

WINNER!

"Best PE Activity in Jordan School District"

Name of PE Activity: Muggle Quidditch

Objective/Standard (optional):

Equipment Needed: Goals, (basketball hoops) 1Nerf ball (quaffle), 1 racketball painted gold(snitch), 2 noodles (bludger) 2 brooms , 2 different colored pinnies for each team/player. House patches to be sorted.

Description of Activity:

This is muggle quidditch so there won't be any flying. Start out by sorting them into houses. We have 2 games going on at the same time so we use all 4 houses. We then assign positions. Each team needs a goalie, a beater, and the rest of them are chasers. The goalie will have the broom to protect their goal. The bludger will have the noodle if they touch anyone, the person touched will go to the sideline and do 5 jumping jacks. If the person that is touched has the quaffle they just drop it and go do their 5 jumping jacks. The game is started by a player throwing the quaffle into one of their players. When you have the quaffle you have no steps you have to pass it to another player. The can throw the quaffle through the hoop to score one point. Anyone can catch the quaffle except the beaters with the bludger. If the quaffle is dropped it goes to the other team. When the quaffle goes through the hoop it scores 1 point. After a point has been scored the team that was scored on will start by throwing the quaffle to one of their team. At some point in the game the referee (teacher) will release the Snitch. Anyone that finds it gets 10 points for their team you go until 50 points.

Teacher Name: Maribeth Pearce

School: Westland

"Best PE Activity in Jordan School District"

Name of PE Activity: Roundup

Objective/Standard (optional):

Equipment Needed: Bases, tennis racket and ball. Or use other equipment instead of tennis racket and ball, like a soccer ball, or playground ball.

Description of Activity:

Students are divided into two equal groups – this activity can be played with fewer players, but 20 – 50 players is ideal.

The playing field is set up with bases like a baseball diamond. Ideally, the bases are hula hoops or circles drawn on the field with turf paint. They need to be bigger than a regular baseball/softball base for reasons that will be obvious later in the instructions. A pitcher's area is designated in the usual place and can be marked out by a hula hoop or ring drawn on the grass with turf paint.

One team takes the field while the other starts "at bat." There are many variations on Roundup. A ball/object can be pitched or not. The game can be played with a Frisbee, ball, or anything else that can be kicked, hit, or thrown. The idea is simple. The first player "at bat" steps into the home plate circle and kicks, hits, or throws the object being used. The player proceeds to run for first base and beyond depending on how far the player believes he/she can get without getting out. The defending team reacts as quickly as possible to get the ball/object back to the pitcher's circle. If the runner is not inside the first, second, or third base ring when the ball/object is controlled by the defensive team inside the pitcher's circle, the runner is out and leaves the field of play. This sequence is repeated until every member of the offensive team has come "to bat." Once a player has "batted", he/she may continue to run around the bases until: a) the last "batter" on his/her team has taken a turn, or b) he/she is not in the first, second, or third base ring when the ball/object is controlled by the defensive team in the pitcher's circle – in which case the runner is out and leaves the field of play. There may be multiple players on a base at any given time after a few players have come to bat! Every time a player passes home base before the ball/object is controlled inside the pitcher's ring by the defensive team, a run is scored. Careful, though, a runner has to get all the way from third back to one of the safe bases (home is not a safe base) before the

defensive team controls the ball/object in the pitcher's ring if he/she is to keep running the bases. A smart player may score several times in a single inning if he/she is careful. Once the last player on a team has "batted," roles are reversed and the other team comes to bat.

The game only gets more enjoyable with more players and it gets better with each passing inning. Players come up with batting order strategies and defensive strategies after they see an inning or two. They love the fact that everyone "bats" every inning and that everyone gets to keep running until they make a mistake. Nobody ever has to run from one base to the next and there is no such thing as a force out, fly-out, or strikeout.

The game can be played by practically anyone anywhere because it can be played in almost any space/setting with anything that can be kicked, hit or thrown. I've seen it played similar to baseball with a pitcher throwing the ball and players hitting it with a bat. I've seen it played with a Frisbee or kickball style. My personal favorite is with a tennis ball and racket – no pitcher – batter just whacks the tennis ball with the racket. Variations on Roundup are often played in our gym during PE time. They put gym mats down to represent the safe zone bases and run and laugh themselves half to death. Enjoy!

"Best PE Activity in Jordan School District"

Name of PE Activity: Pirate Attack (A FRESH TAKE ON CAPTURE THE FLAG!)

Objective/Standard (optional): Full and constant movement. (Fitness)

Equipment Needed: 8 Hula Hoops, 12 balls (any type...larger are better)

Description of Activity:

Split the class in half. Using the basketball court perimeters, have half the class on one side and half on the other. Each side will have 3 hula-hoops set up near their baseline with the 4th off to the side. Place 2 balls in each of the 3 hula-hoops leaving the last empty (make sure that you have different colored balls).

Each team chooses one ball on their side to be the "treasure" and tells the teacher in secret what color it is (do not tell the opposing team).

Have the students line up on their respective baselines and yell, "Pirate Attack!" The students can then pass over to the other side of the court (ship) and try to bring back the balls from the opposing team's hula-hoops without being touched (exactly like capture the flag).

If a student is tagged, they are "thrown overboard" and must "swim" (jog) two laps around the ships and climb (jumping jacks) 15 steps of a ladder before they can come back into the game.

Balls that have been stolen from the other side ("hostages from the other ship or supplies") are placed in the 4th empty hula-hoop near the end line (this hula-hoop is solely for this purpose so the balls aren't rolling around in the "swimming" (jogging) area of the court.)

If the "treasure" (the right colored ball that was reported to the teacher) is successfully stolen, that team wins and the game is re-setup.

- The students should be moving at all times. Basketball shuffle is an acceptable way to keep moving. If the students are choosing to stand, break rules, go out of bounds, or puppy guard the "treasure", the teacher reserves the right to have said students "walk the plank". The students

must then swim two laps (jog) and climb the ladder to get back into the game (15 jumping jacks).

- Make sure to give breaks in-between games. This is a good way to also incorporate heart rate knowledge, good breathing techniques, as well as teach coordination and teamwork.

"Best PE Activity in Jordan School District"

Name of PE Activity: Parachute Pressure! Part A: indoors or outdoors, Part B: outdoors grass only.

Objective/Standard (optional):

A. PE and Dance Core: To improve movement memory by practicing then performing simple dance moves under the parachute in a specific order. To create unique movement sentences and perform them in individual space. B. To strengthen muscles by running, lifting, pulling and pushing on a parachute.

Equipment Needed: Two mediums or one large parachute.

Description of Activity:

Activity A. Lay out parachute(s) on floor/grass flat and stretched out. Have the students walk around (safety: never walk **on** a parachute) Each student holds the edge of a color not a handle, for most classes 2 students per color, or if using 2 parachutes depending on size of class 1-2 students per color. It can be done (but its crowded) with 3-4 students per color if you're doing double class PE and you have a larger sized parachute.

Practice lifting the parachute up so it makes a dome and watch it float down keeping hands up in the air. (Their arms and shoulders will really get a workout!) Continue holding it high until the signal to drop arms is given. I use a specific word or sound signal. This is very important because if they drop it before other students exit, they could hurt another student. The signal to drop is not given until all students are safely out from under the parachute.

Lay the parachute back on the floor and have all students take a step back. Demonstrate a short 2 -3 action movement sequence. Have the students practice it. Then have the class pick up the parachute and on the command, "lift" they lift both arms to create a dome in the parachute high in the sky. The teacher then calls a color; "Blue" only students who are holding the blue edge of the parachute go under the parachute, do the movement, and return to their place on the edge. When all students are out, the command to drop arms is given. Repeat with a new color. Call all colors one at a time so everyone gets a turn.

Next, lay the parachute down and add 1-2 more movements to old. This can be done by the teacher or by a student. As the movement gets longer the parachute starts dropping on the kids but they still have to finish and get out before the signal to drop arms can be given. They try to do more, faster and

faster. It is really fun to watch them go crazy trying to do it all. When it really gets too long, just start a new movement sentence. Some movements I've used are listed below but there are several million more...

*Safety: always start with: "Walk Quickly in" *Safety: always end with, "Walk quickly out"

Turn around legs	Clap three times	Clap under
Touch floor/toes	Step Kicks	Donkey Kicks
Jump up-touch the chute 4X	Worm	Moon walk
Freeze in a shape-2ct	Hop on one foot3X	Do the Macarena
Leap	Jump in a small circle	Skip 3X

You can also let them make up their own movement by giving them descriptive words that they make their own movement to...

Hover, slither, slash, press, perch...

Activity B. (Outdoor only unless you have a soft surface indoors) Lay out parachute(s) on the grass, flat and stretched out. Have the students walk around until each student holds the edge of a color, not a handle, for most classes 2 students per color, or if using 2 parachutes depending on size of class 1-2 students per color. It can be done with 3-4 students per color if you're doing double class PE and you have a larger sized parachute.

On the command, "Lift" all the students lift the parachute up. Then, on the command, "Down" they pull their edge down to the ground and kneel on the edge. The objective is to trap the air inside the parachute to form a dome on the ground. They must work together on the lift and down to make a good dome. The teacher then calls a color. Only the kids holding that color run around the parachute clockwise 1X. Students at colors next to runners can slide a hand or leg over to hold down the parachute edge while that color runs. When they return to their own color they **crawl** into the center of the parachute pushing all the air out as they go. When all the air is out, they crawl back out to their original edge and the command is given to stand up.

Safety: Always demonstrate which direction clockwise is, so students all run the same direction Always crawl, never walk on a parachute. Never stand up until the signal is given or you could trip an exiting student.

Teacher: Nadine Sorenson

School: Copper Canyon

"Best PE Activity in Jordan School District"

Name of PE Activity: Alphabet Flip

Objective/Standard (optional): recognition of capital and lower case letters (K)

Equipment Needed: Laminated alphabet cards – one side has the capital letter, the other side has the lower case letter.

Description of Activity:

The teacher throws out all alphabet cards on the floor with some capital letters side up and some lower case letter side up. Boys find the lower case and turn over to capital letters while the girls find capital letters and turn over to lower case letters. The kids run around a lot and get a lot of exercise in a very short period of time while reinforcing their recognition of capital and lower case letters.

Teacher Name: Carolyn Vandenakker (K)

School: Westland

"Best PE Activity in Jordan School District"

Name of PE Activity: Scooter Triathlon

Objective/Standard (optional):

Equipment Needed: One scooter per team and spots for each team

Description of Activity:

Divide students into groups of four or five (have a maximum of six teams so you have enough room to scooter in the gym). Have each team line up in a single file line behind spots. You can place the same colored spot at the other end of the gym so teams know where they are to go and turn around. Each team gets one scooter. Tell them about triathlons and how each athlete has to swim, bike, and run to complete the race. First each team member will swim (they need to lay on the scooter and can use their hands and feet, just like swimming) to move down the floor to their other spot, touch it, then come back. They give the scooter to the next person in line, and then go to the back of the line. Once all students have swam then they bike (facing forward on the scooter and holding on to handles or sides of scooter, they are to use their **feet only** to move themselves down the floor and back, once all students have had their turn, then they run (This time I let them go backwards with hands on handles/sides of scooter, they must look over their shoulder all the way down and back) once all students are done, they have completed the triathlon.

Variations:

You can race each team if numbers are even – or have a student go twice if needed. You can have individual races of swimming then biking then running, or combine the entire triathlon. *You could add surfing as an extra leg of the race (students sit on knees and paddle with arms out to the side, almost touching their chest to their thighs).

"Best PE Activity in Jordan School District"

Name of PE Activity: Bomb's Away

Objective/Standard (optional):

Equipment Needed: 3 or 4 foam balls

Description of Activity:

Divide your class into (2) teams. Use the center line in the gym to divide the classes. Students spread out on each side of the gym. All bombs thrown must be "arched" like a rainbow in the air thrown back and forth. The teacher throws in the first bomb. You are out if the following happens. A ball lands next to you, the person closest to the bomb is out, if another person on the other side catches your ball, if you do not throw the ball in an arch or rainbow fashion. If you get out, you line up in order on the sideline next to your team. The game continues until there is only one person left on a side. When that one person is left on a side, they stand at the top of the basketball key. At this point, only 1 ball is used. The team with more than one player starts throwing the ball, they have to throw it within one step of the single person at the top of the key or they are out, once each team has single people left on each side, both stand at the top of the key and must throw back and forth to each other in an arching throw. The ball still must be thrown within a step of the person at the top of the key or the thrower is out. Once (3) balls are caught in a row that person who threw the 3rd caught ball is out.

Teacher Name: Bobbie Tippetts

School: Majestic

"Best PE Activity in Jordan School District"

Name of PE Activity: Line Soccer

Objective/Standard (optional):

Equipment Needed: soccer ball, colored jerseys for one or each team

Description of Activity:

The class is divided into two groups and line up on the baseline on each side. Each player on both teams numbered. A soccer ball is placed in the middle of the court. The game starts with the teacher calling out two or more numbers. The players with that number try to kick the soccer ball across the opponent's baseline for a score. The players in the center of the gym try to steal the ball from their opponents while the rest of the players who are on the line act as the goalies. The goalies try to keep the ball from passing over the baseline. They cannot use their hands, but can kick the ball back into the playing area. The play continues until a goal is scored. The players who were called will go back to their line, and the teacher calls out two more numbers. Play until all players have had at least two chances to be in the center. The team with the most points is the winner.

Teacher Name: Whitt Lovell

School: Elk Meadows