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## Blending Backyard Games with Fitness Fun

Recreational activities such as lawn and yard games offer students lifelong activity options that promotes social responsibility, leisure activity for enjoyment, wellness, and can be 'amp'd up' to provide fitness benefits as well.

### KISS Sequence Options:

- Stations
- Circuit
- Integrated Model
- Jigsaw Practice & Teach
- Games - Traditional
- Games - Fitness Focus
- Choice Tournament

- Teach 1 or 2 at a time
- Teach all as a circuit and repeat daily until all complete.
- Integrate yard games into other units (running rest stop area).
- Jigsaw: students learn ONE game and then split up to teach them (forming new group)

### Health Components

- Cardiovascular Fitness
- Muscular Endurance
- Flexibility

### Skill Components

- Agility
- Balance
- Coordination
- Reaction Time\*

**Other:** Accuracy, Repetition & Strategy

### National Standards Alignment on page 4

### Simple Sport Education:

- Equipment Manager
- Score Keeper
- Reader-Reporter
- General Manager

**Roles promote belonging and ownership within a group.**

- Students pair up. Then find another pair for a team of 4. Choose roles.
- Stay with same role, or rotate roles as needed.

### Roles & Responsibilities:

- Equipment Manager: Directs team in how to properly care for equipment. Leads setup & take down. Ensures proper use or reports misuse to teacher.

- Score Keeper: Gets scoring supplies. Keeps accurate records and scores. Turns in scorecard at end of day.

**\*When all have a role & responsibility, the ability to stay on task improves.**

- Reporter: Reads directions at stations. Reports progress to teacher. Reports team rotation to group & guides movement.

- General Manager: Oversees overall game play. Leads activity. Keeps team on task & within spirit of game.

### Including Yard Games:

- Stand alone unit
- On Choice Days
- With fitness or in circuits
- As themed lunch activity
- At Family Fitness Night
- After school club
- Tie to community options
- In Field Day events
- Minute to Win It events

### Fitness Focus:

- One minute on/off rounds. On = Play. Off = Fitness
- Modify movement during games (skip, hop, etc.)
- Partner jump ropes, line hops or jacks while waiting turn.
- Run a lap around at rotations.
- Students create own fit version
- Balance on disc w/ throws

### Set Pedometer Goals:

Track MVPA, Activity Time & Steps each day or per game. Compare games and reflect. Try Meet or Beat Challenge.

### Create Your Own Yard Game:

Students modify existing or create new and teach to others.