

**WINNER! Of BEST PE ACTIVITY**  
**in JORDAN SCHOOL DISTRICT**

**Activity: Jedi Knights**  
**Author: Stephanie Adams**  
**School: Herriman Elementary**

**EQUIPMENT NEEDED:**

- Based on a class of 28 students: 4-5 mats (optional) 7 hula hoops, 7 steps, and 7 noodles.

**DESCRIPTION OF ACTIVITY:**

- The object or goal of Jedi Knights is to complete required activities to become and remain a Jedi for as long as possible.
- All students start in one area of activity and rotate through the activities to become a Jedi Knight.
- First Activity: Push Ups (at far end of gym) is push ups, students must complete 20 push-ups before moving on to next activity (mats can be used). *Amounts can be changed.*
- Second Activity: Hula Hoop, set hula hoops just beyond push up area, students must hula hoop 20 waist rotations before moving on to steps. *Amounts can be changed.*
- Third Activity: Steps, the steps are spread out along center line in gym. Students must complete 20 up-downs on step before moving into the other half of gym to become a Jedi Knight. They can only enter the playing area if a noodle is available on the floor. *Amounts can be changed.*
- Fourth Activity, students who enter Jedi Knight Area pick up a noodle and try to tag (below the waist) other Jedi Knights without getting tagged themselves. If a Jedi is "tagged" they must drop the noodle and crabwalk along baseline back to the beginning of the activity area to repeat activities: push ups, hula hoops and step.
- Activity continues until time is called.
- Variations:
  - Can change activities in each area for example sit-ups instead of push-ups.
  - Can add noodles to Jedi Knight Area if needed.

**Activity: Human Bowling**  
**Author: Kelli Reeves**  
**School: Hayden Peak Elementary**

**EQUIPMENT NEEDED:**

- Scooters; 1 for each team, bowling pins (up to 3 per team) in the shape of a triangle.

**DESCRIPTION OF ACTIVITY:**

- Divide class into teams, about 4-5 per team.
- Line up in a single file line, first person sits on scooter with bowling pins on opposite side of gym.
- Second person in line aims bowling ball (person on scooter) towards their team's pins.
- At a designated point (line or cone) the bowler lets go of human bowling ball and they roll towards their pins. (The human bowling ball may not let go of scooter, put out arms or legs to help knock down pins).
- A point is earned for each pin that is knocked down.
- The human bowling ball picks up pins and remembers their score and returns scooter to the "bowler" who becomes the next human bowling ball.
- The previous human bowling ball goes back to the end of the line.
- The team rotates through the line until time is called.
- Add points for all pins knocked down for each team by the human bowling ball.

**Activity: Tunnel Ball**  
**Author: JoElen Worner**  
**School: Heartland Elementary**

**EQUIPMENT NEEDED:**

- (1) 8  $\frac{1}{2}$ " playground ball and four bases.

**DESCRIPTION OF ACTIVITY:**

- Object of the game is for the "kicker" to run all the bases and return home before the ball gets to the end of the tunnel in the outfield.
- Divide class into (2) teams, one team infield and one team outfield.
- One member of the team that is up - kicks the ball into the outfield and starts to run bases.
- The outfield receiver gets the ball and outfielders form a line behind outfielder who stopped the ball.
- They **PASS** the ball backwards through the tunnel (in between fielder's legs). Once the ball reaches the end of the tunnel they last person yells "stop" or "tunnel ball." The ball must be passed not rolled.
- If the ball reaches the end of the tunnel before the runner steps on home, the runner is out. If the runner steps on home plate before the ball reaches the end of the tunnel they get a point.
- If the kicker's ball is caught, they are out.
- Total points at the end of time to see who wins.
- Variations:
  - Can have each team play for 3 outs each time.
  - Can have each team go through entire line up before switching.

**Activity: Capture the Frog**  
**Author: Arlene Davis**  
**School: Hayden Peak Elementary**

**EQUIPMENT NEEDED:**

- 4 Hula Hoops, 8 frogs (4 of one color and 4 of another color), colored jerseys for a team.

**DESCRIPTION OF ACTIVITY:**

- Object of the game is to "capture" the opposing team's frogs before they get yours.
- Divide class into (2) teams, on each side of the gym, one team wears the colored jerseys.
- A hula hoop is placed in each corner of the gym (playing area). The (4) colored frogs are placed in between hula hoops at each end line of the gym and (4) different colored frogs are placed on the opposite end line in between the hula hoops on the other side of the gym.
- Game begins: Students must cross the center line into enemy territory and capture their frogs, one at a time.
- They must be able to get the frog back home without being touched or tagged.
- If a frog is thrown it has to be caught by a teammate, if dropped it has to be returned to the other side. (Optional frog throwing)
- If a player is tagged while in enemy territory, they have to stand in a hula hoop until a teammate can save them by coming across and touching them without getting tagged themselves. If they are freed, both players can have a free walk back to their side, but they cannot take any frogs with them.
- The game is over when all frogs are captured or time runs out.

## Activity: Sun, Moon and Earth Orbit

Author: Anne Tysver

School: Jordan Hills Elementary

### EQUIPMENT NEEDED:

- 3 hula hoops, enough balls or beanbags for each group (have one fewer ball/bag than the number of groups).

### DESCRIPTION OF ACTIVITY:

- Object of the game is to race/orbit around and back through the bridge to retrieve a ball/bag.
- Have students in groups of (3) spaced evenly around a large circle sitting side by side cross-legged.
- Each student decides if they are the sun, moon or earth. The "sun" sits to the right, the "moon" sits in the middle and the player on the left is the "earth."
- Place balls/bags (one fewer than the number of groups) in the center of the circle inside the hula hoops.
- Call out one of the three names (sun - earth - moon) For example: "moon!" All of the moons move (skip, hop, gallop, speed walk) around the circle **clockwise** on the **outside** of the circle until they make it back to their group.
- The remaining two players form a bridge with their arms up in the air for the player who was called to go under.
- That player goes under the bridge and gets a ball/bag from the center circle and sits down with their group as quickly as they can.
- The group that did not get a ball/bag must perform a fitness task (10 jumping jacks) then sit down.
- All balls/bags are returned to the hoops and another name is called.
- Play resumes until each group is called or you play for a certain amount of time.

**Activity: Scooter Soccer**  
**Author: Codi Gutierrez**  
**School: Heartland Elementary**

**EQUIPMENT NEEDED:**

- 1 scooter for each student, 1 set of colored jerseys, several soccer balls (approximately 6 for 24 students).

**DESCRIPTION OF ACTIVITY:**

- Object of the game is to work as a team to defend their wall or "goal" and try to make goals for their own team.
- Divide students into (2) teams. One team wears colored jerseys.
- Place soccer balls on center line.
- On "GO" students will scooter to center line and try to kick soccer balls back to opposite wall or goal. Students may not cross center line.
- If there are no soccer balls on their side, students must wait until they are kicked over to their side.
- Walls serve as goals, teams may choose to have specific "goalies" or everyone can help to defend the "goals."
- Students may not use their hands at any point of the game to touch or move the soccer balls.
- The team with the most goals at the end of the session is the winner.
- Each team can have a person at the goal line to count "goals" or soccer balls that hit the wall.

## **Activity: Constant Action Kickball**

**Author: Patricia Tingey**

**School: Butterfield Canyon Elementary**

### **EQUIPMENT NEEDED:**

- (1) Medium kick ball (Do not fill completely), (1) set of bases.

### **DESCRIPTION OF ACTIVITY:**

- This game is played like normal kickball with a few exceptions.
- All kickers will have 3 chances to kick the ball.
- If the ball is kicked into the air and the opposing team catches it, the kicking team runs (2) laps and their inning is over.
- The inning changes when the kicking team either gets 3 outs or kicks a ball into the air and the opposing team catches it.
- There is no waiting for the kicking team, as soon as the "pitcher" has the ball, he/she pitches and the other team must be ready to kick. This encourages the all teams to get ready as soon as possible or forfeit one of their chances to kick the ball.
- The same person may not pitch twice in a game until all have had the chance to pitch.
- Only one person inside the baseline acting as the "shortstop."
- Any ball caught off the wall or ceiling is considered a fly ball.
- This game has very little down time physically and mentally. Teams work together to decide who will be the next pitcher. They have to work fast so that they can try to get the ball pitched before the kicker gets to the plate. The kicking team has to remember their kicking order and get to the plate as soon as they can to kick the ball. Encourage your teams to all be aware of who is at bat next. Calling out that name will encourage the team to be responsible for getting information out to others. The same goes for the next pitching team. They need to work together to decide who will be the next pitcher.

**Activity: Kick it or Lose it**  
**Author: Rachel Jeppson**  
**School: Majestic Elementary**

**EQUIPMENT NEEDED:**

- Biggest air-filled ball you can find and use an indoor wall.

**DESCRIPTION OF ACTIVITY:**

- Divide class into 3 equal teams and set up game like a square with the wall as one side, and each of the teams as the other three sides of the square.
- Each team sits on the floor with their hands behind them.
- The ball is kicked around the square using feet only.
- The object of the game is to kick the ball over the heads of the opposing teams.
- You receive a point every time the ball goes over your team's heads (you don't want points in this game).
- Play for a certain amount of time, switch sides of squares with teams and start again.



**Activity: Leprechaun Treasure**  
**Author: Rachel Van Orden**  
**School: Elk Meadows Elementary**

**EQUIPMENT NEEDED:**

- Cones to make a circle, hula hoop, yarn balls or fluff balls (any other PE equipment to make it a different kind of relay.)

**DESCRIPTION OF ACTIVITY:**

- Make a circle out of the cones.
- Put students in groups of three with each team sitting by a cone.
- Assign each member of the team a name like "Rainbow," "Shamrock," and "Lucky."
- In the center of the circle place a hula hoop with yarn balls or fluff balls in the center of the hula hoop with one less ball than there is groups.
- Call out the names (Rainbow, Shamrock, or Lucky) one at a time.
- When their name is called they are to stand up and run around the circle until they get back to their team.
- They will then run to the center to get the Leprechaun Treasure of one (yarn ball or fluff ball) and return to their group with it.
- While the one team member who is called is running around the circle, the other two members do fitness tasks like 15 jumping jacks or 10 toe touches (you decide).
- The first group that is done with both tasks gets a point. Each team that gets a yarn ball/fluff ball gets a point and one team will not get a point.
- Each team keeps track of their own points.
- Call out different names each round to make sure each team member gets a chance to run.
- Variation:
  - Instead of running students can use scooters, etc.
  - Instead of jumping jacks, they can do jump rope (look at the equipment you have and adjust to what skill you want).

## Activity: Pirates/Pirates with Kraken

Author: Michele Larsen

School: Elk Meadows Elementary

### EQUIPMENT NEEDED:

- 4 carpet squares, 30+ beanbags (at least 1 per student - but having a few extra is better), and whistle.

### DESCRIPTION OF ACTIVITY:

- Set up gym with the 4 carpet squares in the corners.
- Divide class into four teams. Each team goes to their "cave" (carpet square) where there are approximately 6 treasures (beanbags) stashed. Other extra treasures are out in the middle of the ocean (gym floor.)
- When the whistle blows, the students run, skip, gallop, hop, etc. to the other "caves" or out in the "ocean" and steal a (one) treasure.
- Pirates can only steal one treasure at a time and carry it back to their cave.
- While they are gone, other pirates are stealing their treasure. You **can not** touch another pirate to prevent him/her from stealing your treasure.
- Pirates continue stealing treasure (approximately 1  $\frac{1}{2}$  minutes) until the whistle blown. At that time everyone "freezes!"
- The teacher counts the treasure in each cave (The beanbags must be on the carpet square to be counted).
- The cave with the most treasure is the winner for that round. Set up caves again with equal amounts of treasure. Play as many times as you want.

### PIRATES WITH KRAKEN:

- For older students, or for variety, add a "kraken" out in the middle. The Kraken can touch (capture) the pirates as they run to gather the treasures.
- If touched by the Kraken, that pirate must go out (sit in a designated area like the steps) until 2 of his fellow teammates come and rescue him/her.
- The Kraken may also touch (capture) the pirates doing the rescuing. (It is possible for all the pirates from one cave to be captured).
- Pirates from another cave may rescue any pirate, but it would be to their advantage to only save their pirates.

**Activity: Hoop and Kickball**  
**Author: Glenda Adams**  
**School: South Jordan Elementary**

**EQUIPMENT NEEDED:**

- 3 hula hoops for bases, home base and kickball.

**DESCRIPTION OF ACTIVITY:**

- This game is like - Hoop/Racquet but without racquet and tennis ball.
- No outs, everyone bats before teams rotate.
- The batter then tries to run as many bases as possible after kicking then be safe inside a hoop.
- More than one base runner can stand in any hoop.
- When ball gets back to pitcher's mound, anyone **not** in a hoop goes back to the batting team.
- Points are scored after runner crosses home base.

**Activity: Banana Burn or Flag Tag**

**Author: Tiffany Bowen**

**School: Jordan Hills Elementary**

**EQUIPMENT NEEDED:**

- 1 bandana per student.

**DESCRIPTION OF ACTIVITY:**

- Each student places the bandana in their pocket so that the majority of the bandana is hanging out of their pocket. (Bandanas folded diagonally create greater length than folded in half).
- Students then run around trying to grab the bandana of another student. If a bandana is taken, that student sits down.
- The person who took the bandana passes it to another student sitting on the ground. Then they replace their bandana and rejoin the game.
- The students are running nearly constantly, compared to running laps. Students are up and down all the time.
- Variations
  - You can also play to see who can collect the most bandanas. This is usually done towards the end of the game to give kids a rest.

**Activity: Jacks and Hopscotch**  
**Author: Laraine Elder**  
**School: Rose Creek Elementary**

**EQUIPMENT NEEDED:**

- Jacks, small rubber ball, hoppy taw and marked hopscotch.

**DESCRIPTION OF ACTIVITIES:**

**Playing Jacks**: Begin jacks by throwing your jacks onto the ground in front of you. Try and make the jacks land not too far apart or too close together. You then throw the ball into the air ... pick up one jack ... then catch the ball after it bounces one time. Continue picking up the jacks one at a time. When you have collected all the jacks, throw them again and start picking the jacks up two at a time (twosies). When you get to threesies you have to pick up the three sets of three first, then pick up the left over jack. Continue on until you are at tensies. You can then declare the winner as the first one to tens, or go back down again to onesies. Your turn continues until you either: miss the ball, fail to pick up the jacks, move a jack, or drop a jack that you have picked up. Your turn is then over and the next person goes.

- Kissies - If after you throw the jacks and two (or more) jacks are touching you can either leave them, or pick up the jacks and drop them to spread them out.
- Who goes first: Throw the jacks up in the air and trying to catch as many as possible with both hands together (your palms have to be face down - thumb to thumb). Whoever catches the most jacks goes first.
- Variations for the game of Jacks:
  1. Black Widow  
You have to play from ones to tens without missing. If you miss then you have to start again at ones.
  2. No bouncies  
Go from one to tens without letting the ball bounce before you pick up the jacks.
  3. Double bouncies  
Pick up the jacks and then catch the ball after it bounces twice.
  4. Cherries in a basket  
Cup your hand and throw the ball with the opposite hand. You have to then place the jacks in your cupped hand - one through tens.
  5. Pigs in a Pen  
Place your hand slightly cupped on the ground with the side of your hand resting on the ground. Then throw the ball with the opposite hand and slide the jacks into the "pig pen" ones through tens.

**Activity: "I Love PE" (Warm Up/Cool Down)**

**Author: Anne Giffen**

**School: South Jordan Elementary**

**EQUIPMENT NEEDED:**

- Student voices.

**DESCRIPTION OF ACTIVITY:**

- At beginning/end of class period jog around room twice in 2 separate lines.
- Review with students for a few seconds what does P.E. or Physical Education mean. Example: Learning about fitness, heart rate, etc.
- Then on the count of 3, in their loudest voices, they yell "I Love P.E.!!!"
- Their voices are left in the gym and they are quiet and relaxed as they enter the hall back to their classroom.

**Activity: Nukum**  
**Author: Allen Leonard**  
**School: Columbia Elementary**

**EQUIPMENT NEEDED:**

- 1 or 2 foam balls.

**DESCRIPTION OF ACTIVITY:**

- Using basketball court lines for boundaries, divide class into 2 teams. Each team is on each side of the center line in both courts.
- Give one team the ball and they have to "lob" it over to the other side/team.
- The ball cannot touch the floor, so the receiving team must catch it and lob it back.
- If the ball hits the floor near you, you are out (the player must sit out until the next game).
- If a player throws the ball instead of lobbing it, it has to go at least 6 feet high, they are out.
- The out of bounds line is also out, so if a player lobs it too far the thrower is out.
- Once there is only one person left on a team, the other team must lob it to them. If that one player catches it 5 times in a row, then the game is a "tie."
- This game is the opposite of dodgeball instead of throwing it hard at a person, you are lobbing the ball up in the air.

## Activity: The Twelve Days of Christmas

Author: LaVon Driggs

School: Jordan Ridge Elementary

### EQUIPMENT NEEDED:

- Music/CD/ I Pod "Twelve Days of Christmas" (lively version) (Optional: picture book of the Twelve Days of Christmas and brief discussion and repetition with order of the song, large posters for visual cues).

### DESCRIPTION OF ACTIVITY:

- First demonstrate the activity, as you progress students can join in on descent.

Partridge in a Pear Tree:	Squat to the floor as a partridge, then spring up with arms in the victory position to represent the tree.
Two Turtle Doves:	Link arms at elbow with nearest partner facing opposite direction and do one rotation/turn go immediately into the partridge position.
Three French Hens:	Do three can-can kicks (lucky to get in all 3) and immediately grab your partner...etc.
Four Calling Birds:	Bend over at waist, cup hands around mouth, as if you were calling out and bounce 4 times, immediately start your kicks...etc.
Five Golden Rings:	Raise arms above head in a large "O" and turn once and then start bending over as calling bird...etc
Six Geese-A-Laying:	Squat with elbows bent and hands tucked into armpits as wings, flap wings as geese laying eggs. Immediately raise arms above head in one giant ring...etc.
Seven Swans Swimming:	Bend over, arms outstretched in front and move arms in a swimming motion (breaststroke).



## Activity: Hoop and Racquet Baseball

Author: Maribeth Pearce

School: West Jordan Elementary

### EQUIPMENT NEEDED:

- 4 hula hoops, 1 racquetball racket, 1 tennis ball and 1 regular base.

### DESCRIPTION OF ACTIVITY:

- Divide the group into 2 teams. The game is played on a regular softball field.
- Home plate is a regular base, the hoops go on 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> base and on the pitcher's mound.
- There are no outs. Everyone on the batting team will have one turn at bat before the teams rotate.
- The batter goes up to home plate with a racquetball racket and a tennis ball.
- She/He tosses the tennis ball up and hits the ball anyplace within the field boundaries.
- The batter then tries to run as many bases as possible and "gets safe" before the fielding team gets the tennis ball to the hoop that is the pitcher's mound.
- A batter is safe when s/he is standing inside a hoop. More than one base runner can stand inside a hoop.
- The play is stopped when someone from the fielding team catches the ball while standing inside the hoop at the pitcher's mound.
- If the base runner is not inside one of the base hoops, s/he is out. (A fly ball does not automatically get the batter out. The hit still has to be fielded to the pitcher's mound).
- Runs are scored when the base runners touch home plate. The base runners can score more than one run, as long as they are standing inside a hoop when the fielding team gets the ball to the pitcher's mound.
- Because home plate is not a hoop, the runner must run all the way from 3<sup>rd</sup> base to first base to be "safe."
- Base runners continue to advance and score runs until they become out or their inning at bat is completed.

**Activity: Moving and Dividing to the Groove**

**Author: Lucinda Preece**

**School: West Jordan Elementary**

**EQUIPMENT NEEDED:**

- Music with a variety of beats.

**DESCRIPTION OF ACTIVITY:**

- Music will be played while the students move through the space with a given locomotor skill or another way as instructed.
- When the music stops, the teacher calls out a number 1 - 9.
- The students are to move quickly to get into groups of the given number. There will be remainders.
- Relate to a division equation and move on to another attempt.
- Moving in a variety of ways and to a variety of music the students stay motivated.
- Express to students to try to group with different individuals during the game.

**Activity: Capture the Ball (A school version of Capture the Flag)**

**Author: Whitt Lovell**

**School: Elk Meadows Elementary**

**EQUIPMENT NEEDED:**

- Jump ropes to make boundary lines and jails and two balls (one for each side).

**DESCRIPTION OF ACTIVITY:**

- Capture the ball is played on some sort of playing field.
- Whether indoors, outdoors or in the gym, divide the field into two halves using the jump ropes. Also, outline the jails.
- Players form two teams, one for each territory or half of the field.
- Each side has one ball at the back with only one person guarding the ball at a time, and at least one step away from the ball.
- The players try to defend their ball by tagging opposing players who attempt to take it.
- The object of the game is for players to make their way into the opposing team's territory, grab the ball and return with it to their side, across the line without being tagged for a score.
- If a player is tagged by the opposing team, on the opposing team's side, they must go to jail.
- The player in jail must wait for someone on their team to rescue them by sneaking across the border and physically tagging them.
- Only one player can be rescued at a time.
- When returning from jail, both players put their hands on their heads to show they are coming from jail.
- The team with the most scores at the end of the game wins.