

Tour de Fitness

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ELEMENTARY

III. LESSON DEVELOPMENT (spiraling of skills and culminating activities)



SHEEP DOGS

Standard(s): 1 & 2

Grade Level: 1st - 3rd

Equipment: balloon for each pair of students, beanbags or clothes pins

Skills: Over head volleyball set and cooperation

Directions: Choose 3-5 students to be the sheep dogs. These students job will be to try to catch the balloons being hit across the area. The other students should be paired and given a balloon. They try to tap their sheep (balloons) and move across the game area without being captured by the sheep dogs. If a sheep is captured, that student takes the balloon back to the starting point and attempts to once again cross the field.



If the pair makes it across the field/court, their team gets a token (clothespin, beanbags etc.) for being successful and brings the balloon back to the start again.

VOLLEYBALL PICKUP

Standard(s): 2, 4, & 7

Grade Level: 3rd and up

Equipment: One volleyball, beach ball, or trainer per group, 10 beanbags per group

Skills: Setting, bumping, and cooperation

Object of the Game: Divide the class into groups of 5-7 people and have each group form a large circle. Place ten beanbags in the center of the circle. The object of the activity is for each group to remove all of the beanbags from the center of the circle. In order to complete this task, the group members begin to volley the ball back and forth.

After the fifth consecutive hit, the group begins to remove beanbags from the circle. Anyone in the group may run to the center and take one beanbag. Once that person brings a beanbag back to the outside of the circle, another person may enter the circle for another beanbag.



The group must keep setting or bumping the ball while the beanbags are being removed. If the ball hits the ground, the group must return three beanbags to the center.

ROYAL COURT VOLLEYBALL



Standard(s): 2, 4, & 7

Concept Being Taught: Students will demonstrate basic volleyball skills and an understanding of teamwork and cooperation.

Grade Level: 4th and up

Introduction: Students will need to have basic volleyball skills and know the rules and rotation procedure prior to play royal Court Volleyball.

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Directions: This game can be played in groups of two, six or as one large group activity. Directions are given for a large group. The class is divided into three teams.

The court is divided into serving side, receiving side, and aerobic side. The aerobic team does an aerobic activity such as jog in place, jumping jacks, etc., while waiting on

the sidelines. The serving team serves and they remain the serving side as long as they are able to keep the ball in play properly. If the serving team cannot keep the ball in play, they immediately exit and become the aerobic sideline team. The receiving team immediately runs around the net and tries to serve as quickly as possible, before the old aerobic team (now the receiving team) can get into position. Create lines of direction for entering and exiting teams to avoid collisions. Encourage students to be ready at all times. This is a fast game. No net? No problem---just use a long jump rope, held by two aerobic net holders.

FITNESS FOUR SQUARE

This lesson incorporates volleying skills and the components of health-related fitness into a fun traditional playground game with a twist. Students should have a basic understanding of how to play traditional four square.

Standard(s): 3, 5, 6, & 7

Equipment: 1 playground ball, volleyball trainer, beach ball or balloon for each group of 4-5 students, four square area marked with tape or chalk, and one cone with 6 different exercises listed/explained, one die for each four square court.

Suggested grade level: 2nd grade and up

Directions: If students are not familiar with traditional four square, explain basic rules of the court (ex: how it is set up, and how to rotate).

Explain to students that each four square court contains a die and a cone with an exercise list. Demonstrate each exercise from the lists if students are not familiar with them.

Divide the students into groups of five. (The fifth student will be the roller and will rotate in the game after an exercise is performed.)

The student in square one will be the server and will serve the beach ball to anyone in the court (squares 2, 3, or 4). The server will begin the game with "Ready" and the team responds "Serve".

The object of this game is to keep the ball continuously passed without it touching the ground using the forearm pass or set. Explain that the ball cannot be hit twice by the same person and students have to remain in their square to pass the ball.

Once it touches the ground, the student on the waiting line will roll the die. The number the die lands on is corresponded with an exercise which is listed on the cone at each court. (Each court has different exercises or ordered differently for variation)

Students find the exercise that corresponds with the number their die lands on and all team members do the exercise. After exercising, students rotate squares so the student

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in square one rotates to the waiting line and is now the new die roller for the team, square two moves to one and becomes the new server and so on.

Variations: For students K-1, balloons may be used and students may strike the ball any way they choose. Instead of an exercise list at each station, posters of two different

exercises (sit-ups and jump roping) are hung visible to students with numbers above them. If the die landed on an odd number, the students performed one exercise. If it landed on an even number, they performed the other.

Sample Fitness Four Square Card:



- 1-----Run around your 4 square
- 2-----10 crunches
- 3-----5 push ups
- 4-----25 jumping jacks
- 5-----Crab walk around your 4 square
- 6-----15 ski jumps



activities with a purpose

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THROW AND RIP

Standard(s): 2, 5, 6, & 7

Suggested grade level: 3rd and up (SPECIFIC SKILLS MUST BE TAUGHT PRIOR TO PLAYING THE GAME)

Equipment: 4 footballs or other object(s) that can be kicked or thrown and caught, flags or something to hang from their pockets for each player, 2 hula hoops

- Two numbered teams
- One team in the field in a scattered formation (defense)
- One team "at bat" (offense)

Objective: To move the ball down the field and catch the ball in the end zone and place it in the hoop.

Directions: The team "at bat" puts the ball in play by kicking, throwing, or hitting the ball into the field (there are no foul balls). Both teams are equipped with flags or anything that will hang from their back pockets. When the ball is received the player that catches the ball may not move or be "ripped off" (flag pulled) until the ball is tossed to an eligible teammate (any player on their team that still has their flag). The defensive players try to "rip" the flags of the offense. A player that has possession of the ball cannot have their

flag ripped. The defense may try to knock down or intercept the ball. If this occurs the ball is placed out of play. When this occurs the offense begins play with their next "batter" and new ball. Defensive team receives one point for each flag that is ripped. Offense receives one point for each successful catch in the hoop. Switch places after the four balls have been played or all have "batted or quarter backed".

NOTE: If there is a dropped ball offensive players may pick up the ball and continue to play. If the defense recovers it they can put it out of play.

BRAWN BALL

Standard(s): 2, 5, 6, & 7

Suggested grade level:

Equipment: 6 bases, 1 kicking ball per group of 10-12 (5 to 6 players per side)

Object of the Game: Team one is the kicking team (offense) and the other team (defense) is the fielding team. Set up bases, at irregular distances apart. For example, the distance between home and first might be 60 feet, while the distance between first and second might be 40 feet, and the distance between second and third might be 90 feet. The bases can be set up differently each time you play the game. The kicker runs around the bases and tries to get home before the fielding team yells, "stop!" The fielding team yells "stop!" only after all the fielders have touched the ball. The first person that gets the ball waits for all the fielders to run to him to touch the ball. If the kicker is running and is not at a base when the fielders yell stop she/he is out. The kicker is safe if she/he is standing on a base when the fielding team yells stop. You can have multiple people on any base. Every time a runner touches home they score a run

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for their team. The outfield can earn runs for their team every time they catch a fly ball. When the outfield catches a fly ball, all runners on base are automatically out and the outfield earns as many runs as there were on base. For example, a fly ball is caught. Two runners were on base. They are now out and the outfield scores two runs. The game is very tiring for the outfield. Switch roles after everyone on the kicking team has had a chance to kick.



HIT AND RUN BALL

Standard(s): 2, 5, 6, & 7

Suggested grade level: 2nd the up

Equipment needed: 3 cones and a home plate, target for fielding team to throw, kick, or hit (I use a bowling pin or cone)

Divide into teams of 5-6 students per side. One team is in the field (defense) and the other team is at bat (offense). There are no outs in this activity. All members of the

batting team line up next to each other minus the batter. After the batter hits/kicks/throws the ball, all players on the batting team must run around the bases. When the fielder fields the ball he/she must freeze. Everyone else on the fielding team must run to the fielder and "touch" the ball. As soon as all fielders touch the ball the original fielder must roll the ball toward two cones or designated target near home plate before all the runners return. If accomplished before all runners return home, the fielding team scores 1 point. If not, then the batting team scores one point. Rotate after all players "bat" or after every 3 batters.

BEANBAG HOCKEY

Standard(s): 1, 4, 5, & 7

Suggested grade level: 3rd –5th

Equipment: One beanbag for every two children

Directions: Everyone should have a partner. Partners number off. Partners face each other on the ground on their hands and knees. The beanbag will be placed directly in the center between the partners. On the command "Ready", both participants will get in the "up" position for a push-up. On the "Go" signal, the students will try to score on their opponent(s). The beanbag must be hit or pushed on the ground back and forth with one hand until someone scores a goal. A person scores when the beanbag passes inside the opponents supporting hands. If the beanbag becomes airborne, no points are awarded. Play continues after student scores. The person who was scored on gets the next hit. Play continues until time is up or the student reaches a designated score. The teacher can set a score or time limit to challenge students in various ways.

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Variations: Modifications for special needs: Instead of being on your feet, a student may place one knee down or two knees down with hands. Instead of using a beanbag, the game can be played with a noodle slice or yarn ball. For the goal line you can put tape down, use chalk, poly dots, etc. If you have an extra player (3 students), have them form a triangle. To start the game with three players, the beanbag is placed directly in the center between the partners (or center of triangle).

Suggested Assessment/s: Performance assessment, journal writing, thinking maps, drawing a picture about his/her experience, peer observation, self –assessment, observation-teacher/student (for example: checklist, rating scale, scoring rubric, video analysis).