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READY, SET, GO!

Heart Pumping Team Building Activities Strategies for Success – Setting Expectations



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By the end of this session you will:

- ☐ Learn several **HEART PUMPING TEAM BUILDING** instant activities that you can easily add to your tool box!
- ☐ Learn **PE SMART** Classroom Expectations
- ☐ Learn strategies for helping students to take personal responsibility for their behavior and learning



HEART PUMPING - TEAM BUILDING INSTANT ACTIVITIES

- Get students active as soon as they walk into your gym
- Maximize active minutes
- Build a sense of family
- Promotes 5 Components of Fitness

Heart Pumping, Team Building Instant Activities

LOCOMOTOR FREEZE AND SHAKE IT UP!



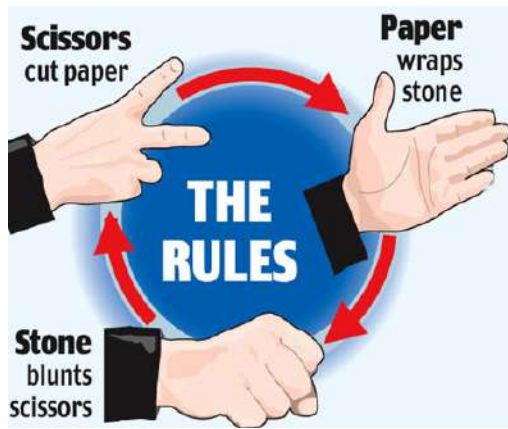
- Practice variety of locomotor skills and freezing on the signal.
- Shake it up with agility and name
- Shake it up with agility and fruits
- Shake it up with agility and vegetables
- Shake it up with agility and

(S4.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip

Heart Pumping, Team Building Instant Activities

ROCK - PAPER - SCISSORS SHOW!



- “SHOW” – instead of “shoot”
- Play with Gold, Silver and Bronze – Olympics
- Use different locomotor skills
- Say “Good Game” after each challenge
- Use RPS as a tool to settle difference throughout the school year!

(S4.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip

Heart Pumping, Team Building Instant Activities

BUILDERS AND BULLDOZERS



- What is a builder? Bulldozer?
- Game: builders stand up cones and bulldozers tip them over
- Count and “GOOD GAME”
- APPLICATION TO LIFE: Be a builder... You have the power!

(S1.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip

Heart Pumping, Team Building Instant Activities

MOSQUITO TAG!



- Make your “Noodle Stingers” ahead of time
- Mosquitos tag friends with the “stinger”
- If tagged, run and place and itch where you were tagged
- Students with a ½ noodle and flag (or whatever you want to use” are the “Saving Benedryl kids”
- When saved, say “Thank you, Johnny”

(S4.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip

Heart Pumping, Team Building Instant Activities

TURTLE TAG



- GIVE SCIENCE LESSON ON TURTLES, SHELLS and PREDATORS first!
- All players are turtles
- Chasers carry a ½ noodle
- If tagged, players lay on floor and wiggle arms and feet in the air
- Friends save caught turtles by gently rolling them over and saying “Here you go little turtle”
- Save turtle says, “Thank you, Johnny”

(S4.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip

Heart Pumping, Team Building Instant Activities

BUMBLEBEE TAG!



- All players move freely in gym, finding open space
- Bumblebees carry and underhand toss the bumblebee ball at friends
- Caught friends go to a high plank position (Push Up)
- Friends crawl under plank of caught person
- Both do a push up together
- Caught person says, “Thank you, Johnny”

(S1.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip

Heart Pumping, Team Building Instant Activities

HOSPITAL TAG!



- Set up hospital in the middle of the gym with 4 large cones
- Each cone represents an ambulance garage
- Ambulance drivers carry a towel as a gurney – for presentation we will use small parachute
- Taggers carry a ½ noodle
- Players move in open space avoid being tagged; they cannot run through the hospital
- Caught players lay on floor with arms and legs in air (Like a turtle)
- Ambulance drivers come to the rescue. Caught person **MUST PUT ON SEATBELT!** (Safety lesson)
- When to the hospital, ambulance driver assigns an exercise to make them healthy. (Component of Fitness)

(S4.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip

Heart Pumping, Team Building Instant Activities

FLAG TAG!



- Every player has a juggle scarf and tucks it in his/her back pocket or waistband
- Goal is to keep the scarf and pull flags of other players
- If caught, player balances on bumper with arms and feet in the air (CORE STRENGTH)
- Players may have a max of 2 extra flags
- Players deliver an extra flag to friends who are balancing
- Saved players say “Thank you, Johnny”

(S4.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip

Heart Pumping, Team Building Instant Activities

STUCK IN THE SNOW!



- All players run freely, seeking open space and trying to stay away from the noodle taggers
- If tagged, player stands with feet apart, and uses arms to make “angels in the snow”
- Friends save frozen angels by crawling under his/her legs from the FRONT SIDE (Safety”
- Saved player says “Thank you, Johnny”
- No “Puppy Guarding”

(S4.E1 Personal responsibility...S4.E4 Working together...S4.E6 Safety)

ASSESSMENTS: Thumbs up/down...poker chip in bucket...Observation...Exit Slip



PE SMART and Classroom Expectations

- Spend time at the beginning of the year and maximize your teaching minutes throughout the year!





BASIC EXPECTATIONS

- ☐ Freeze on the signal: **HANDS ON YOUR KNEES, EYES ON ME!**
- ☐ When I am talking, you are listening (Body/equipment)
- ☐ Pay attention to detail – follow directions the first time
- ☐ Take care of equipment; it's in great shape for a reason!



THREE DAILY GOALS

- ☐ **Get better at whatever we are doing!**
(Regardless of current skill or ability)
- ☐ **Pass the sweat test! (Work hard every day)**
- ☐ **Have fun! (They will want to come back for more)**

FRUIT CALLS

TEACHING FORMATIONS – 5 seconds!



GRAPES: Run, jog, walk then sit in front of teacher!



BANANAS: Split! ...and find personal space!



ORANGES: Go to your squad spot!



LEMONS: Lemon Lime (Line)

**After every partner activity whether
it is cooperative or competitive in
nature!**



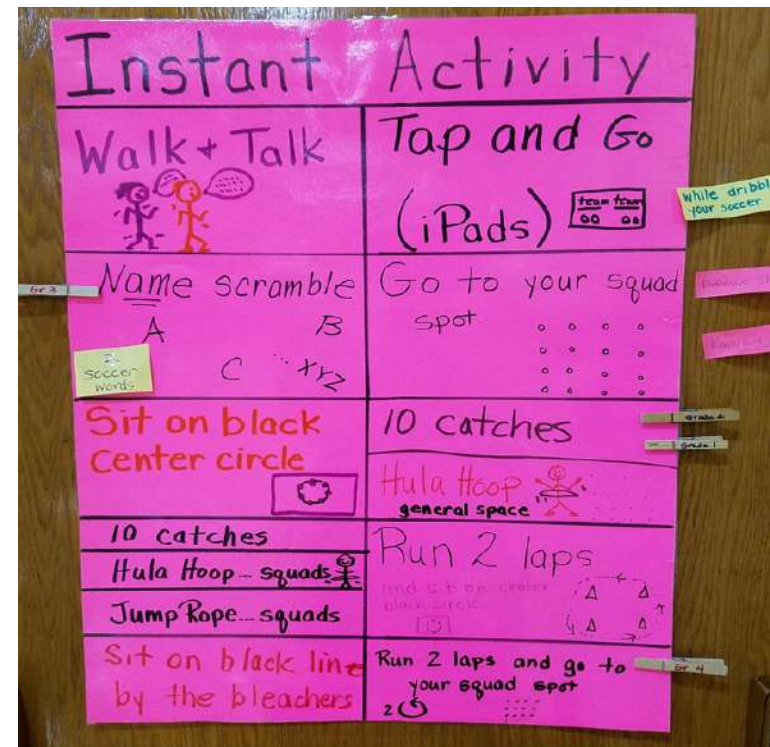
STUDENT JOBS (Gr. 3&4)

Student Teachers – demonstrate, lead wearm ups
Helpers – get equipment, run errands
Levelers – evaluate class and give a score
Vacationers – model best effort and behavior



INSTANT ACTIVITY CHART

- ❑ Students get started right away
- ❑ Promotes reading and comprehension
- ❑ Tool for transition time between classes
- ❑ Tool for reviewing skills
- ❑ Tool for assessing students





Mrs. P's

PE SMART EXPECTATIONS

https://docs.google.com/a/clintonville.k12.wi.us/document/d/1FAJgrMYmzk3w0oeQOnTasKulBefLjq7Tf0qZ_EfskNs/edit?usp=sharing

- ❑ Introduce and practice each of these the first few days of school
- ❑ Use as a reference when kids are in question or disagreement



BEST PRACTICE

- ☐ Teach with a purpose – use your State/National Standards
– so that students can practice with a purpose
- ☐ Turn and Talk
- ☐ Provide Specific Feedback
- ☐ Finding Partners – Use BUILDERS AND BULLDOZERS
- ☐ Making Groups
- ☐ Have equipment set up before students come it

OTHER THOUGHTS

- ❑ Share your love, energy and passion for what you do. It will be contagious!
- ❑ Empower kids and challenge them to be BUILDERS!
- ❑ Time spent at the start of the year on expectations and team building IS WELL WORTH IT! Increased minutes of instruction every day.... All year!
- ❑ Share and apply research with your kids! Students will learn to “OWN THEIR CHOICES”
- ❑ MAKE EACH CHILD FEEL AS IF HE/SHE IS YOUR FAVORITE



ASSESSMENTS

- ☐ Student self reflections – circle GOT IT or NOT YET
- ☐ Teacher checklist - Skill work like locomotor during RPS
- ☐ Poker bucket toss Got it! OR Not yet
- ☐ “Levels” scorers
- ☐ Exit slips: What did you do to show cooperation? Good sportsmanship? Responsibility? Safety? Class success?
- ☐ Student self reflections - all units (From Team building to showshoes!)

- USE ASSESSMENTS TO DRIVE YOUR INSTRUCTION!
- BE REFLECTIVE AS A TEACHER



ADD THE EXTRAS~

- ☐ Jump Rope for Heart – Hoops for Heart
- ☐ Fuel Up to Play 60
- ☐ National Archery in the Schools Program
- ☐ Juvenile Diabetes Research Foundation – Walk for Cure
- ☐ Running Club
- ☐ Monthly Nutrition and Fitness Incentive Calendars

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