

Physical Education Sub Plans

2021-2022

Schedule:

8:45 – 9:10:	Kindergarten
9:10 - 9:35:	First Grade
9:40 – 10:05	Fourth Grade
10:15 - 10:40:	Second and Third
10:45 – 11:00:	Pre School (3 year old)
11:10 – 11:35:	Fifth Grade
1:30 - 1:45:	Pre School (4 year old)

Students will come in and find their spots on the floor.

Warm-Ups: (Pick & Choose)

- 1) Have them get into 2 lines at the free-throw line to endline 6 ft apart. First line will jog to other side and back. Then then second line. Continue with skip, carioka & hopscotch
Again the progressions go like this:
 1. Jog
 2. Skip
 3. Carioka
 4. Hopscotch
- 2) 3 minute Run
- 3) Line Tag (Under list of activities)
- 4) Darebee Activities (I will leave some examples)
- 5) **4 Corner Warm-Up:** Set up 4 cones around the green volleyball lines in the gym. Have the students do a locomotor movement around the cones for about 25 seconds, then have them stop & do some type of exercise. Repeat. May do some type of animal walk instead of exercise.

List of Activities (K-2) - You can always go outside if its nice.

1. **Line Tag:** Students must stay on the lines only. Pick 2-3 students to be “It”. If touched(may use fleece balls to tag) – students freeze & squat down. They are back in the game when tagged by another person
2. **Aerobic Bowling Bingo (2nd & up)**
Instead of poly spots I will have tape on the floor where you can place the pins. I will have 15 pieces of tape on each side of the court. Put 10 pins on both sides of the court; there should 5 spots uncovered on each side. Use gator skin balls. Students roll or throw the ball back and forth trying to knock the pins down. If they knock down a pin they go over, pick up the pin and bring it over to their side and stick it on a piece of tape. The game is over when one team has all 15 pins on their side. I usually don’t have them kick the ball.
3. **Strength Tag:** Have 2 or 3 kids “it”. If touched and make a bridge. Someone else runs underneath them and the person who was tagged can get up and run. Go for about a minute and choose taggers.
4. **Clean Out Your Backyard:** Divide the class into two teams. Give each one fleece balls. Teams will throw the fleece balls back and forth. After a set period of time, see which team has the least amount of fleece balls on their side.
5. **Cross Over Dodgeball:** If hit you play on the other team’s side. If enough time:
6. **Hospital Ball:** If hit, go to your hospital and do 5 jumping jacks and then come back and play. Your hospital is either the mat on the wall (east side) or by the stage (west side) which ever is on your side.
7. **Aerobic Spiderball:** This is an oldie that I’ve played in the fall. You can use bowling pins or mini cones that I have in a box by the spiderballs. Have partners. Give partners one spiderball and have them spread the cones around the gym. It works best if they can spread them out inside the green lines. One person will roll the spiderball in attempt to knock down the cone. If they knock one over, they bring the cone and spiderball back to their group. The next person then goes. If they miss, they bring the spiderball back. Continue until all the cones are gone.

8. Sharks & Minnows

Have 1 or 2 students be “it.” They are the sharks. Everyone else is on base (behind the red lines.) If a shark touches a person, they become a “minnow.” If they are a “minnow”, they have to sit or crawl & help catch people for the “sharks.” Should be a fun & easy game. Pick 2 new sharks after a while. Sharks wear jerseys

9. Scooters: I will leave scooters out for scooter relays. Place students in lines of 4 to 5. 2 to 3 students should be in line. Perform the various scooter tasks. Have them start on the red endline & have them go to half court and back. Perform the various tasks:

- a. Sit on the scooter and move forward while using the feet.
- b. Sit on the scooter, hold the feet up and move while sitting on it.
- c. Move the scooter backwards while sitting on it.
- d. Place the hands on the scooter and run forward.
- e. Lie on the stomach and move the scooter forward.

Do each task for about 2 minutes.

List of Activities (3-5)

- 1. Line Tag:** Students must stay on the lines only. Pick 2-3 students to be “It”. If touched(may use fleece balls to tag) – students freeze & squat down. They are back in the game when tagged by another person
- 2. Aerobic Bowling Bingo (2nd & up)**
Instead of poly spots I will have tape on the floor where you can place the pins. I will have 15 pieces of tape on each side of the court. Put 10 pins on both sides of the court; there should 5 spots uncovered on each side. Use gator skin balls. Students roll or throw the ball back and forth trying to knock the pins down. If they knock down a pin they go over, pick up the pin and bring it over to their side and stick it on a piece of tape. The game is over when one team has all 15 pins on their side. I usually don’t have them kick the ball.
- 3. Strength Tag:** Have 2 or 3 kids “it”. If touched and make a bridge. Someone else runs underneath them and the person who was tagged can get up and run. Go for about a minute and choose taggers.

4. **Fire Zone Soccer:** Have students find their spots. They get a bowling pin & a gator skin ball. (This may be may favorite game)
 1. Use the center line to divide the gym into 2 halves. Use the sidelines and end lines to mark the fire zones.
 2. Divide the class into two teams & each team plays in their own main court. I have them put their pins on their spots but you can have them move them around. Each player guards that pin.
 3. Each team has one free pin. The team members decide together where in their main court to set their free pin.
 4. Players use soccer skills to shoot or pass the balls towards the other team's pins. At the same time the players stay near their own pin to protect it.
 5. If a players pin is knocked over, he or she takes the pin and goes and stands in the fire zone outside of the opposite teams main court.
 6. While there, they make take shots at Team B's pins with balls that cross into the fire zone boundary lines.
 7. If they are able to knock over one of Team B's pins from the firezone, they may re-enter the game back in their own Main Court.
 8. If someone knocks over the free pin, all players in the Fire Zone are free to re-enter in their main court.
 9. Variation: Throw instead of kick.
5. **Rock Paper Scissors:** Set up 4 cones at each green corner. At one corner, everyone will Rock, Paper, Scissors (R,P,S) with a partner. Whoever wins, advances to next cone and does RPS with another winner. If they win, they advance to the next cone. If they lose, they stay at the cone, if they lose again, they go back to the previous cone. Continue around the gym for 3-5 minutes.
6. **Poison Ivy:** Have 2 people it. They stand in the middle of the gym. Everyone else stands on the green endline. The teacher calls either boys or girls (or have 2 groups orange and blue). After teachers girls or boys (or orange and blue), they run from 1 end to the other end. If touched, they freeze where they got tagged and give them a hula hoop. They have to stand in the hoop but they can tag others but they have to remain stationary inside the hoop. Repeat. Remember, only the original taggers can go anywhere the those who are tagged can only stand in the hoop. They seem to like this.

7. (Infinity & Beyond)

1. For equipment, you will need fleece balls for half the class (I usually give 2 fleece balls per student), poly spots for half the class, one cone, & 3 short noodles. (These will be found in my office right when you go in the door). Half the class will be on a poly spot with a fleece ball. The other half will be by the stage in a line & the first three will have a short noodle.
2. On signal “Infinity and Beyond”, the first three students will run from the stage to the opposite cone & back. The other students will throw their fleece ball from their poly spot (they have to throw from their poly spot). If a person gets hit with a fleece ball, they have to stop and kneel. The next person in line (without a short noodle), has to get the noodle from the person who just got hit. Whenever someone gets back with their noodle, they simply hand off to the next person in line. Continue for about 2-3 minutes & then switch. The throwers become runners & the runners become throwers.

8. Four Way Pin-Ball

1. Use the small cones to divide the playing area into four quadrants or sections.
2. Divide the class into 4 teams. One team plays in each quadrant.
3. Place 6 polyspots along the end lines of each quadrant. Stand up one bowling pin on each polyspot.
4. Divide the foam balls among the quadrants.
5. On signal, the players throw the ball at the pins in any of the other three quadrants. If a pin is knocked over, it is not reset. It is placed in the hoop so that it is out of the way. If a player catches a ball in the air, he gets to reset one of his team’s pins.
6. If a team has all of their pins knocked over, they leave their quadrant and join one of the other teams. Not all of the team needs to join the same team.
7. **Can also play this game with 2 teams.**
 - A. Play with one team on half court and the other team on the other half.
 - B. Have 7 to 8 pins on each side of the court, perhaps on free throw line extended or back a little.

OTHER ACTIVITIES

1. **Beanbag Toe Tag**

Get in two teams (like in clean out your backyard). Students slide beanbag on the floor (do not throw) to other side. If hit on the foot, student goes to other side and stand in free throw lane. They are back on their side when a beanbag goes in the free throw lane and they pick it up. Younger students can go to their hospital and do 3 to 5 jumping jacks and then they're back in. Beanbags are in my office.

2. **Scooterboard Pinball**

Have 1 gatorskin ball for the game. Have 1 goalie per team (Goalie is standing and must stay in goalie box.) Students can have the ball no longer than 4 seconds and must either throw at a bowling pin or pass to a teammate. Students can intercept the pass but can't take it out of another student's hand. If a pin falls down, it stays down until next round. Reset and rotate goalies every 2 minutes. No scooters are allowed in the goalie box. Goalies must pass to teammates.

3. **Meteor Shower: (I'm not sure if the student's know that this is the name of the game).**

The net up will need to be up. Split the class up. One team will be on one side of the net and the other will be on the other. Get out all the fleece balls and divide them up. Have them throw the fleece balls back and forth. If someone catches a fleece ball thrown over the net, have them put it in a hula hoop on their side. Play until all the fleece balls are gone. When the game is over, repeat. Play several times.

4. **Cattle Drive:**

Set up teams like Infinity and Beyond. Have students have hoop with a jump rope tied to it. Students have to drag Big Cones (Bulls), Medium Cones (Steers), and Small Cones (Calves) to the other end without getting knocked over by throwers. They will throw gator skin balls. I use the medium cones. Haven't really played this with Kindergartners.

5. **Poly Spot Shooting**

1. Put out poly spots on the other end. Put a bunch inside the free throw lane. Put a couple outside the 3 point arc. Put some between the arc and the lane.
2. Put in 5-6 lines. Pick the lines yourself, don't have them. Give each line 1 ball. Person dribbles down, shoots from a spot. Take one shot, if makes, bring the spot back, if the misses, come back. Next person goes.

