

NASPE PIPEline Workshop
Instructional Practices: K-12 Physical Education
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Mike Cosgrove's Supplemental Activities
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Instant Activities

Gehm Tag – Elementary School

Gehm Tag is a form of Rock, Paper, Scissors. Divide the class into two groups and have them go to opposite sides of the space. The two sides of the space will be known as the “Winner’s Side” and the “Almost Winners’ Side”.

To begin the game, each player plays a game of Rock, Paper, Scissors on his side of the playing area. At the conclusion of the individual match, the players give each other a high five. Then, the winner of the match immediately seeks another partner and plays another match. After giving his partner a high five, the “almost winner” runs across the space to the “Almost Winners’ Side” finds a partner and plays another match.

Meanwhile, on the “Almost Winner’s Side”, two players compete in a match to begin the game. The winner of the match runs across the space to compete against another opponent on the “Winners’ Side”. Players who “almost win” remain on the “Almost Winner’s Side” find another partner and complete another match. Play continues until the instructor stops the game.

Variations: Use a number of loco-motor skills to move from one side of the playing area to the other.

Additional Variation: Play Rock, Paper, Scissors with your feet. Take two jumps and land with the feet together. On the third jump, land in the rock, paper or scissors position.

Rock – Two feet together.

Paper – Feet in straddle position.

Scissors – Feet in forward-stride position.

Calculator Fitness – Middle School

Have each student choose a partner. Each set of students should get a jump rope. One student will jump rope as many times as she can and count the number of steps she performs. When she makes an error or stops, she gives the rope to her partner and goes to the teacher to report the number of jumps she successfully completed. The teacher uses a calculator to record the number of successful jumps completed by the class. Meanwhile the first jumper’s partner immediately starts jumping and will report her score to the teacher when she makes an error or stops jumping. Continue the activity for a specified time period. The next class, repeat the activity to determine whether the class was able to exceed the score they achieved the first class.

Two-By-Two Fitness Fun – High School

Provide each student with a copy of the following two-by-two's worksheet. Listed on the handout are 15 different tasks. While teaming with a new partner for each task, each student is to attempt to complete the entire sheet of fitness activities. Each time a task is completed the two partners should sign each other’s sheet. After the completion of one task, the students should find someone new to do a different task with. Add music if you can.

Two-By-Two Fitness Fun Worksheet:

Your Name:	
Skill	Completed With:
You and somebody do 13 pushups	
You and somebody have an arm wrestle	
You and somebody do 50 jump hops	
You and somebody 15 right-arm curls	
You and somebody do 25 crunches	
You and somebody do 15 right arm frontal extensions	
You and somebody do 20 triceps extensions	
You and somebody do 15 right arm lateral extensions	
You and somebody high ten the instructor	
You and somebody do 15 left arm frontal extensions	
You and somebody do 15 left arm curls	
You and somebody jump rope for 1 minute	
You and somebody take your heart rate for 1 minute	
You and somebody do a 30-second dance	

Source:

Krouscas, J. (2001). *Two-by-Two Fitness Worksheet*. Retrieved from PECentral.com Web site: <http://www.pecentral.com/lessonideas/ViewLesson.asp?ID=789>

Games that Promote Cooperation and Critical Thinking

Psychic Handshake (3, 5, 7)

Participants individually and secretly decide if they are a 3, 5 or 7 hand shaker. Without speaking, they meet other players, look them in the eyes and slowly, firmly shake their hand the number of times that corresponds to their number. If the two partner stops at the same time, they are a match, they stay joined and look for other matches. If the two partners are not a match, they separate and look for other possible matches. Play continues until there are no more than three groups. (It is possible there could be only one or two groups of players at the end of the game.) Have all players drop the hands of the other participants and then raise their hands when you call the numbers 3, 5, and 7. NO TALKING!

Tagging Games

High-Five Jive

Players scatter in open space. Select several taggers. When a player is tagged, she becomes frozen. She should stand with her hands up at shoulder level. Any player, who is not frozen, can come to rescue her and set her free by performing the following sequence:

Players give a high five with the right hand.

Players give a high five with the left hand.

Players give high fives with both hands.

Players clap their own hands.

Players gently tap their own thighs.

Players gently bump hips.

The player who was frozen says, "thank you".

The player who did the unfreezing says, "you're welcome".