







FUN FITNESS WITH A TWIST!

FUN + FITNESS + LITERACY = Happy and Successful Students! In this action packed session, participants will learn new ways to increase the fitness level of students through muscle confusion. Participants will also engage in different activities focusing on promoting physical LITERACY. This session will ignite participants with a total body fitness workout that not only builds your muscles but also your brains.
Come Join the FUN!!!

Presented by:

Haywood County Schools Physical Education Department and Lenoir -Rhyne Physical Education Major

-  Natalie Boone nboone@haywood.k12.nc.us
 -  Cyndi Blankenship cbship@haywood.k12.nc.us
 -  Sharon Cagle scagle@haywood.k12.nc.us
 -  Casey Kruk ckruk@haywood.k12.nc.us
 -  Beth Swanger bswanger@haywood.k12.nc.us
 -  RJ McClure - Health and Physical Education major - Junior - Lenoir-Rhyne University
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Car Wash Dance

Start by clapping with the music, walk around.

Step touch to the right and "flick your rag" (scarf) x4. Repeat to left x4
Repeat eight counts

"Squeegee" right 3 shake it off 4
"Squeegee" left 3 shake it off 4
Repeat

Wash top of car to the right 4
Wash top of car left 4
Wash wheel to right 4
Wash wheel to left 4
Repeat

Start by clapping with the music, walk around.
Step touch to the right and "flick your rag" (scarf) x4. Repeat to left x4
Repeat eight counts
Wash top of car to the right 4
Wash top of car left 4
Wash wheel to right 4
Wash wheel to left 4
Repeat

Step touch to the right and "flick your rag" (scarf) x4. Repeat to left x4
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"Squeegee" right 3 shake it off 4
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Wash top of car to the right 4
Wash top of car left 4
Wash wheel to right 4
Wash wheel to left 4
Repeat

Pipeline Grammar

Materials Needed: Pipeline Kit, Grammar Balls, Parts of Speech Cards, Buckets

Object: To work together as a group to transport all balls to their proper bucket. All balls have words on them, and the object is to match the word with the correct part of speech and then move the ball with the pipeline only to the correct bucket.

Instructions: Students will be in groups of 3-5 depending on how many pipeline kits you have available. The students will pick up a ball from their basket and together as a group determine which bucket it needs to end up in. Using only the pipeline kits, each group will work to move the ball into the proper bucket. Once complete, continue until all balls are in the correct bucket.

Assessment: at the completion of the class you could simply pull a couple of balls from each bucket and then determine if they are correctly placed as a class

Extensions: this activity can be done with numbers and letters as well... you could do fitness related components, then write different activities on the balls and the students would have to match the activity to the correct component of fitness, equivalent fractions = have fractions on the golf balls, and then large cards with fractions on each bucket, students would have to match the golf ball to the correct equivalent bucket... these extensions could go on and on... be creative

Color Game

Equipment: several dome cones, color words

Definition of the Stroop Effect: The Stroop effect is a demonstration of interference in the reaction time of a task. When the name of a color (e.g., "blue," "green," or "red") is printed in a color not denoted by the name (e.g., the word "red" printed in blue ink instead of red ink), naming the color of the word takes longer and is more prone to errors than when the color of the ink matches the name of the color. The effect is named after John Ridley Stroop who first published the effect in English in 1935. The effect had previously been published in Germany in 1929. The original paper has been one of the most cited papers in the history of experimental psychology, leading to more than 700 replications. The effect has been used to create a psychological test (Stroop Test) that is widely used in clinical practice and investigation.

Object: is to give the students practice with the Stroop Effect

Instructions: place the color cards under different colored dome cones, spread the cones out throughout the gym or place area. The first round the students will turn a cone over, look at the color of the word and go to that color cone next. The students can move using different equipment (dribbling a ball, etc) or they can use different motor skills. Second round, the students will then look at the word not the color of the word and go to that color cone. The game continues as long as teacher wants.

Pop and Pong

Materials Needed: 1-2 omnikin six balls depending on class size, 1-2 popcorn sets depending on class size, and 1-2 ropes

Object: For the class to keep the omnikin six ball in the air by only touching it once per person and then to be the fastest team to put all pong balls in the bucket.

Instruction: Split the class into two smaller groups, each group will start at the pop station, the idea here is to keep the omnikin ball in the air by allowing only one person to touch it at a time, once you have touched the omnikin ball you switch to the other side of the gym... if the omnikin ball falls to the floor all team mates must return to that side and start again... on the opposite side of the gym will be a pong game, once you have hit the omnikin ball and have moved to the other side, the goal is to get all of your ping pong balls into the center bucket by tossing or bouncing them in... you may not enter the large circle... you can designate one person to be in the middle to get the balls that are stuck inside to come out of the circle... the goal is to complete both tasks as a team

Assessment: observation of students working together a group, communication of the teams, completion of the tasks

Distance Dash

Materials Needed: Distance Dash cards, cones, equipment for activates per station

Object: to incorporate geography and some history into the fitness activity

Instructions: Students will be working individually or in partner groups. Have maps and distance dash cards available for students. Designate a lap to be equal to "X" number of miles. The students must decide where they want to visit. You can be specific to your state, your country, overseas, etc. The students must do the math to decide how many laps they must complete to reach their destination. Once at the destination, the students will learn interesting facts about the location and then must choose between two activities at the location. The students "act out" the activity at the destination and then decide a different location to visit. Game continues as long as teacher allows.

Great States Race

Materials needed: sheets with State names on them, State/capital/abbrev. bean bags (state and capital bean bags preferably), scooters, cones, soccer balls, basketballs, steps, etc. (any equipment to practice manipulative, can use locomotor skills)

This game can be adapted to practice many skills.

Object: the object of this activity is to complete the state sheet by working with your partner

Instructions: Partners are on one end of the gym, bean bags are spread out on other end. Each pair has a pencil and State sheet. While one partner is going to get a bean bag, the other is recording the Capital and abbreviation on sheet. Dribbling a basketball, soccer ball around cones, scooters on stomach using arms only for upper body work, locomotor skills, paddle work striking), balloon work striking),, hockey stick and puck, tossing and catching different size balls while moving, jumping ropes while moving (jogging, walking, two foot/one foot, etc.)

If you must use groups of three due to amount of equipment, size of class: third person can either do a fitness activity while waiting or you can adapt partner work while going to get the bean bags, examples: passes (chest, bounce,etc.), passing a hockey puck, soccer ball, keeping a balloon up, etc.

You can change up every three minutes to use a variety of equipment and activities

Assessment: quick check on the state sheet is it complete and correct. As well as observation of the student performing a skill or task to collect a bean bag, are they performing skill or task correctly.

Fraction Games:

Alligator Fun

Materials Needed: 4 alligator pieces and 4 equal signs for each team... 5 hoops and 5 cones...

Object: to work on writing fraction sentences

Instructions: Students in groups of 3-4 line up behind a cone and a hoop... the students then take turns running to other end of the gym to collect a fraction card. Once two fraction cards are collected, the team must write a fraction sentence inside the hoop... then collect more fraction cards... when all alligator and equal pieces are used, the group will begin jumping jacks... the teacher will check the fraction sentences and if correct, team gets a point... the game then starts over for that team only... continue until all teams complete fraction sentence correctly or until time runs out

Equivalent Pipelines

Materials Needed: PVC pieces for each team, golf balls, buckets, cones

Object: to give students a fun way to practice equivalent fractions and teamwork

Instructions: Students in groups of 3-4 will line up behind a cone with each student having a piece of PVC... students then grab one golf ball and determine which bucket it needs to go in on the other end of the gym... The students will use team work to get the ball to the correct bucket using only the PVC pipes... all golf balls are equivalent fractions to the fractions listed on the buckets... once all balls are in the bucket, the teacher can randomly draw one out to do a quick check...

Fractionball

Materials Needed: fraction cards and fraction shape cards, poly spots, foam balls, trashcan

Object: to practice shooting for accuracy and to reinforce fraction skills

Instructions: Scatter the spots around on the floor, around the trashcan that is in the center of the gym... under each spot should be a fraction card or a fraction shape... Students will be in groups of 2 or 3 behind a cone with a foam ball on top of it... when music starts, first student will run out to any spot and shot the ball to the trashcan... if the shot is made, the student will collect the spot and the card under the spot, return the ball to the group and let the next person come... the student who made the shot will place the spot in a pile next to the cone, then that student finds the fraction that the shape matches around the gym somewhere and then performs the activity that comes with it... leave the shape card there and return to your team... continue until all spots are collected... then as a group do some checking of the math.

- Or give each group a hoop with fraction cards and once a shape is collected they must match the fraction with the shape card
- Or place a bucket around or hoops around the perimeter and students must place the shape in the bucket or hoop that matches the shape

More Fraction Games:

I love math line up

Materials Needed: Students

Object: a quick way to line up students and to practice math concepts

Instructions: Students will play “rock, paper, scissors, but instead they will say I love math show!! On Show, the students will throw one hand over head with fingers showing and then one below the waist with fingers showing... each student now becomes a fraction... students can then be instructed to read the fractions to each other, or to use their fraction to line up in order from least to greatest, or students can find equivalent fractions to make groups, etc.

Relay fun

Materials Needed: fraction cards

Object: to practice fraction skills in a fun atmosphere

Instructions: Students can take turns performing a task, once the task is complete they earn a card... after all cards have been taken, have the students put the cards in order from least to greatest... make sure all denominators are things that can be reduced down to match the lowest numbers...

Matching Fun

Materials Needed: fraction cards and fraction shapes

Object: to practice matching, memory, and fraction skills

Instructions: Students in pairs will take turns running out to flip over one card... find one card and bring it back to the team, the next person must find the shape or number that matches the first card... do this until all matches have been found... if you flip over a card and it does not match then the next person goes and so on

Writing Fractions

Materials needed: fraction cards, equipment may vary depending on the task or skill needed to be completed by students

Object: to practice skills and fraction concepts

Instructions: Students will get in pairs or in small groups... students run down and complete an activity or workout, then collect a piece of fraction... continue workouts or activities until all fraction cards are collected... each student group will have a piece of blank paper and pencil, once all fraction cards are collected then the students will practice writing the fraction for the shape card that they have collected...

TEMPLATES

for

COLOR GAME

RED

RED

RED

RED

RED

RED

BLUE

BLUE

BLUE

BLUE

BLUE

BLUE

YELLOW

YELLOW

YELLOW

YELLOW

YELLOW

YELLOW

GREEN

GREEN

GREEN

GREEN

GREEN

GREEN

PURPLE

PURPLE

PURPLE

PURPLE

PURPLE

PURPLE

ORANGE

ORANGE

ORANGE

ORANGE

ORANGE

ORANGE

TEMPLATES

for

The Great State Sprint

The Great State Sprint

STATE	CAPITAL	ABBREVIATION	NICKNAME
ALABAMA			
ALASKA			
ARIZONA			
ARKANSAS			
CALIFORNIA			
COLORADO			
CONNECTICUT			
DELAWARE			
FLORIDA			
GEORGIA			
HAWAII			
IDAHO			
ILLINOIS			
INDIANA			
IOWA			
KANSAS			
KENTUCKY			
LOUISIANA			
MAINE			
MARYLAND			
MASSACHUSETTS			
MICHIGAN			
MINNESOTA			
MISSISSIPPI			
MISSOURI			

The Great State Sprint

STATE	CAPITAL	ABBREVIATION	NICKNAME
MONTANA			
NEBRASKA			
NEVADA			
NEW HAMPSHIRE			
NEW JERSEY			
NEW MEXICO			
NEW YORK			
NORTH CAROLINA			
NORTH DAKOTA			
OHIO			
OKLAHOMA			
OREGON			
PENNSYLVANIA			
RHODE ISLAND			
SOUTH CAROLINA			
SOUTH DAKOTA			
TENNESSEE			
TEXAS			
UTAH			
VERMONT			
VIRGINIA			
WASHINGTON			
WEST VIRGINIA			
WISCONSIN			
WYOMING			

The Great State Sprint

CAPITAL CITY WORD BANK					
Salem	Jefferson City	Hartford	Tallahassee	Carson City	Nashville
Austin	Phoenix	Atlanta	Des Moines	Frankfort	Albany
St. Paul	Lincoln	Santa Fe	Harrisburg	Charleston	Bismarck
Denver	Topeka	Annapolis	Helena	Concord	Richmond
Cheyenne	Juneau	Dover	Honolulu	Springfield	Trenton
Little Rock	Boise	Augusta	Jackson	Raleigh	Montpelier
Indianapolis	Baton Rouge	Boston	Lansing	Columbus	Olympia
Columbia	Providence	Pierre	Madison	Oklahoma City	Salt Lake City
Montgomery	Sacramento				

ABBREVIATION BANK					
NE	VA	MN	OR	ND	KY
NY	NC	UT	CT	CO	TN
VT	DE	AR	SC	KS	IL
HI	WI	MA	GA	WV	MO
MI	CA	WA	MT	ME	AK
AL	FL	TX	AZ	OH	IN
LA	MS	PA	ID	OK	IA
NV	RI	SD	NJ	WY	NM
MD	NH				

NICKNAME WORD BANK					
Aloha	Badger	Bay	Beaver	Beehive	Bluegrass
Buckeye	Centennial	Constitution	Cornhusker	Diamond	Empire
Equality	Evergreen	Free	Garden	Gem	Golden
Grand Canyon	Granite	Green Mountain	Hawkeye	Hoosier	Keystone
Land of Enchantment	Lone Star	Magnolia	Mount Rushmore	Mountain	North Star
Palmetto	Peach	Pelican	Pine Tree	Prairie	Sagebrush
Show-Me	Sioux	Sooner	Sunflower	Sunshine	Tar Heel
Natural	Ocean	Old Dominion	Last Frontier	Treasure	Volunteer
Wolverine	Yellowhammer				

TEMPLATES

for

Pipeline Grammar

VERBS	NOUNS	PRONOUNS	ADJECTIVES	ADVERBS	PREPOSITIONS	CONJUNCTIONS	INTERJECTIONS
add	apple	I	adorable	always	above	and	wow
allow	arm	you	angry	angrily	about	but	yikes
bake	ball	he	beautiful	bravely	across	or	hey
burn	beast	she	black	brightly	after	nor	oh
call	bread	it	clumsy	carefully	against	for	ugh
chase	cow	we	confident	correctly	along	yet	aha
damage	cup	they	dark	daily	around	so	hooray
drop	doll	me	easy	dimly	at	and	oops
fix	door	him	excited	easily	before	but	ouch
grab	drum	her	famous	evenly	behind	or	excellent
hang	fang	us	fancy	fairly	below	nor	gee
imagine	fireman	them	gentle	gladly	by	for	wow
jump	giraffe	my	happy	happily	down	yet	yikes
kick	grass	your	hungry	hourly	during	so	hey
lock	heart	his	lazy	joyfully	from	and	oh
mix	jumprope	its	luck	kindly	inside	but	ugh
notice	lock	our	mushy	lazily	onto	or	aha
open	popcorn	their	nervous	mostly	over	nor	hooray
promise	stranger	mine	poor	noisily	past	for	oops
reach	tree	yours	red	only	through	yet	ouch
stay	water	hers	small	sadly	toward	so	excellent
talk	wrist	ours	tall	too	upon	and	gee
yawn	yard	theirs	weird	truly	with	but	wow
zip	zebra	who	yellow	utterly	without	or	yikes

VERB

NOUN

PRONOUN

ADJECTIVE

ADVERB

PREPOSITION

CONJUNCTION

INTERJECTION

TEMPLATES

for

Distance Dash

Asheville, North Carolina



WEIRD LAW

It is illegal to sneeze on city streets.

Interesting Fact...

Asheville's *Biltmore House*, America's largest private residence, held a closely guarded secret during World War II.

Concerned about the possibility of air strikes, the National Gallery of Art moved its most valuable works to the Biltmore House with paintings placed in the music room and sculptures in the servants' dining room. The treasures remained there until October 1944, when they were safely returned to Washington, DC.

2 Activities Choices



Mountain Biking!



Myrtle Beach, South Carolina

WEIRD LAW

Horses may not be kept in bathtubs!



Interesting Fact...

Myrtle Beach's earliest innkeeper may have been William Gause, who operated a tavern for travelers along Old King's Highway beginning around 1740. One of his overnight guests was George Washington, who toured the coast in 1791 while he was president.

2 Activity Choices



OR



Horseback Riding

Orlando, Florida



WEIRD LAW
Men may not be seen publicly in any strapless gown.

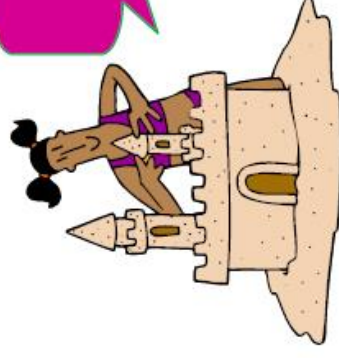
INTERESTING FACT... If it weren't for Walt Disney World, most people around the world would have probably never heard of the city of Orlando. However, it is interesting to note, that the Walt Disney World Resort actually lies about 18 miles outside of the city limits.

BONUS FACTS More than 75 million Cokes are consumed each year at Walt Disney World Resort along with 13 million bottles of water. Guests gobble 10 million hamburgers, 6 million hot dogs, 9 million pounds of French fries and more than 300,000 pounds of popcorn!

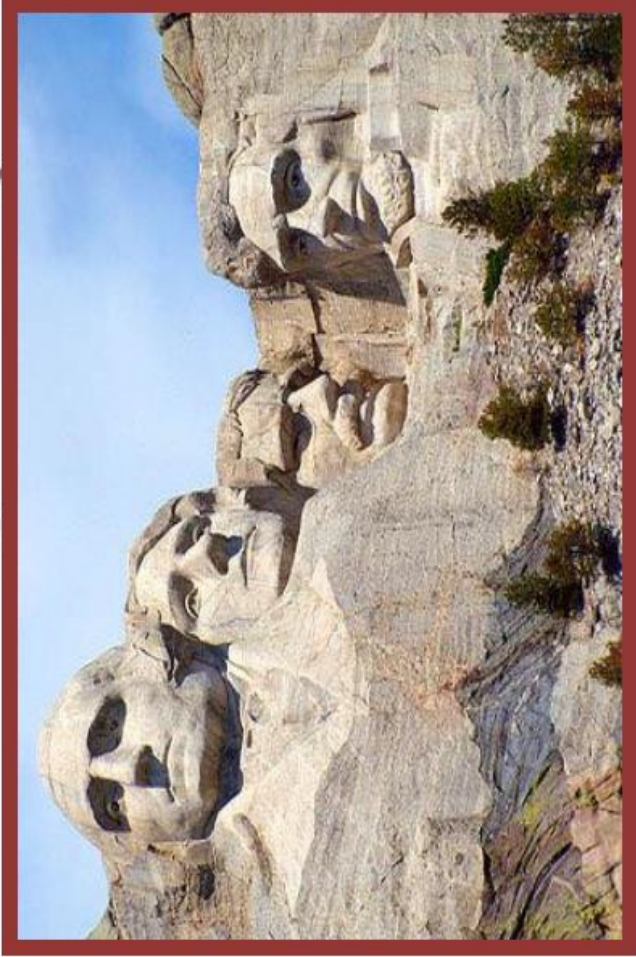
W a t e r S k i O R



Build a sandcastle!



Keystone, South Dakota



Interesting Facts

There is a cave in the mountain behind the heads on Mount Rushmore. It is called the Hall of Records. Also, the figure of Thomas Jefferson was started on Washington's right! After 18 months of carving the figure of Jefferson, it had to be dynamited off the mountain and restarted on the left of Washington!

Weird Law

It is illegal to lie down and fall asleep in a cheese factory.

2 Activity Choices



OR



Denver, Colorado



Interesting Fact

Denver is one of the few cities in history that was not built on a road, railroad, lake, navigable river or body of water when it was founded. It just happened to be where the first few flakes of gold were found in 1858.

Weird Fact

It is unlawful to lend your vacuum cleaner to your next-door neighbor.

2 Activity Choices



OR



Bar Harbor, Maine



Interesting Fact...

Located on Mt. Desert Island, Bar Harbor was home to the largest hotel in North America and to Millionaire's Row, a line of spectacular summer estates built for America's richest and most powerful families – including the Rockefellers, the Fords, the Vanderbilts, the Carnegies, the Astors and the Morgans.

Weird Fact...

It is illegal for men to tickle women under the chin with feather dusters

2 Activity Choices



Whale

Watching

OR



Sea Kayaking

Distance Dash!

	Asheville, NC	Bar Harbor, ME	Charlotte, NC	Denver, CO	Keystone, SD	Myrtle Beach, SC	Orlando, FL
Asheville, NC		1200	100	1400	1600	300	600
Bar Harbor, ME	1200		1100	2200	2200	1200	1600
Charlotte, NC	100	1100		1600	1700	200	500
Denver, CO	1400	2200	1600		400	1700	1800
Keystone, SD	1600	2200	1700	400		1900	2000
Myrtle Beach, SC	300	1200	200	1700	1900		500
Orlando, FL	600	1600	500	1800	2000	500	