

Spice Up Your PE Curriculum

Special Events and Games

Mark Foellmer
Brittney Klemenswicz

Wentworth Junior High
Calumet City, IL

Running Activities and Running Club

Starting off the Year on the Right Foot!

August/September

- Get students/teachers interested in running and encourage them to run in your city/town's 5K race! Look for a race nearest to your school towards the beginning of the year.
- Include class/homeroom competitions for the 5K race (class with the most participants, class with the best combined times, etc.)
- Prepare students in class while playing running games, relays, running competitions, etc.
- Start up a running club, or use it as a recruiting tool for a team/club already in place!
- Put together a "Family Fun Run" night - 1 Mile walk/Run Race with students and families!



Fireman's Challenge

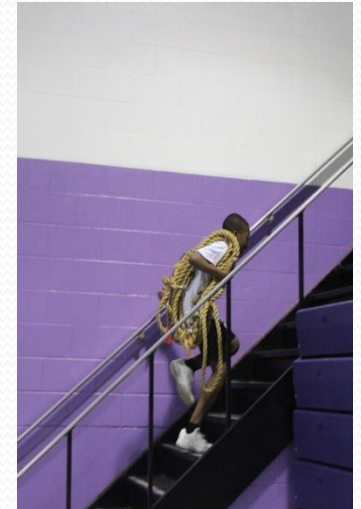
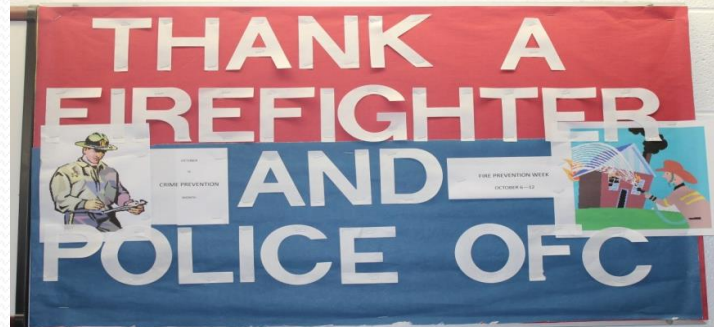
October - Fire Prevention Month

During Fire Prevention month (October) invite firefighters to your physical education classes! They can give a brief speech about why being fit is important in the job of a firefighter. They can also time a relay course!

Design stations that mimic a firemen's daily routine/possible challenges.

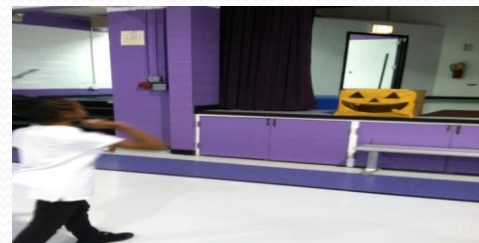
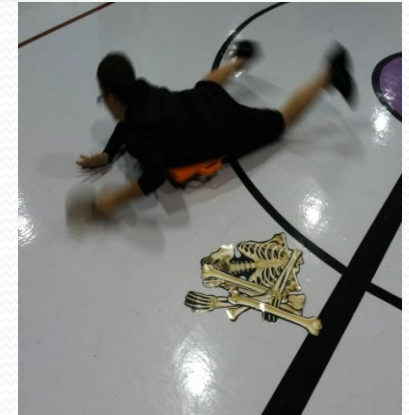
Stations Include:

- Carrying a heavy rope (water hose) up and down stairs or a weighted bag on their back (oxygen tank)
- Relay course, crawling over/under mats, weaving cones, etc.
- Knocking down mats with a pool noodle (knocking down a door)
- Using a scooter, tie a rope to an object (pull up bar) and use as a pulley.



Halloween/October Fest

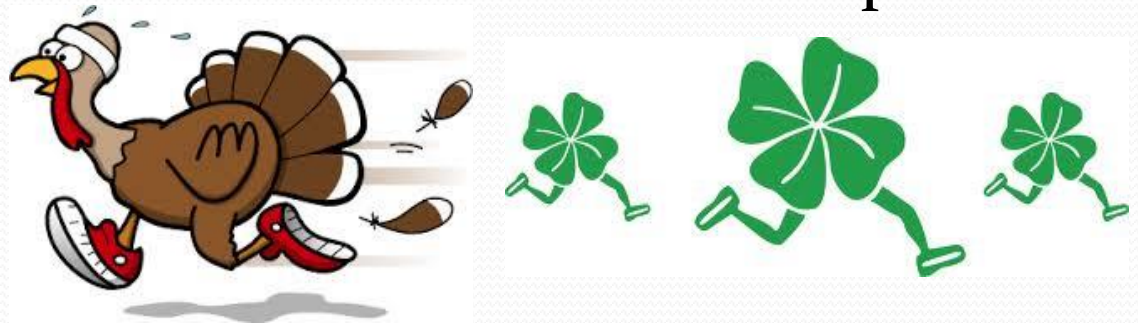
- Halloween relays/stations
 - Dollar Store Galore!!!!
 - Mini Pumpkins – As bowling balls
 - Toilet Paper Ghosts – Throw/Knock Down
 - Brooms – Witches Broom (balloon relay)
 - Skeleton Decorations – Scooter relay putting together a skeleton
 - Pumpkin/Halloween Buckets (“eye ball” ping-pong ball toss into buckets)



Turkey Trot – November

Shamrock Shuffle – March

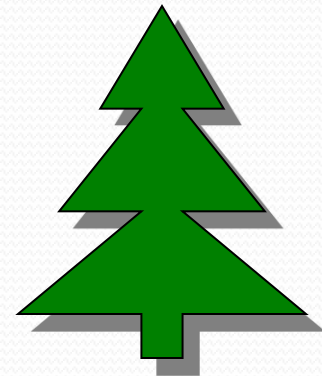
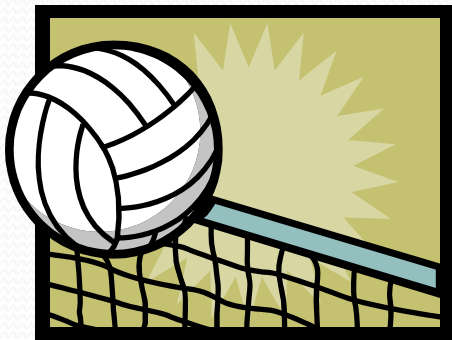
- Classes compete for the most laps completed in a class period.
- Laps are counted as students pass the teacher/start. Teacher can either keep tally marks for each student (depending on class size) or the students can receive a popsicle stick after they complete each lap.
- Winning classes receive extra credit or another prize that you choose!



Holiday All School Volleyball Tournament

December/January

- Organize an all school volleyball tournament between classes/grade levels with teachers as the coaches
- Students pick their class's "All Stars" that will play in the game
- Games are played during a short assembly during the school day. If an assembly cannot be organized, make it an after school event!



ISAT Prep in PE!

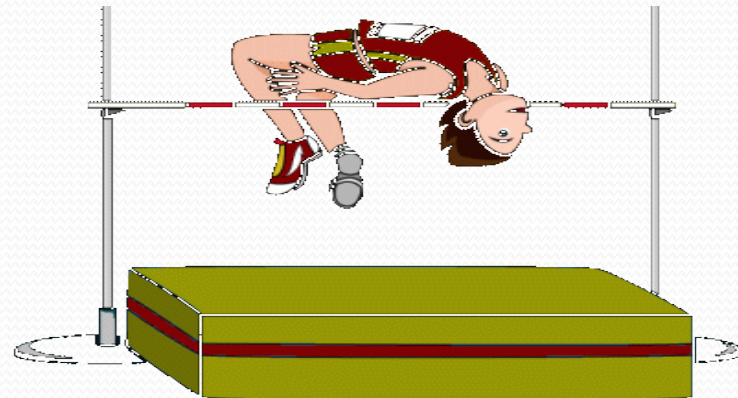
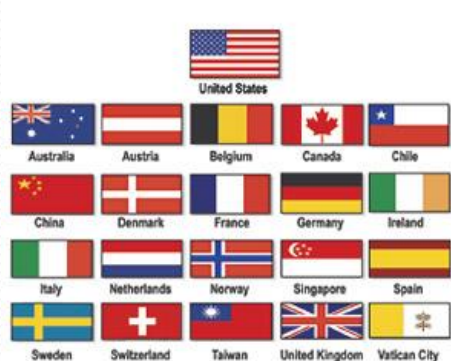
February/March

- Fitness scavenger hunts – using questions from an ISAT prep book, or your own creative questions!
- Basket Shooting Scrabble



Track Olympics

- At the end of a track unit, have students pick teams and compete against each other in a mock Olympics.
- Students can choose a team/country to represent (have teams decorate a country flag as a bulletin board idea!)
- Each team chooses one person for each event (long jump, high jump, triple jump, shot put, etc.)



Winter Olympics

- Form 2 teams per class to compete against each other
- Students can sign up for the event of their choice (2-3 day unit) or make this a longer unit and have all students participate in each event
- **Events:**
 - **Luge**
 - Use 2 scooters and a folded mat. One student sits on the mat, while one student pushes the “luge”.
 - **Floor Hockey**
 - **Scooter Hockey**
 - **Curling**
 - Use shuffle board equipment and/or bean bags
 - **Cross Country Skiing**
 - Use paper plates as skis
 - **Speed Skating**
 - Use paper plates as skis
 - **Bob Sled Team Races**
 - use 2 scooters with a folded mat laying on top of the scooters. 2 students sit on the mat, while 2 students push the “sled”.



Rainy Day Activities



- Office Games
 - Use clip boards, boxes, and crumpled up scratch paper to design different relays!
- Fitness Board Game
 - Set up index cards around the gym in a giant square (as your game board).
 - Students are in small teams (4-5) & each team has a game piece
 - Each index card has an exercise and number the students must complete before rolling the dice and moving to the next index card (Ex: 20 sit-ups)
 - First team around the board, wins!
- Fitness Card Matching
 - Use a deck of playing cards
 - Students play in pairs
 - The goal is to match the card that is in their hand with the playing card in the center (face down) in the gym.
 - If it's a match = students win a straw/No match = exercise

Family Fitness Night

May (NASPE week)



- Invite fitness instructors to come out and volunteer at a station (kick boxing, step aerobics, weight training)
- Invite your local park district to come and hand out information about camps and after school activities
- Run an obstacle course
- Offer large group activities in the gym; volleyball and/or basketball
- Raffle off fitness related prizes (ask park district or fitness centers for donations) EX: Free week of admission at LA Fitness
- Offer “healthy” snack concessions
- Ask the school nurse or another health professional to work a blood pressure and heart rate station or help students/family members calculate their BMI

ACES Day

First Wednesday of Every May!

- All children exercise simultaneously

“With millions of participants worldwide, ACES Day is a global event that celebrates exercise by bringing students together from all fifty states and more than fifty countries.”
- Find a time that the entire school can get outside and walk together for 10-15 minutes! (Last 15 minutes of the school day works well!)



School Carnival

- Use as a fundraiser for school clubs, athletic teams, and/or grade levels (field trips, etc.)
- Sell admission tickets (\$1-\$2) and game tickets (10-25 cents each)
- Each club or team organizes a game of their choice
 - Students of each club/team are the ones who help work the games (collect tickets, show participants how to play, hand out prizes..)

- Carnival Game Ideas:

- Basketball Hot Shot Shooting
- Football Toss
- Cake/Cookie Walk
- Ring Toss
- Face Painting
- Wii “Just Dance”
- Tootsie Pop Pick
- Mini Golf
- Relay Races



Questions For Us!?

- Feel free to email!

Brittney Klemenswicz

bklemenswicz@gmail.com

Mark Foellmer

gymrat2@comast.net