

Maximizing Movement: Fun, Effective PE with Limited Space & Equipment

Presentation Activities

- Moon Ball- materials: large beach ball or balloons
 - Students stand in circle and tap/hit the ball to each other without talking
 - Goal: do not let balloon fall to ground
 - No one can hit the ball twice in a row
 - Give students a certain number of “hits” to go to, if balloon hits the ground students start over from 1
- Sight Word Toss- materials: balloons, pool noodle
 - Place students in teams of 4
 - Each balloon has sight words written on them
 - 2 students hold each end of pool noodle; 2 students toss balloon over noodle while spelling one of the sight words on the balloon
 - After the two spellers finish the sight word players swap places, now the two spellers become the ones holding the pool noodle
- Hoop-Balloon Volley- materials: balloons, hula hoop
 - In teams of 2 students hold a side of the hula hoop
 - On go the teams hit the balloon through the hula hoop back and forth
- Steel the Scarves- materials: scarves/bandana, hula hoops
 - Put students in teams of 3
 - 1 person on the team is the defender standing inside the hoop trying to tag players who are coming to steal their scarves. Other two players are playing offense and trying to steal scarves from other team's hoops
 - If you successfully steal a scarf without getting tagged, you bring the scarf back you your hoop and place underneath the edge of hoop
 - Players can only steal one scarf at a time
 - Players can swap positions at any time during the game
 - If you get tagged while stealing a scarf you must run back to your team's hoop and perform 10 of an exercise (jumping jack, squats, pushups) to get back in the game