

Moving Through the Alphabet

2014 Elementary PE TOYS
SHAPE America
Seattle, WA 2015



Thank
you to:



Thank
you to:



A is for ADVOCACY

- How do you advocate for your program?
 - Possible Ideas
 - Newsletters
 - Fitness Nights
 - Website
 - Speak Out Day – Washington, DC - February

B is for Bits and Pieces of Songs

- Aleta Jo Crotty / Midwest TOY
 - Use short segments of music to teach:
 - Locomotor Skills
 - Non-Locomotor Skills
 - Movement Concepts
 - Manipulative Skills
 - Rhythmic Awareness

acrotty@k12.wv.us

C is for Classroom Activity Breaks

- Kelly Blayer-Jordan / Southwest TOY
 - How do I get the classroom teachers on board? KISS!
 - Pick A Stick
 - Supplies needed - cup, popsicle sticks, a marker, music
 - Using the popsicle sticks - Write a fun movement or exercise on a stick
 - Student Created Movement Cards
 - Supplies needed - card stock, pencils, crayons, popsicle sticks, glue, laminate, music
 - Students create exercise cards (jumping jacks, squats, etc.)
 - Can write modifications on the back of cards to differentiate instruction

kablayer@gmail.com
blayer@lesd.k12.az.us

C is for Classroom Activity Breaks

- Kelly Blayer-Jordan / Southwest TOY
 - Bop-It (kicked up a notch thanks to Steph Di Piazza!)
 - Use games you know and make them active!
 - Supplies needed – pool noodles (cut in ½ or ¼), music created on garage band
 - Great for use in Physical Education Class, in the classroom, and at family fun nights!



kablager@gmail.com
blayer@lesd.k12.az.us

C is for Classroom Activity Breaks

- Kelly Blayer-Jordan / Southwest TOY
 - Bop-It Levels
 - Level I: Bop-It, Knee-It, Run-It, Jump-It
 - Level II: All of Level I plus.... Push-It, Twist-It, Toss-It
 - Level III: All of Level I & II plus... Balance-It, Pass-It
 - Level IV: All of Level I, II, & III plus... Bend-It, Row-It, Paddle-It
 - Level V: All of Level I, II, III & IV plus... Drive-It, Curl-It, Lift-It



kablager@gmail.com
blayer@lesd.k12.az.us

D is for Dropbox!

- Brian Devore / Southern TOY
 - Dropbox is a cloud storage tool
 - Documents can be accessed via internet connection or marked as a favorite to be accessed any time.
 - Other cloud storage tools include Box, Evernote, and Google Drive.



briangahperd@comcast.net
www.coachbdevore.weebly.com

E is for Enhance Academic Achievement in the PE Setting

- Aleta Jo Crotty / Midwest TOY
 - Active Academics (www.activeacademics.org)
 - PE Central
 - Action Based Learning
 - Integrated Curriculum
 - Great Activities
 - SPARK (www.sparkpe.org)

acrotty@k12.wv.us

F is for Functional Fitness

- Cheryl Wardell / Northwest TOY
 - ADAPT ABC's
 - Active Range of Motion
 - Fitness Dice Game
 - Match Fitness and Exercise Game
 - Bean Bag Tag

cheryl_wardell@beaverton.k12.or.us

F is for Functional Fitness

- Cheryl Wardell / Northwest TOY



cheryl_wardell@beaverton.k12.or.us

G is for Garage Band

- Kelly Blayer-Jordan / Southwest TOY
 - What is it?
 - Application used to create music loops, recordings, and special effects
 - Developed by Apple
 - Uses in Physical Education
 - Create your own music for whatever your Physical Education needs are by using your own music from iTunes!
 - Works great for classroom management
 - No need to blow the whistle!
 - Timed segments during your warm-up and/or stations
 - Create transition sounds so you don't need to stop the activity
 - Movement songs (for PE and in the classroom)
 - Create cadences for fitness assessments
 - Create Games – Bop-It, Freeze Dance, Listening to Directions activities, etc.

kablayer@gmail.com
blayer@lesd.k12.az.us

H is for “Help Me!...I’m Teaching Pre-K”

- Aleta Jo Crotty / Midwest TOY
 - Resources
 - The Learning Station - www.learningstationmusic.com
 - More Kids Fun DJ's Choice
 - Exersongs – www.exersongs.net
 - Greg and Steve – www.gregandsteve.com
 - Sally the Swinging Snake – www.edact.com
 - I've Got Music in Me – www.jackhartmann.com
 - Sportime – www.sportime.com

acrotty@k12.wv.us

I is for Instant Activities

- Shelly Hoffman-Central TOY/National TOY
 - Powerful opportunity to get students moving the instant they walk into class
 - Can use a variety of skill development or short activities
 - Can choose to do one a quarter, month, etc.
 - IA's need to be pre-taught and then no instruction time after that. Activities need to be simple.

shoffman@usd259.net

I is for Instant Activities

Suggestions

- Pit Stop
- Crazy Ball
- ABC/123
- Partner Walk Tag
- Walk and Talk
- Four Corner Fitness
- Soccer dribble
- Basketball dribble
- Basketball shooting
- Striking a balloon
- Keep it up with a balloon
- Limitless

shoffman@usd259.net

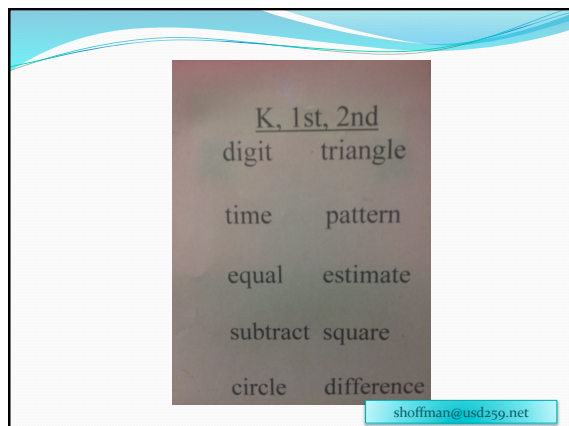
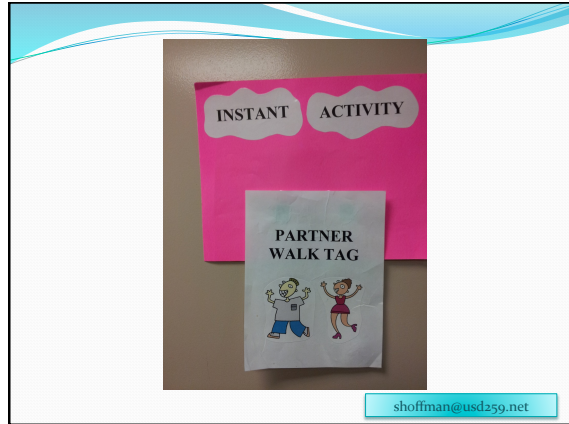
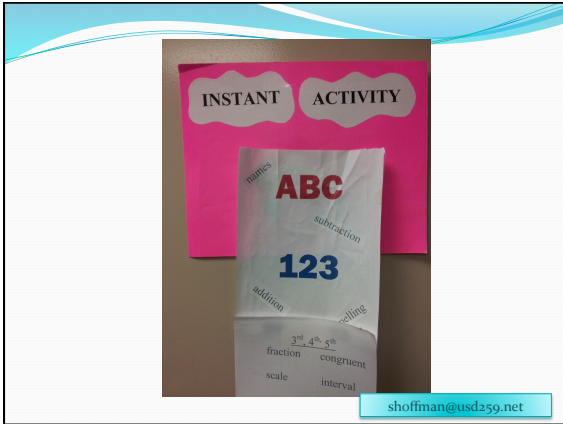
Pit Stop



shoffman@usd259.net



shoffman@usd259.net



3rd, 4th, 5th

fraction congruent

scale interval

graph division

array multiple

equal decimal

shoffman@usd259.net



J is for J.A.M.

- Kelly Blayer-Jordan / Southwest TOY
- J.A.M. – Just a Minute
- Already created.....
 - <http://www.jamschoolprogram.com/>
 - Free resources (videos, newsletters, etc.)
- OR Create your own....
 - Make it a part of your school's morning announcements
 - Classroom teachers make it a part of their daily routine
 - In PE class – warm-up, kicked out of your gym, cool down
 - Rain? Snow? JAM indoors for Recess! Upload videos and/or make DVDs
 - Incentives – Students earn the opportunity to STAR in a JAM Video

kablager@gmail.com
blayer@lesd.k12.az.us

J is for J.A.M.

- Kelly Blayer-Jordan / Southwest TOY
- How to create a J.A.M. video
 - iPad/iPhone to record
 - Music from iTunes
 - iMovie
 - Awesome student stars (and teachers too!)
- Once Created
 - Share on iTunes
 - Upload and share with staff (ex: Google drive)

kablager@gmail.com
blayer@lesd.k12.az.us

J is for J.A.M.

J.A.M. Session!

kablager@gmail.com
blayer@lesd.k12.az.us

J is for J.A.M.

kablager@gmail.com
blayer@lesd.k12.az.us

J is for J.A.M.



kablager@gmail.com
blayer@lesd.k12.az.us

K is for Kids with Sticks

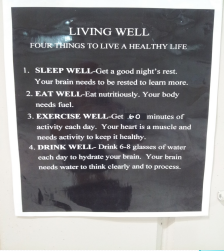
- Brian Devore / Southern TOY
 - Floor hockey is a great striking game that can be taught in upper elementary.
 - I have created four stations for the students to learn skills and be evaluated.
 - Lead up games and modified floor hockey can be played for students to exhibit skills in a faster setting.



briangahperd@comcast.net
www.coachbdevore.weebly.com

L is for Live Well Poster

- Shelly Hoffman-Central TOY/National TOY



shoffman@usd259.net

LIVING WELL

Four things to live a healthy life

1. **SLEEP WELL** - Get a good night's rest. Your brain needs to be rested to learn more.
2. **EAT WELL** - Eat nutritiously. Your body needs fuel.
3. **EXERCISE WELL** - Get 60 minutes of activity each day. Your heart is a muscle and needs activity to keep it healthy.
4. **DRINK WELL** - Drink 6-8 glasses of water each day to hydrate your brain. Your brain needs water to think clearly and to process.

shoffman@usd259.net

M is for Music Makes Me Move

- Aleta Jo Crotty / Midwest TOY
 - Motivator
 - Protocol (Used to stop and start movement)
 - Provides Multicultural Awareness (La Raspa)
 - Promotes Creativity
 - Energizer
 - Motor Skill Development
 - Movement Concepts

acrotty@k12.wv.us

N is for NEWCOMB

Shelly Hoffman-Central TOY/National TOY

Equipment: volleyball court with net, ball

NEWCOMB is a lead up volleyball game. It is played just like volleyball but instead of striking/hitting at the ball, you throw and catch the ball. I use this as a lead up activity before I teach volleyball skills as I feel it gives the students confidence especially at 3rd, 4th, and 5th grades. They experience much success with it. I also use this with 1st and 2nd graders too just to get the idea about using a net as well as a cooperation activity. The serve is also a throw and I allow younger students to scoot very close to the net and will put a floor marker down so they know where to serve from. I use rally scoring so the game keeps moving with a point awarded at each service. Each game goes to 21 points and you must win by 2 points so this aligns with real volleyball. I also use this as an activity in May when our 5th graders play the staff. When throwing and catching, most staff members feel more comfortable playing Newcomb.

shoffman@usd259.net

N is for Newcomb

NEWCOMB Variations:
 You can require one throw or you can require the students toss and catch on their side to include 3 touches (hits) before the ball is thrown over the net. Meaning, the first player catches it but before they can throw it over the net, they must throw it to another teammate. The second player must also throw it to third team member. The third player may then throw it over the net. If the ball touches the floor on any of the team tosses, the ball is dead just like during the game and a point and service is awarded to the other team.
 You can use a volleyball, a volley trainer, or a foam ball to throw and catch. A large volley trainer works well with the younger students.

shoffman@usd259.net

O is for Over plan!

- Advice for new teachers
 - Plan for more than you think you can accomplish in one class period
 - Set routines in place early in the school year
 - Keep expectations high
 - Be ready to adjust and revise
 - Be flexible
 - Surround yourself with positive professionals
 - Take advantage of professional development opportunities
 - Have fun!

P is for Pedometers & PE Packs to GO!

- Margaret Robelee / Eastern TOY
 - Pedometer Activity – Spin the Ring
 - Students exercise while a deck ring spins
 - Object is to get as many steps as possible
 - Pedometer Activity – “Wipe-Out” – 1963 / “Surfaris”
 - Students are trying to record as many steps as possible.
 - Students jog during the melody.
 - Students move feet as fast as possible during drum solo.
 - Partners record steps using gel boards or white boards.
 - Closure includes a discussion regarding intensity.
 - PE Packs to GO!
 - Pedometer Packs for student home use.

margaretroblee@hpcsd.org

Q is for Quick Assessments

- Margaret Robelee – Eastern TOY
 - Google Docs
 - Google Forms
 - Create questions and Google keeps track of data
 - Plickers – www.plickers.com
 - iPhone app that works on iPad as well
 - Paper clicker questioning system
 - Comic Life
 - iPad app
 - Colorful posters

margaretroblee@hpcsd.org

Q is for Quick Assessments

- Comic Life Example:



margaretroblee@hpcsd.org

R is for Rhythms and Dance

- Cheryl Wardell / Northwest TOY
 - Favorite Dances and Routines
 - Wake-up
 - Music: Wake up by Christopher Tyler
 - Thriller
 - Music: Thriller by Michael Jackson
 - Cupid Shuffle
 - Music: Cupid Shuffle by Cupid
 - Hawaiian Roller Coaster Ride
 - Music: Hawaiian Roller Coaster Ride by Mark Keali'i Ho'omalulu

cheryl_wardell@beaverton.k12.or.us

R is for Rhythms and Dance

- Cheryl Wardell / Northwest TOY
 - Schottische Boom Boom
 - Music: Boom Boom Pow by Black Eyed Peas (clean version)
 - Jump Song
 - Music: Jump Song by Christopher Tyler
 - Zonda Kids Dance Hip Hop Volume 1
 - The Halloween Dance
 - Music: Halloween Dance by Christopher Tyler
 - Mr. Chris' Holiday Mixtape
 - Down South Shuffle
 - Music: Down South Shuffle by R-3
 - Verse/Chorus
 - Music: What Makes You Beautiful by One Direction
 - Prop Dance

cheryl_wardell@beaverton.k12.or.us

S is for Social Media



- Brian Devore / Southern TOY
 - Twitter is one of the fastest and easiest ways to network and gather ideas. Look for the hashtag #physed.
 - Pinterest is another wonderful resource for ideas to implement in Elementary Physical Education.
 - Instagram is somewhat limited with only allowing photos and captions, but it can be informative.
 - Google and Voxer can allow instant communication and conversations with professionals around the world.

briangahperd@comcast.net
www.coachbdevore.weebly.com

T is for Technology in Action

- Margaret Robelee / Eastern TOY
 - iPad Activities
 - "Deck of Cards Workout" App by Six Sided Studio
 - Decks can be customized.
 - Used as a warm-up.
 - Students take turns "Swiping" across to deal the next card.
 - "Step in to view. Step out to exercise"
 - "Stretch-It" by Jarrod Robinson
 - Stretches are organized by body part.
 - Pictures are easy for students to follow.
 - Used in Fitness station activities.

margaretroblee@hpcsd.org

U is for Ubersense!

- Brian Devore / Southern TOY
 - Ubersense is an app that allows you to use video to analyze or compare student performance.
 - Free and paid versions available.
 - Video can be stored within the app.



briangahperd@comcast.net
www.coachbdevore.weebly.com

V is for Valentine's Games

- Shelly Hoffman Central TOY/National TOY
 - **Equipment:** laminated cut out hearts; some with directions on them. A set for every two students is best. A ball and a jump rope for each team if using those heart cards as this can be done without any equipment other than the heart cards.
 - **Directions:** Split students in to teams of 2 if you have the supplies and space or split them into 3-4 students per team. Place the heart cards at one end of the gym and the students at the opposite end. Students will travel (crab walk, jog, gallop, skips, etc.) down to the heart cards and choose one face down, read it, and follow the directions on the card. They may be asked to do something next to the heart cards or may be asked to travel a certain way back to their team.

shoffman@usd259.net

V is for Valentine's Games

Variations

- For kindergarten students I use plain heart cards and have them do straight relay races giving them a skill such as gallop, skip, etc. You can also have them use the cards that are written on but ignore the directions on each one.
- As the hearts are collected with each pass, while they are waiting on their partner (s), I have them make something out of the hearts. I have seen heart dogs, heart man, heart cats, heart cross, etc.

shoffman@usd259.net

V is for Valentine's Games

Heart Card Suggestions


- Bounce and catch a ball 20 times
- Jump rope 25 times
- 10 sit ups
- 15 mountain climbers
- 25 jumping jacks
- 10 push ups
- 10 high jumps
- Gallop
- Slide
- Skip
- Walk
- Crosswalk
- Jump on 2 feet
- Hop on 1 foot
- Crabwalk

shoffman@usd259.net



W is for W.O.D Workout of the Day

- Brian Devore / Southern TOY
 - Partner W.O.D. – This is where we start!
 - Partners workout for 3-5 exercises to a time limit. One person exercises while the other runs the time limit.
 - Team W.O.D. – Gets 3-5 team members working together to exercise and do their best!
 - Runners go a set distance. Teammates exercise when not running. First person wears a jersey and is the one to score points!



briangahperd@comcast.net
www.coachbdevore.weebly.com

X is for Xtreme Recess for the Excellent

- Kelly Blayer-Jordan / Southwest TOY
 - Ditch those unhealthy rewards for students!
 - Ex: Dessert for the Deserving, Donuts, with Dads, Muffins with Moms
 - Similar to Student of the Month
 - One student per class selected each month
 - Students selected battle it out in Wii and/or Kinect vs. the principal
 - Great for all grade levels and ability levels

kablayer@gmail.com
blayer@lesd.k12.az.us

Y is for Yoga Resources

- Margaret E. Robelee / Eastern TOY
 - Angel Bear Yoga by Christi Eley
 - Body Poetry Yoga Cards
 - Yoga Pretzel Cards by Tara Guber, Leah Kalish, and Sophie Fatus (Illustrator)
 - Learn with Yoga ABC cards by Christine Ristuccia and Say it Right
 - Cards available from Sportime
 - Yoga Kids DVDs by Marcia Wenig

margaretroblee@hpcsd.org

Z is for Zumba

- Kids' Zumba resources:
 - www.zumba.com
 - Zumba Kids
 - Zumba Kids Jr.
 - Go Noodle – www.gonoodle.com
 - You Tube
 - Search for Zumba Kids

TOY Handouts @ SHAPE

- ◆ Handouts are available on the SHAPE America Convention Website
- ◆ Handouts may also be accessed by emailing TOYs
- ◆ Contact information is in the next slide

THANK YOU FOR ATTENDING!

TOY Contact Information

- ◆ Kelly Blayer-Jordan – Southwest District TOY
 - ◆ kblayer@lesd.k12.az.us
 - ◆ kblayer@gmail.com
- ◆ Aleta Jo Crotty – Midwest District TOY
 - ◆ acrotty@k12.wv.us
- ◆ Brian Devore – Southern District TOY
 - ◆ briangahperd@comcast.net
 - ◆ www.coachbdevore.weebly.com
- ◆ Shelly Hoffman – Central District TOY / National TOY
 - ◆ shoffman@usd250.net
- ◆ Margaret Robelee – Eastern District TOY
 - ◆ margaretroblee@hpcsd.org
 - ◆ <http://classrooms.hydepark.k12.mo.us/webpages/Mroblee/>
- ◆ Cheryl Wardell – Northwest District TOY
 - ◆ cheryl_wardell@bcasertn.k12.or.us