was sang?
30. Crossword Puzzle, blow up a huge crossword puzzle. Kids have to finish it using the letters, which are placed next to the big letter by the wall.
31. Finish my word...Person 1 Chooses a letter, Person 2 chooses a letter that goes next in a word, keep going trying to spell out a word and stump your friend. At any point one person can say "Cmon" and challenge the partner to say what word they are spelling. If they have a word they win, if they don't have a word, the person who said "Cmon" wins.
32. Skip It. Partner 1 stands by a letter and says a category, and a word that starts with that letter, that is part of that category. Partner 2 goes to the next letter, and names a word that starts with that letter, in that category. Keep going around the gym until someone is stumped and then "serve" again.

Example: Partner 1 is standing next to M, they say the category of fruit, they say "Mango" Partner 2 goes to N, they say "Nectarine", Partner 1 goes to O.....etc
33. Wind Talker- Class creates a sign for each letter, must then communicate simple words to their partner using the new symbols
34. Blind Date- Variation of Hog Call partner game, pair comes up with a two syllable word (Base-ball, nin-ja, hot- dog, etc...) Partner 1 is in middle closes their eyes, must find partner number 2 only by saying first half of saying. Partner number 2 must guide them to a letter around the room, they are standing next to.

35. Variation- Both partners stand in middle, one gets a "secret mission" (letter around the outside) they must get their partner. Teacher places soft cones or standing periodically in the way to create obstacles. If the pair touches an obstacle they must start over.

36. I Spy- I spy a letter that sounds like... I spy a letter that has a hole in it..

37. Matching Cards- Write the lower case letters on the side of a note card, have your students match the lower case letters on the card, with the Upper Case letters on the wall

38. Variation- Do the same with cursive letters.

39. Letter Formation-Find a partner, go to all of the Red letters (or any color you want) and have them create the letters using their bodies

40 Variation- Name three words for each letter that is Blue

41. Variation- Use scooters to get to get to each letter

42. Stand next to the vitamin that helps neutralize damaged cells (E)

43.That activates Blood clotting (K)

44. Missing letters- Cover 1 or more letters with a sheet of paper, ask what letters are missing

45. Teach percentages: Have all the students stand next to the letter of their first name, what percentage of the class is that? Last name? Fav Color?

46. Warm Up Skill- Have the students move, spelling out a word, when they get to each letter have them do 2 spiders. Spiders are when you get in a push up position, and bring one knee at a time up to next to that shoulder..spell out whole word

47. Same task with a tennis ball, instead of spiders, they tap the ball back using their toe.

48. Shows cross curricular integration for observations

49. Most used letter in the English language- E

50. Name the letter-Top left letter on the keyboard- Q
51. Name the letter-Common Consonant- R
52. Name the letter-Most words begin with- S or T...conflicting reports on websites
53. Name the letter-Looks the same lower and upper case- X, O, etc...
54. Least common letter used- Z or X...different info again
55. Most Common Letter in a row- L
57. Has a title- I (That is the dot)
58. Shelter in place drills in the game- Class one stand next to the A, Class 2 next to the B, etc...
59. Show off your artistic side
60. Stand next to the vitamin group that has thiamin, riboflavin, niacin (B)
61. That strengthens bones (D)
62. Match food to the letter it begins with, A for Apple, B for Banana, etc...
63. 100 Letters: Run around the room counting the letters for the 100 day of school, find out which one you land on, depends where you start
64. Blues Clues: Write letters on Note Cards, give a student a letter to go to, when they get there have three note cards faced down, with a letter on the other side, have them flip over a card, they then go to that letter. One letter is the winning letter that has stars instead of letters on the other side. When a student makes it there, they join you in the middle. Play to everyone makes it there.
65. A is for Ankle, B is for Bone or Butt, C is for Calf, can you students make it all the way around?
66. Students have a noodle, or hockey stick, practice dribbling using the item striking various letters to spell out words