

Manage to Be Better:

Elementary Physical Educator's Tool Kit



Presenters

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5 'N 10:

- Challenge the students to complete five of the same motion in ten seconds.
- Motion examples follow:
 - Do-si-do five different people in ten seconds
 - Give five different people a high five in ten seconds
 - Elbow swing five different people in ten seconds
 - Do five double underarm turns with a partner in ten seconds
 - Take five backward steps with three different people in ten seconds
 - Make a circle with five different people in ten seconds
 - Do five skips with two different people in ten seconds
 - Do five jumps with two different people in ten seconds
 - Do five slides with two different people in ten seconds
 - Do five different poses in low level in ten seconds

Tunnel Ball

- Divide the students into groups of three. Each group will need a ball.
- Have the students practice how to pivot (always leaving the same foot on the ground).
- Have the students line up as shown below.

X1 P X2

- X1 attempts to roll the ball through the straddled legs of P. If it goes through X1 has a point.
- P now pivots to face X2 who will attempt to roll the ball through the straddled legs of P.
- P will pivot ten times (to face each of the X's -5 times).
- X2 and X1 will determine the winner (if desired).
- Either X1 or X2 will now become P and start the game over again.
- As a variation, the trio may challenge another trio.
- Other skills that may be practiced instead of the pivot include paddle turn and 180 jump turns.

KABOOM!

- Write various activities (5 situps, 10 high fives, two 360 jumps, etc.) on clothespins. Write KABOOM on some of the pins.
- Have each pair of students choose a pin from a basket. The students perform the activity. If successful, the student attaches the pin to one of their shirts. If a student draws a KABOOM pin, then the student must give up all of the pins earned and run a lap (or some other activity/balance) before being able to begin collecting pins again.
- At the end of the activity time, the teacher calls for a final activity. These should be changed every day. Examples might be 1) 5 or more pins – dribble a ball 25 times; less than 5 pins – run a lap or 2) 3 or more pins – make a line behind the teacher; more than 3 pins – run a lap.

Tall and Short Day:

- Rock, paper, scissors is always a good way to determine between partners who will go first, who will get the equipment, etc.
- Sometimes there is NEVER going to be a winner. Allow three tries and then it is either tall or short day depending on what the teacher has called.

Fifteen Second Tidy:

- Give the students 15 seconds to pick up or move the equipment.
- This is good for changing activities or at the end of class.
- If there is much equipment to be picked up or moved, a 30 second tidy can be called.
- Hint: The theme from Jeopardy is 15 seconds once through and 30 seconds as the total song.

Hut, Hut:

- Have the students get a partner and a ball.
- One of the partners carries the ball as the pair starts to run laps.
- When they hear “Hut, hut”, the partner with the ball centers the ball to the other partner.
- The partner who had centered the ball now runs towards the “quarterback” and gets a handoff.
- The pair is now running laps in the opposite direction

Roller Coaster

- Have the students stretch the arms/hands up high. At that point, the students use their arms to imitate roller coasters and bend to touch the floor. Repeat two more times.
- Have the students use both arms to imitate going around a curve while they move in a circle.
- One roller coaster equals three up and down movements and one curve.
- Repeat for the desire number of times.
- Variations: Motions that move side to side may also be added.

5K Warm-Up

- Have the students get a partner.
- On the start signal, one of the students in each pair begins marching/jogging in place. The other partner counts the steps.
- When the marching partner reaches 50 steps, the counting partner quickly begins marching/jogging in place and the original marching partner counts.
- The pair trades every 50 steps.
- When each student has done 50 steps – 5 times, the pair moves to give a high five to the teacher. The teacher announces the first person has crossed the “finish line” and everyone else has 30 seconds to reach the 5K.
- As the students get better, a 10K can be initiated. For this, they do the 50 steps – 10 times each.



Big Dog Skill Area

- This is an area in which students who finish an activity early can go and work on skills. These skills should be related to the skill set being taught that day. Examples of activities that can be posted on the wall in the Big Dog area include the following:
 - Toss, clap front, catch – 10 times
 - Toss, clap back, catch – 10 times
 - Toss, clap front, clap back, catch -10 times
 - Dribble a lap while walking/jogging backward
 - Toss a ball against the wall and catch it behind your back – 10 times
 - Do 10 jump shots against the wall
 - Do three 360 degree jump turns
 - Hit a ball against the wall with a paddle – 10 times

10, 9, 8

- Scatter several polyspots around the playing area.
- The teacher calls the warm-up or skill building activity (i.e. jumping jacks, jump over, dribble onto, bounce/catch, etc.)
- On a signal, the students perform the called skill at each of ten different spots.
- When a student finishes the skill on each of ten spots, s/he comes to the teacher and gets a high five.
- After getting the high five, the student performs the called skill at nine different spots.
- When the child finishes the skill at nine spots, s/he comes to the teacher and gets another high five.
- This process continues until each of the students has performed the called skill at eight spots.
- Variations:
 - The process can continue down to the point of one spot (7, 6, 5, 4, 3, 2, 1).
 - Students can travel in pairs and must use passing a ball to be able to move.
 - Have a Big Dog skill area for the early finishers to go to.

Quarters (ball handling)

- Have each student get a ball that bounces. Give the students two minutes (or some other amount of time) to complete as many quarter (25 times) activities as they can. Examples of quarter activities include the following.
 - Around the waist 25 times
 - Around the head 25 times
 - Around both legs 25 times
 - Around right leg 25 times
 - Around left leg 25 times
 - Figure eight between legs 25 times
 - 25 Dribbles with the right hand
 - 25 Dribbles with the left hand
 - 25 Crossover dribbles
 - Chest pass to a partner 25 times
- Quarters can be done with any skill or fitness activity. It is basically an activity done 25 times.

Mini-Marathon

- Divide the students into groups of two.
- The pairs will do the following in the mini-marathon.
 - One partner starts the roller coaster and does one set (3 forward and a curve). The other partner moves/runs along beside the roller coaster partner and will start a roller coaster set when the first partner is done. The pair must move across the gym and back (or other appropriate distance) before they can move to the next task.
 - The pair does the 5K activity
 - Together the pair does the 10, 9, 8, 7, 6, 5 activity (from above).
 - The pair does four QUARTERS (choose the quarters) (from above)
- Timing can occur if desired. Heart rate check would be advised.



Love to Exercise:

- Love to exercise (L), Finger on the nose and carotid, Fingers jumping jack, Take your pulse

Rock and Roll:

- Play some music with a good strong beat. The students perform a rolling motion with the hands for 8 counts.
- The students bend their knees and sway from side to side for 8 counts (rocking).
- Repeat the rolling and rocking parts. After a short time, use the two motions to move in different ways (up and down, forward and backward, around the room, etc.).
- Repeat until the desired warm up is complete.

Singing in the Shower:

Music: Singing in the Shower by Sandra Boynton and Christopher Kale Jones – Available on Itunes

Part 1: Touch left shoulder with right hand. Touch right shoulder with left hand. Touch top of the head with right hand. Touch top of the head with left hand. Touch nose with right hand. Touch nose with left hand. Wiggle for two counts. Repeat part 1.

Part 2: Step right, touch left. Step left, touch right. Repeat right and left. Turn ¼ turn to the right and do a double side close to the back. Do a double side close to the front. Repeat all of part 2.

Community Create:

- This can be used during rhythms units or game innovation.
- Give small groups (2-3 students) a short amount of time (30-45 seconds) to add onto a movement, to fix a rule, to create a group pose, etc.
- Allow them to incorporate their community creation into the activity.
- Great for Standard five and possibly Standard two.

Shake Senora

Music: Hit Crew on Drew's Pizza Party – Available on Itunes

Intro: Step forward right. Step forward left. Step backward right. Step backward left. Repeat 7 more times.

Part 1: Shake the hands for 8 counts.
Keep shaking the hands and add shaking of the shoulders (8 counts).
Keep shaking hands and shoulders and add shaking of the knees (8 counts).
Shake the whole body for 8 counts.

Part 2: Move the arms above head twice. Move the arms below the waist twice.
Repeat 3 more times.

Part 3: Step right, touch left. Step left, touch right. Repeat right and left. Turn ¼ turn to the right and do a double side close to the back. Do a double side close to the front. Repeat all of part 2.

Repeat Parts 1, 2, and 3

Repeat Parts 1, 2, and 3

Repeat the Intro

Repeat 1, 2, and 3

Funky Monkey

By Siedah Garrett from Rio – Available on Itunes

Intro: Wait until after the whistles

Part 1: Step forward right. Step forward left. Step backward right. Step backward left.
Repeat 3 more times

Part 2: In place, “Funky Arms” (like a forward crawl swim stroke, but toward the center of the body) for 16 counts
While still doing Funky arms begin stepping side to side (16 counts)

Part 3: *Funky Monkey part –*
Lift right leg (bent knee) while moving backward and step. Lift left leg (bent knee) while moving backward and step. Repeat
Do four heel digs (shovels) to move forward
Repeat legs and then shovels

Repeat Parts 1, 2, and 3

Repeat Parts 1, 2, and 3

Waka Waka

By Shakira – Available on Itunes

Part 1: Step right, touch left. Step left, touch right. Repeat
Step right and pivot on the left foot to face the back (4 counts)
Step right and pivot on the left foot to face the front (4 counts)

Part 2: Use 8 step, heel digs to move in a small circle to the right (16 counts)

Part 3: Two schottische steps forward (step, step, step, hop; step, step, step, hop)
Four steps hops to move backward (step hop, step hop, step hop, step hop)

Keep repeating parts 1, 2, and 3 until the end of the song

4 on 4 Baseball:

- Divide the class into teams of four students. Two teams challenge each other.
- One team is the runners. The other team is the fielders.
- Set up very small ball diamonds using the polyspots as bases. The bases are about 10 feet apart. Use a ball that bounces and appropriate for the age and skill of the children. A tennis ball or a playground ball would be appropriate.
- One runner stands at home plate with the ball in hand. This runner must bounce the ball into the infield.
- When the fielders retrieve the ball, the ball must be thrown/moved to first, second, third, and home. At any time when the ball passes the runner, the runner must stop at the base he/she has just passed.
- At that point, the runner stops on whichever base he/she is at and waits for the next runner to come to the plate. One point is scored for every runner that crosses home plate.
- There are no outs or throwing the ball at a runner. The inning is over when all four runners have received a turn to “bat”. The fielders and the runners then trade positions.

Who's the Boss?

- Give each student one card from a deck of cards.
- Have the students begin walking (jogging, skipping) in the area. Each time a student walks by another student they exchange cards.
- After about 15-20 seconds, call "who's the boss".
- The students quickly sort themselves into the four suits. The student with the highest card leads the group in a fitness activity. Repeat several times.

Beans and Franks:

- Have each child get a polyspot and a beanbag. Place the polyspots on the floor in the activity area.
- Have the children stand on their polyspot with their beanbags in their hands.
- When the teacher calls "Beans", the children toss their beanbags into the air and jump behind the polyspot and let the beanbag (hopefully) land on the spot. If the teacher calls "Beans" a second time, the children toss their beanbags into the air again repeat the toss.
- If the teacher calls "Franks", then the children must quickly take their beanbag find another polyspot to stand on.
- Call "Big Tuck Jump" to indicate everyone is ready to start again. The students do a big tuck jump and land on the polyspot.



Fit and Active: Fitness Breaks and Instant Activities for the Elementary School

This book can be downloaded at www.lulu.com.

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Compliments of the Emporia State University students