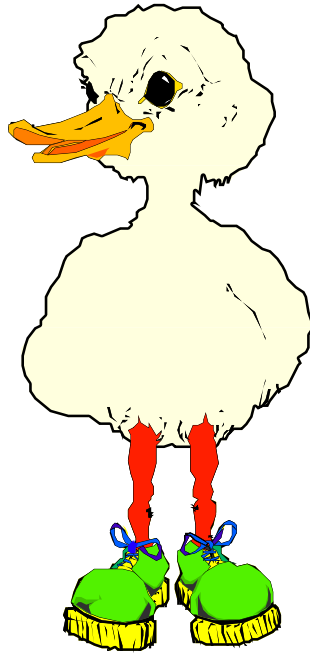


P.E. Is More Than Duck, Duck, Goose



AAHPERD San Diego, CA
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***“Meeting the Standards with Just Plain Fun
Activities”***

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activities with a purpose

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There are many children that do not have the opportunity to participate in organized sports, gymnastics, dance, or other after school or summer activities. Summer months are spent indoors playing videos or watching television. What can these children do to be active and continue to developing and practicing the skills that you taught them? We believe teaching recreational games and activities in your physical education program can be the answer.

“Meeting the Standards with Just Plain Fun Activities”, you will learn not only how to play the Bocce, Blongo Ball, horseshoes, volley ball, and Baggo, but how to organize your classes, assess these skills, and how to maximize student participation. ***“Meeting the Standards with Just Plain Fun Activities”*** will address the NASPE National Standards

- Standard 3: Participates regularly in physical activity.
- Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Including the skills and activities of these classic games and activities the educator will be able to address these standards by promoting cooperation, lifetime skills, and family togetherness.

Typically our greatest challenge when trying to increase physical activity is **MOTIVATION!** To motivate our students we **MUST:**

Maximize Activity Time and Motivate

1. Focus on teaching and practicing skills (equipment, facilities, make it FUN)
2. Modify skills and activities (sequential progressions, space, equipment, rules, match activity to child)
3. Realistic expectations for each child (individual learning rates and goals)
4. Become an excellent demonstrator (show and tell, repeated demonstrations, multiple angles)
5. Catch students doing things correctly (compliment, cheer, instruct, encourage, optimal challenge) Provide opportunities for success
6. Reduce fears if trying skills (encouraging atmosphere, ensure safety, show empathy)
7. KISS (keep instructions simple, maximize time on task)
8. BE enthusiastic (it’s contagious, smile, interact, listen)
9. Build character (be a role model, take advantage of teachable moments)
10. Students make some choices (involve in decision making: ask questions)
11. MAKE IT FUN!



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ALL Equipment is provided by School Specialty

The skill you will teach for the following activities is the underhand throw. We use the following cues when we teach them to our students.

Cues for an Underhand Throw

- Face your target
- Step with your opposite foot towards the target (i.e., if throwing with right hand, step towards target with your left foot)
- Use a pendulum arm motion with the arm you are throwing with (i.e., like you are bowling)
- Follow through to the sky or ceiling with hand you are throwing with

Bocce

There is a multitude of ways to play bocce ball. It's a game in which the rules can be changed according to the abilities of the players, especially when you play the Open Bocce version of play. Open Bocce is probably more popular, as it is the informal version of play. The formal version, best suited for tournaments, is called Court Bocce and can be played indoors or outdoors.

Open Bocce

Open bocce can be played on a variety of surfaces, which makes it ideal for backyard play. Different surfaces, such as beaches, dirt, and hilly grass areas, create new challenges for every match. The court and the difficulty depend on where the pallino gets tossed.

There may be up to eight players who are divided equally into two teams of 1, 2, or 4 people. Each side chooses one color of bocce ball. Typically a coin toss is used to determine who will be the first team to throw. A "foul line" should be determined, which the players must stay behind when they throw. The pallino, the smaller target ball, is the first to be thrown. The distance and direction that it is thrown can be determined by this first player. After the pallino is thrown, the same player will throw his first bocce ball. The second team then gets a chance to land a bocce ball closer to the pallino than the first team's ball. Once this is accomplished, the team with the closer ball is considered "inside." Once a team is "inside," they will then step aside so that the "outside" team can attempt to become "inside." Each team will continue a turn until they successfully land a bocce ball "inside" or until they run out of balls to throw. When all of the bocce balls have been thrown, one point is awarded for each ball that is closer to the pallino than the opposing team's balls. Only the team with the most "inside" bocce balls will receive points. The team who wins will be the first to throw in the next match. Strict bocce ball rules say that a goal score is typically thirteen points, but that can easily be changed for players' convenience.

After all players have thrown their bocce balls, the player that is "inside" will be awarded points. One point will be awarded to this player for every ball that is closer to the pallino than his closest competitor's ball. After the points are awarded, the frame is completed. Start a new frame by electing a new person to throw the pallino and to throw the first bocce ball. A game is won when a player reaches 13 points. Play as many frames as necessary until a player reaches this point level. Of course, this point level can be decreased or increased depending on time constraints between players.

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Blongo Ball

BlongoBall, which also is known as **Hillbilly Golf, Ladder Golf, Cowboy Golf, and Snake Toss**, among other names, provides entertainment for family and friends at yard gatherings. Dominate your opponent by strategically tossing bolas, two golf balls attached to a rope, toward a ladder and wrapping them around rungs of varying point values.

Playing BlongoBall

BlongoBall goals stand upright and feature three rungs, similar in design to a wide ladder. The goals are placed 25 feet apart, but this distance can be shortened depending on the age and skill level of the players involved. The game is ideally suited for two teams consisting of two players per team. Have one member of each team stand at each goal. Play consists of holding the bola, which are two BlongoBalls attached by a rope, by one ball. Using an underhand toss, throw the bola at the opposite goal to where you are standing. Points are scored when the bola hangs, or wraps around one of the three rungs of the goal post. Opponents alternate tossing until they are out of bolas, at which point the players standing on the other end of the play field toss bolas back. Play continues until one team reaches 21 points.

Scoring

Score any bola that bounces on the ground before landing. If a bola wraps around another bola on the ladder, score the same amount of points for both bolas. If the bola lands on a vertical bar between rungs, disqualify it for the round. At the end of a round, add up your points. Score points based on where your bola lands: three points for the bottom rung, two points for the middle rung and one point for the top rung. Score one bonus point if you wrap all three bolas on the same rung or if you land a single bola on each rung. The most points you can score in a round is 10.

If you score exactly 21, you win the game. Should you go beyond 21, do not count those points and continue playing. If you and your opponent are tied at 21 points at the conclusion of a round, keep playing until one of you has a two-point lead at the end of a round.

Strategies

While the goal of BlongoBall is to wrap bolas around the goal, defensive players can attempt to knock their opponent's bola off the goal post. Successfully accomplishing this will negate the points the opponent gained that round, although it could also negate your team's points if your bola does not hang on a rung.

For players attempting to hit the bottom rung, the bola can be bounced off the ground during the throw and still be considered in play. While the bola must be tossed underhand, a high, short arc to the throw can cause the bola to rebound onto the goal, effective for attempting to hit higher scoring rungs.

Corn Hole or Baggo

Baggo or Corn Hole is one of the greatest backyard and tailgating games on the market. All that is needed to play is two people and a Baggo bag board. Baggo Bag can not only be played just outside it is great for indoors also. The object of the game is to make up a team of two and separate the Baggo

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boards between 8-20 feet from each other. The object of the activity is to toss the Baggo bags into the hole or land on the platform to score points.

Singles or Doubles Play – Baggo or Corn Hole can be played as doubles or singles. In doubles play, two contestants are partners against another team of two contestants; in singles play, a contestant competes against another contestant. In doubles play, one member of each team pitches from one – Baggo or Corn Hole platform and the other members pitch from the other Baggo or Corn Hole platform. In singles play, both contestants pitch from the same Baggo or Corn Hole platform. All other rules are basically the same for doubles or singles play.

Pitching Rotation during the Game – The contestant who scored in the preceding inning shall pitch first in the next inning. If neither pitcher scores, the contestant who pitched second (last) in the preceding inning shall pitch first in the next inning.

The Baggo or Corn hole match shall be played until the first team of contestants reaches (or exceeds) 21 points at the completion of an inning. The winning team does not need to win by two or more points.

Scoring

1. Corn Bag in the Hole or a hole-in-one is a corn bag which is thrown through the hole in the platform or otherwise comes to rest inside the Corn Hole platform (knocked in by another player or an act of God). A corn bag in the hole has a value of three points.
2. Corn bag in- the-count – A corn bag that is not in the hole but lands with any portion of the corn bag resting on the platform is in-the-count. A corn bag in-the-count has a value of one point. For a corn bag to be in-the-count, it must not touch the ground or any other portion of the court prior to coming to rest on the Corn Hole platform. If a corn bag touches the ground before coming to rest on the platform, it is a foul and must be removed from the corn hole platform prior to the continuation of the game.
3. Corn Bag out-of-the-count – A corn bag which comes to rest anywhere except in-the-count or in-the-hole is out-of-the-count and has no scoring value. A corn bag which is declared to be a foul is considered to be out-of-the-count (no matter where it comes to rest) and must be removed from the corn hole surface prior to the continuation of play.

Cancellation Scoring – In cancellation scoring, corn bags in-the-hole and corn bags in-the-count pitched by opponents during an inning or half of inning in doubles play cancel each other out. Only non-cancelled corn bags are counted in the score for the inning.

1. Corn Bags In-the-Hole – Hole-ins (HI's) cancel each other. A corn bag in-the-hole of one contestant shall cancel a corn bag in-the-hole of his competitor and those corn bags shall not score any points. Any non-cancelled corn bag in-the-hole scores three points.
2. Corn Bags In-the-Count - Corn bags in-the-count cancel each other. A corn bag in-the-count of one contestant shall cancel a corn bags in-the-count of the opponent and those corn bags shall not score any points. Any non-cancelled corn bags in-the-count scores one point each.

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Turbo Hustle Music: Turbo Hustle D. J. Maestro

Suggested Grade level: 2nd and up

The Turbo Hustle is a one wall dance and is “self-directed” by the music.

Directions:

Right foot stomp three times

Left foot stomp three times

Right stomp

Left stomp

Right kick

Left kick

Right knee

Left knee

Bend down and roll and roll

Two right shoulders to the right

Two left shoulders to the left

One shoulder to the right

One shoulder to the left

Kick, right, left

¼ turn to the right and kick right and left

Other activities and equipment:

Finger light balls for teaching underhand volleyball serve

Loones for teaching underhand serves as in badminton

Ultrafoam volleybirds for teaching all striking with an implement