

A faint background graphic showing a hand with fingers spread, surrounded by a circular path with colored segments (green, blue, yellow, red) indicating motion or a cycle.

Outcomes-Based **P**urposeful **E**ngaging **N**on-Stop **ACTIVITIES**

Presented by:

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Today's Agenda

Instant Activities

- High-5 Bank Account
- Tabata R,P,S
- Sea Creature Tag
- Toss 3
- Capture the Corner

Fitness

- Mirror-Mirror

Personal & Social Responsibility

- Train Tracks

Limited Equipment

Personal and Social Responsibility

- Chariot Races

Ultimate

- Fly Disc Baseball

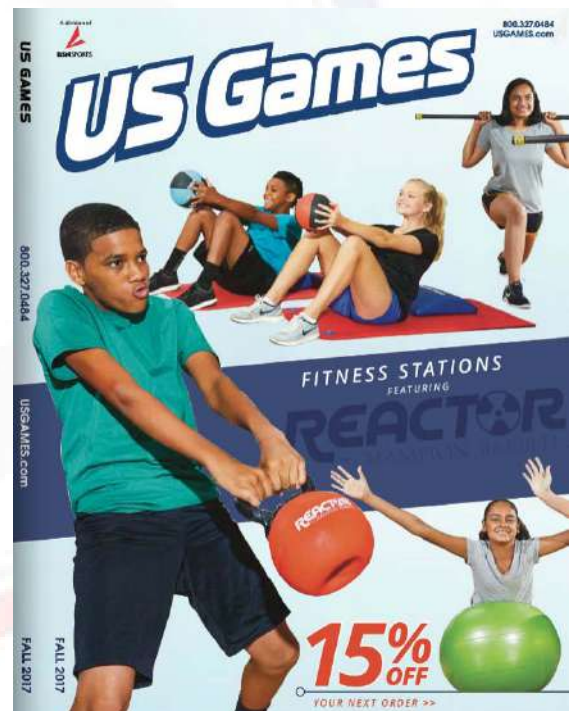
Roundnet

- Rally Time

Other Resources

- Twitter, Plickers, Darebee

Closure



US Games invests a portion of each sale into OPEN.

The next time you need equipment, please contact US Games for a discounted quote.

What is OPEN?



OPEN
Online Physical Education Network



OPEN GAMES FOR LEARNING LOCOMOTOR & MANIPULATIVE SKILLS MODULE OVERVIEW

OPEN GAMES FOR LEARNING LOCOMOTOR & MANIPULATIVE SKILLS MATERIALS LIST

OPEN TOOLS FOR LEARNING PERSONAL & SOCIAL RESPONSIBILITY ACADEMIC LANGUAGE QUIZ

OPEN GAMES FOR LEARNING BASKETBALL SKILLS TEACHER SELF-EVALUATION & REFLECTION GUIDE

OPEN TOOLS FOR LEARNING ROUNDNET PASSING PENTATHLON SKILL CARD

ACTIVELY ENGAGE
(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

Caroline **actively engages** in physical education class in order to get as much physical activity as possible.

LOCOMOTOR MOVES WITH A SCARF

1. Use a scarf to pretend you're a fun animal.
2. Safely gallop, jump, leap, march, hop, slide, and skip in the station area.

How to Access OPEN

- Step 1:** Visit www.OPENPhysEd.org/register
- Step 2:** Fill in your information
- Step 3:** Login using new username & PW
- Step 4:** Go to "Curriculum Resources"

Celebration CHEERS!

Name	Descriptions
Empowering Power Point	<ul style="list-style-type: none"> ✓ Extend pointer fingers toward person receiving the celebration (thumbs if celebrating yourself). ✓ Bring elbow back and then with force point toward the person being celebrated and say, "AAAAHOO."
Window Frame	<ul style="list-style-type: none"> ✓ With pointer fingers start where the top middle of the frame would be (around your forehead). ✓ Trace the top of the frame, then the sides and then the bottom of the imaginary frame each side saying, "Whoop" (Trace the sides of your face – forehead, cheeks, chin). ✓ Immediately after tracing the frame, make circles with your hands like you are holding binoculars. Look through your 'hand binoculars' and say, "OOOOO". ✓ If celebrating yourself put one of your hands on each cheek like "Home Alone" and say, "OOOOO" to finish the celebration.
Arumba Bumba Bumba	<ul style="list-style-type: none"> ✓ Put your hands above your head and with bent elbows move your hands and hips from side to side while saying the name of the person being celebrated to this chant, "Name, Name, RUMBA Bumba Bumba!" ✓ When celebrating yourself just say, "ME ME ARUMBA BUMBA BUMBA!"
Fireworks	<ul style="list-style-type: none"> ✓ Clap your hands together by your belly button (the fireworks have exploded from their canister). ✓ Keep your hands pressed together and whistle as you snake your hands upwards (imitating the ascent of the firework). ✓ When you reach your head make an exploding sound (Boom, Pow, etc.) and have your hands separate apart. ✓ Slowly twinkle your fingers downward imitating the falling ash and say, "Ooooo Aaaaah" (to imitate the reaction of the crowd below).
Hip-Hip Hooray!	<ul style="list-style-type: none"> ✓ Put left hand on your left hip and say "Hip". ✓ Put your right hand on your right hip and say "Hip". ✓ Pick up both hands into the air and say "HOORAY"!
'Cook the Burger' Cheer	<ul style="list-style-type: none"> ✓ Take an imaginary burger patty (can be a veggie burger) and place it in between your hands. ✓ Turn your hands to the side and move the top hand forward and back on top of the bottom hand saying, "Sizzle Sizzle Sizzle". ✓ Lift the top hand slightly off the bottom hand and peak between your two hands and say, "Not done yet" ✓ Repeat steps 2 and 3 twice ✓ On the third "Sizzle Sizzle Sizzle" lift your top hand from your bottom hand and with a surprised and excited tone say "Ah, Well Done!"

Other Suggestions

Useful Apps

- [Tabata Pro](#)
- [BaM Video Delay](#)
- [Tempo SloMo](#)
- [5sGif](#)
- [Sworkit Kids](#)
- [Kahoot](#)
- [Lazy Monster](#)



Great Blogs

- Joey Feith
 - <https://thephysicaleducator.com/>
- Helena Baert
 - <http://www.itsnotaboutthetool.com/>
- Charla Krahne
 - <https://charlaphysed.weebly.com/>
- Brian Devore
 - <http://coachbdevore.weebly.com/>
- Scott Williams
 - <http://www.mlspe.org/>
- Ben Pirillo
 - <https://teachphysed.weebly.com/>

