

SPARK

**2009 AAHPERD
Tampa, FL**

Counting Minutes & Making Every Minute Count

Presented by

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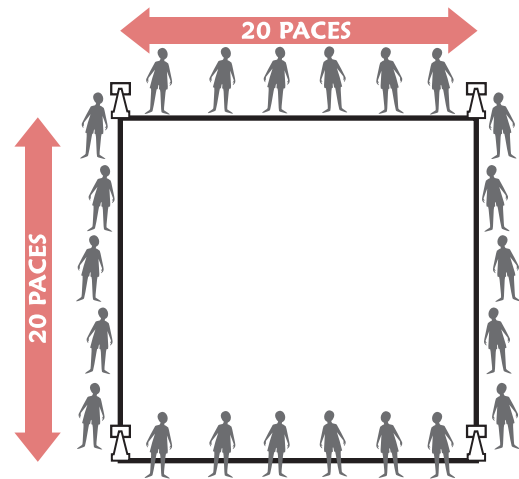


Ready...

- 4 cones (for boundaries)
- 4 *Corners Task Cards* (SPARK Instructional Media CD)

Set...

- Create a medium (20X20 paces) activity area.
- Place a *4 Corners Task Card* at each corner.



GO!

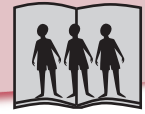
1. The object of *4 Corners* is to warm up the large muscle groups, using a variety of locomotor skills.
2. As you enter the activity area, move clockwise around the perimeter.
3. When you reach the first corner, read the *Task Card* and do the #1 locomotor skill from that corner until you reach the next corner.
4. Continue to do the #1 skill at each corner until you return to your original corner. Next time around, do the #2 skill.
5. Each time you reach a new corner, start a new movement. If you finish all of them before the stop signal, begin again at #1.
6. (Continue for 3-5 minutes.)

CHALLENGES

- * How many corners can you visit before the stop signal?

CUES

- * Stay on Skill #1 for all 4 corners, then change to #2.
- * Work on quality, not speed.

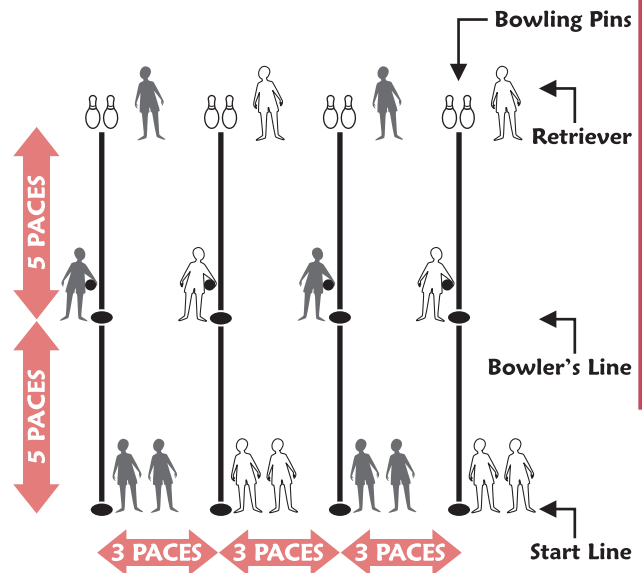


Ready...

- 2 spot markers per group of 4 students
- 2 bowling pins (or substitute 2 lightweight cones) per group of 4 students.
- 1 utility ball per group of 4 students

Set...

- Create 2 parallel lines of spot markers and a third line of bowling pins.
- Lines are 5 paces apart, and spot markers in each line 3 paces apart.
- The first line of spot markers is the start. 2 students start here. The 2nd line of spot markers is the Bowlers' line. The 3rd line is for the bowling pins (or 2 cones) and where the Ball Retriever stands.



GO!

1. The object is to use underhand rolling skills to score as many points as your group can before the signal.
2. On signal, the Bowler (at 2nd cone) rolls the ball toward pins/cones trying to knock them over. Bowler runs after the ball and sets up pins/cones for next Bowler (if needed) and stands safely off to the side.
3. The Ball Retriever retrieves rolled ball, runs it to 2nd cone for the new Bowler, then continues to start line.
4. When you reach the front of the start line, run to be the next Bowler.
5. Continue bowling, setting up pins, retrieving and running until signal.
6. **Scoring:**
 - Strike (both pins knocked down) = 10 points
 - Spare (1 pin knocked down) = 5 points

CHALLENGES

- ★ How quickly can your group score 50 points?
- ★ How many points can your group score before the signal?

CUES

- ★ Bowlers, step forward with opposition, and release the ball when pointing at the target.
- ★ Retrievers, move quickly to bring the ball to the next Bowler.
- ★ New Bowlers, move to the bowling line quickly.



Ready...

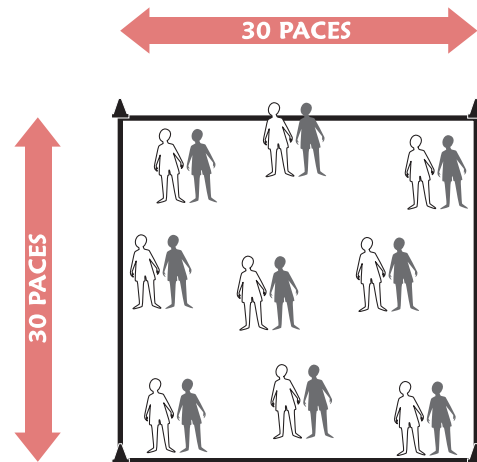
- 4 cones (for boundaries)

Set...

- Create large (30X30 paces) activity area.
- Scatter pairs within boundaries.

GO!

1. The object is for partners to chase and flee each other in general space.
2. One is first Chaser, one first Fleeer; decide now.
3. On signal, Fleers walk quickly away from Chasers, while Chasers do 5 jumping jacks.
4. Chasers, when you finish your jumping jacks, try to fast walk and tag (using a 2-finger tag) your partner.
5. If the Chaser tags the Fleeer, switch roles. The new Chaser completes 5 jumping jacks before chasing their partner.



CHALLENGES

- ★ How quickly can you catch your partner?
- ★ What tricks can you think of to elude your partner?

CUES

- ★ Fleers, change directions quickly, and move behind others to evade your partner.
- ★ Remember to do your jumping jacks (or other designated task) before chasing your partner.

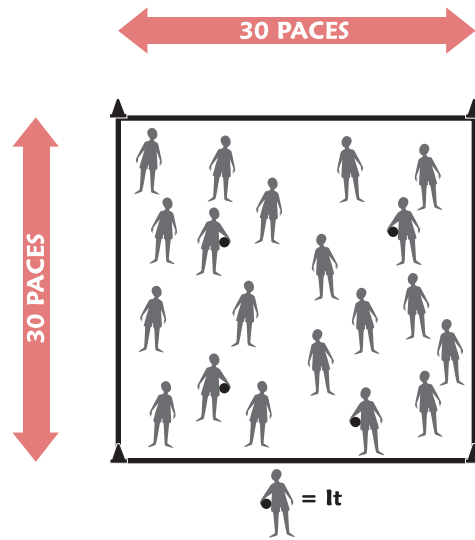


Ready...

- 4 cones (for boundaries)
- 1 fluffball/scarf per 5 students (to designate “Its”)

Set...

- Create large (30X30 paces or greater) activity area.
- Scatter students within boundaries.
- Identify 1 in 5 students as “It” with fluffball/scarf.



GO!

1. The object is for “Its” to chase and tag Fleers.
2. On “Go,” Fleers may move inside the boundaries. When you hear, “Elbow Tag,” Chasers chase Fleers. Chasers, use the fluffball/scarf to gently tag any Fleeer.
3. Fleers avoid being tagged by joining elbows with another Fleeer and walking for up to 10 seconds (count out loud as you walk).
4. If tagged, go out of the boundaries, and complete 1 task 10X. (E.g., lunges, push-ups, jumping jacks, sit-ups, jump rope, etc.)

CHALLENGES

- * How long can you go without linking elbows?

CUES

- * Fleers, use your running and dodging skills.
- * Only hook elbows when you are tired.

CHASING & FLEEING

GRADES 3-6

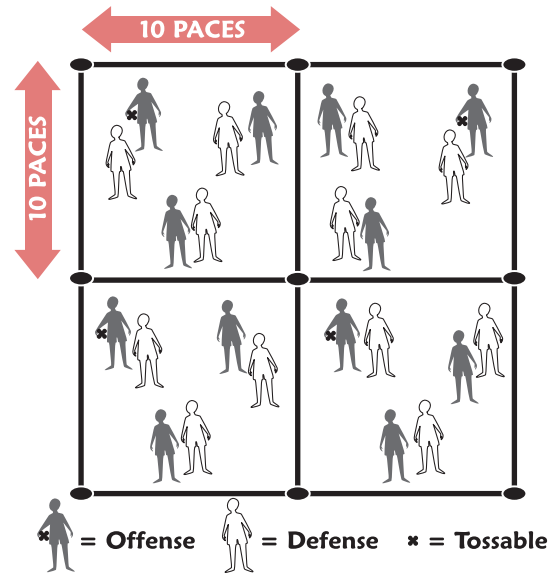


Ready...

- 1 tossable per group of 6 (offer many choices in color, weight, size, density, shape, type, etc.)
- 4 spot markers per group of 6
- 3 pinnies per group of 6

Set...

- Create a 10X10 pace grid for each group of 6.
- Students in groups of 3; 2 groups per grid; 1 wearing pinnies.
- 1 tossable (group's choice) per grid.



GO!

1. The object is to make 3 catches in a row, each to a different group member.
2. Pinnie group begins on Offense with the tossable. Defenders guard a member of the opposing group.
3. Incomplete passes (hit the ground, go out of bounds, intercepted) are picked up by the other group and they try to make 3 catches.
4. Three catches in a row score 1 point, and the other group gets the tossable.
5. Principle of 3s is in effect: Take 3 steps with the tossable; Defense stays 3' away from Offense; passes must travel at least 3'.

CHALLENGES

- ★ How many times can your group make 3 catches?

CUES

- ★ Offense, move to an open space. Keep moving. Change directions often.
- ★ Defense, follow the person you are covering. Keep your hands up. Stay at least 3' away from the Offense.

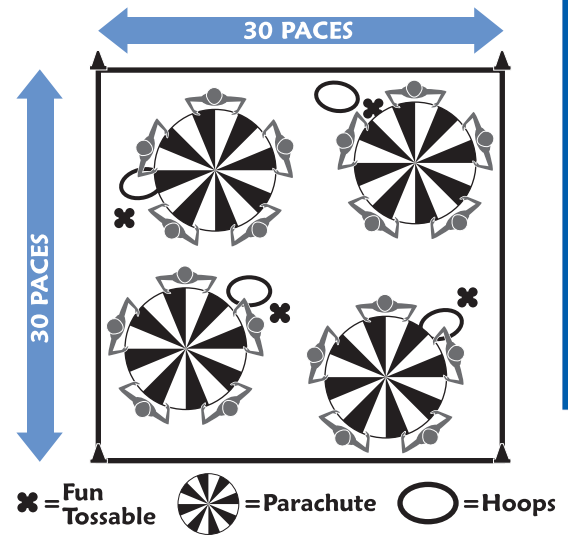


Ready...

- 4 cones (for boundaries)
- 1 small parachute (6 person), per 6 students
- 1 fun tossable per 6 students (rubber chicken, fish, pig, fun fruit and veggie beanbags, etc.)
- 1 utility ball per 6 students
- 1 hoop per 6 students
- 1 *Parachute Play Task Card* (SPARK Instructional Media CD) per 6 students

Set...

- Create large (30X30 paces) activity area with cones.
- Form groups of 6 scattered, throughout activity area. Each group with a chute (or substitute), a hoop and a tossable.
- Basketball hoops are helpful, but not required.



COOPERATIVES

GO!

1. The object is to complete various stunts, using the chute, a tossable and a hoop.
2. Each of you has a different responsibility. Assignments are on the *Parachute Play Task Card*. Part of cooperating is deciding who gets to do what and taking turns with the different responsibilities.
3. Remember to be mindful of your space and other groups.