

MISCELLANEOUS HEALTH ACTIVITIES

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GIVE ONE, GET ONE:

Option 1: This is a concept that has been around for a little while. Students each have a sheet of paper on which they put their name in the top right corner and draw a line down the middle of the paper. The left side they label "Give One" and the right side "Get One". The teacher gives them a health topic (it could be one you are reviewing or possibly just introducing). Students write one fact under the "Give One" column. On the teacher's signal, students will walk around and exchange information, adding the new information under the column, "Get One". Repeat a few times with others until instructed to stop. This information can be discussed in class and also used to help students review or, when used to introduce a new topic, to help show the teacher what thoughts/knowledge their students have regarding this topic (accurate/inaccurate).

Option 2: Same as above, except students form 2 lines facing each other and they exchange information with the person across from them. On the teacher's signal, one line moves 1 or more places to exchange with a new person, etc.

Option 3: ACTIVE EXCHANGE (a.k.a. "Give One, Get One Snowball Toss"): This is a great, quick brain break as well as a good review activity. Same principle as above, except that once their papers are initially filled out and they have written something under the "Give One" column, students LOOSELY wad up their papers. On a signal, students throw these papers around the room. When instructed to do so, students stop, pick up a paper near them, un-wad it, read what others have written on it, and write down something new on the paper. Repeat a few times. At the conclusion of this activity, students find their original papers and can jot down any other information they'd read on other papers they'd opened during the activity.

BICYCLE SAFETY CUPID SHUFFLE:

National Standards: 1, 7

This is a great brain break activity that reinforces/reviews how to properly show hand signals when making turns on a bike. Review proper hand signals for left and right turns. Teach the simple, basic steps for the song, "Cupid Shuffle". Now, explain that they will be signaling left/right when they are to move "to the left" and "to the right" during the song. Also show them how to do a "big turn left/right". To do this one, they will still signal with their arms, but they will turn in a complete circle to the left/right, instead of stepping to the left/right. For fun, you can also add a "funky walk" left/right while signaling, too. Start the music and have some fun! (Note: I usually start the song by just doing the basic steps for a couple times first before adding the bike turn arm signals to it. I also call out "signal left", or "big turn left", or "funky walk left", etc. for each part that involves signaling, etc.