

Tour De Fitness-2014

This session is based on the following characteristics of a quality physical education program:

- All students are participating at all times. Students are not standing in lines waiting to participate (i.e. relay races, skill practice).
- There are opportunities for different levels of success for all students rather than elimination-type activities
- Traditional team sports are broken down into small group activities rather than team sports with one ball per class (i.e. kickball, softball).
- Time-limit challenges are used for activities rather than a set number of repetitions, such as a pre-determined number of laps or push-ups.

Designing curriculum with 100% success and 100% participation is a real challenge. Following are several practices to consider when developing lessons or units:

- Plan for success the very first day. Repeat successes.
- Give simple rules.
- Correct one thing at a time.
- Move from strengths to weaknesses.
- Learn from success, not mistakes.
- Maintain HIGH expectations because no one rises to low expectations.

INSTANT ACTIVITIES

RELAY TAG

Standard(s): 3 & 4

Suggested Grade Level: 3rd and up

Equipment: Cones to mark boundaries

Directions: Lines of three in a circle around the floor. Person one runs out; five seconds later send out person number two to chase number one. Once tagged, person number 1 runs back and tags person number three, who then goes to chase person number two. That way, the rotation keeps going with a runner, a tagger, and the other person is resting.

HYPER-SPACE

Standard(s): 1, 2, 5, 6, & 7

Grade Level: 3rd and up

Equipment: cones

Directions: Split the class into two groups. The playing area is divided in half with “safe zones” created at each end. The objective is to be the first team to have all of its players reach the “safe zone” behind the opposing team. If tagged while on the opposing teams side, a player must return to his/her own side. Players may leave the “safe zones” to help out on defense or help to distract the opposing team. Safe zones can be any size or shape

LESSON FOCUS

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.

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.

BRAWN BALL

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

Suggested grade level: 4th and up

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

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

Standards: 2,5,6,AND 7

Suggested grade level: 4th the up

Equipment needed: 3 cones and a home plate, object to throw, kick, or hit, target for fielding team

Directions: Two even groups are chosen. One team is in the field and the other team is at bat. 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.

Noodle Hockey

Concept being taught: Students will demonstrate hockey skills. Students will practice working in teams and cooperation skills.

Standards: 2,5,6,7

Suggested grade level 4th and up

Equipment: One half noodle for every player, wiffle ball or noodle slice for each team, bean bags, and cones or some way to indicate goal area.

Instructions: Teams of 4 - 6 are ideal with half playing defense and the other half playing offense. Have pinnies or some way to distinguish teams. Use cones or soccer goals for each team. Your goals are set up at the four corners of the gym. You can set up 6 goals and make it more fun. Playing area can be on a field or in a gym. Switch offense to defense every minute to two minutes of play. Play with regular hockey rules. A team may score on any goal except his own. If you want to keep score, use color bean bags at each goal. After a team scores a goal they take one bean bag back to their goal. Variations: Soccer, basketball, bowling, golf are just a few other games that can be played using noodles in this manner. Let your students create their own games.

Variation: Add a Golden Snitch for a ball. If a goal is made with the snitch it is 10 points.

Ultimate Frisbee

Standards: 2,5,6,7

Suggested grade level: 5th and up

Divide your class into teams of 6 players. Use pinnies or some way to distinguish teams. The object is to move the Frisbee down the field by passing and to score by passing the Frisbee across the goal line to a teammate. The person with the Frisbee can only pivot and pass to a teammate. If the Frisbee is grounded, not caught, intercepted, or goes out

of bounds , the defending team gains possession. After a score, the scored upon team gets the Frisbee.

Variation: A score is made if the Frisbee is throw threw a hand held hoop in the end zone.

Agility Ladder

Standards:

Suggested grade level: 4th and up

Equipment: Ladders or a ladder drawn or taped on floor. Balls or othr objects to catch

. If you want more ideas, have your students make up their own sequences. The overall concept is to develop quick, explosive/responsive feet. Move the feet fast and light. Use a flat and preferably soft surface. The ladders can be purchased but you can also make the lines with paint, chalk or tape.

Ladder Activities:

1. Run through with high knees-1 foot in each rung
2. Run through with high knees-both feet in each rung
3. Sideways run-both feet in each rung - Defensive slide)
4. Karaoke step (grapevine front and back)
5. Skip with high knee action or low quick knee action
6. Gallop with the same lead leg.
7. Run forward 3 back 1 (or 2) - go for the fastest movement possible.
8. One foot hops, 2-foot jumps, forward and sideways.
9. Ski Jumps- in, out to one side, in, out to the other side (2 feet and 1 foot)
10. Straddle Jumps - feet to either side, jump into the middle, out and up to the next rung, then back to the middle
11. Straddle one side; jump up and sideways to straddle the side of the next room.

These would be the basic steps for working on agility. You can incorporate basketball and soccer skills or other lower level skills of catching and throwing after this activity.

Name:Swatball

Lesson Focus: Tracking, striking, team work and cardio

Equipment: The best ball to use is a simple vinyl ball that you can find at Wal Mart for \$2.00. The only other equipment needed to play is a set of pinnies and floor tape.

Boundaries: Swatball can be played in any gym or large multipurpose room with 4 walls and a high ceiling. The end walls serve as goals, and the side walls are in the field of play. Tape is used to mark a crossbar across the entire length of the end walls about 5-and-a-half to 6 feet high. The crossbar defines the top of the goal. A goalie box may be fashioned using an existing line on the gym floor or by creating a line using floor tape. This line should be anywhere from 6 to 8 feet away from the end line.

Teams: Depending on the size of the gym and ages of students, Swatball can be played with anywhere from 20 students to more than 60. For example if you have 40 students, then they are divided into 2 teams of 20 each. Each team is further divided into 2 groups of 10. One group of 10 is goalies and the other 10 are the offense and their job is to score.

Description or Rules: The game begins with a jump ball in the middle but each team must remain on their own half of the court until the ball is tapped. The ball may only be struck by swatting it with the front or back of an open hand. Players may never possess or hold the ball. The players may not use the fists to strike the ball.

The ball may be swatted to make 3 different types of passes. A player may swat the ball to make short passes in order to move the ball down the court. Medium passes are swatted to perform tactics such as a give-and-go, and long passes are swatted to clear the ball and/or move the ball quickly to open spaces.

Besides passing, the only other way a ball may be moved is through the use of an air dribble. Air dribbling occurs when a player strikes the ball in the air above their head repeatedly. An opponent may intercept an air dribble or any other type of pass at any time as long as there is no foul committed. A foul occurs when there is excessive contact between players.

Goalies are required to stay in the goalie box. Offensive players are not allowed inside the goalie box. Unlike other players, the goalies may use any part of their body to block the ball from going into the goal (including kick saves) but they may never block catch or hold the ball and must only strike the ball with an open hand.

Each goal is worth 1 point and there is only one way to score a goal: by striking the ball into the goal area. One of the most exciting and unique aspects of the game occurs when a goal is scored. After a goal, without a

break in the action, each team's offensive player must switch roles with the team's goalies. All players must move into their new positions as quickly as possible. In other words, as soon as a goal is scored, the goalies of the team that was scored upon immediately go on the attack and become the offense while their teammates run back to become the team's goalies. If there are a large number of players in the class, 2 new teams can come into the game after a few minutes.

There are a number of violations that can occur during a Swatball game:

- Player strike the ball with a closed fist.
- A player catches or holds the ball.
- A player dribbles the ball on the floor
- A player kicks the ball
- There is too much physical contact by a player. The amount of allowed physical contact is similar to that of a basketball game.

If there are any of the above violations, play is whistled dead and the ball is given to the opposing team at the spot of the foul. Play is resumed with a free pass. The opposing team must give the passer 5 feet in which to pass the ball.

Variations: 2 balls can be used instead of 1 during game play. At any point during the game, the teacher can toss a 2nd ball into play. After a goal is scored, the second ball is typically passed by a retreating offense player to a teammate who is coming out of the goal to play offense. Another variation is to split each team into 2 squads. Each squad rotates from goalie to offense to sideline after each goal. A 3rd more challenging variation is to employ 4 teams on the court at the same time, with each team guarding their own wall and shooting at the other 3 teams' goals. Safety must be ensured throughout the game, especially when a goal is scored and all four teams' transition from offense to goalies.

Conclusion: Swatball is an excellent remedy for the issues related to large classes. Swatball generates high-activity even with very large classes, is appropriate for a class of students with diverse skill levels, and is a great cardiovascular fitness activity.

For a 5 minute video of the full game of Swatball, please visit:

<https://www.youtube.com/watch?v=1rZ7G3pgxel>

you have finished with your ladder routine. Be sure to have multiple ladders set up around the areas to avoid having students stand around.

HEALTH RELATED FITNESS

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.

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).

SIT UP RELAY

Standard(s):

Equipment: Medicine or weighted balls

Suggested grade level: 4th and up

Objective: abdominal strength

The groups of four to six students lie down with knees bent, head to feet in one long line. On the signal, the first person performs a sit up and slaps the next persons hands, who sits up and slaps the next and so forth. Once the person completes their sit up, they run to the front to continue the line.

This continues with each person running to the front as fast as possible making this a team relay race!

Variations and Modifications: To challenge the students have them pass a weighted ball down the line. Have them discuss which was easier and why.

SPORT STACKING TIC-TAC-TOE

Standards: 1,4,5,7

Suggested grade level: 3rd and up

Equipment: Enough cup stacking sets for several groups and tic-tac-toe game board on paper along with checkers to mark with.

Description: Divide the class into relay teams. Place relay teams opposite each other and equal distance apart. Place the game board in the middle with checker markers for each team. On the starting signal the first person in line begins a 3-3-3 stacking pattern. When completed, the players run to the middle and place a checker on a square. They have to do this in push-up position. The player then runs back and tags the next person. Continue until a player has tic-tac-toe or stalemate.

Variations:

1. Use different cup stacking patterns
2. Allow the students to remove an opponent's game piece from the board rather than putting on one of their own pieces.

PUSH UP RELAY

Objectives: Upper body strength and teamwork

Equipment: cones for start and finish

Suggested grade level: 3-12

Description: Form a group of 4-6 students. The first student lies down on the floor in push up position. The rest of the group lies down forming a line. On go, the first person in line performs a push-up and runs to the front of the line and lies down. The next person in line performs a push-up and runs to the front of the line. Continue in this manner until the finish line is reached.

LEAD UP ACTIVITIES FOR BASKETBALL AND SOCCER

Basketball Lead Up Activities

Pass Off

Equipment: paper plate, poker chip or penny for each team

Suggested grade level: 5th and up

Objective: Team work and bounce pass skill

Partners try and push various objects towards their partner using Bounce Pass.

Variations:

Paper plates

Poker chips

Pennies

Soccer Lead-Up Activities:

Deck Ring Soccer

Equipment: Deck rings, or Soccer balls for every pair of students

Suggested grade level: 5th and up

Objective: Practice various soccer skills

Students are in groups of two. One student practices dribbling and shooting the soccer ball. The other student stands in a straddle position and becomes the *GOAL*.

Variations:

Pinball Soccer

Half-Jack Soccer

3 Shot Challenge

Quidditch

Equipment: One foam soccer ball (quaffle); 4 to 8 solid-color foam balls, each about 8 inches in diameter (bludgers); 1 small super-bouncy ball (snitch); and 6 hula hoops (goals). The hoops need to hang about 6 feet off the ground from a soccer net crossbar, tree branch, or something similar (three at each end). Each team should wear same-color pennies.

Suggested grade level: 6th and up

Objective: Team work and throwing/catching skills

Rules To begin the game, 8 to 10 players per team are assigned positions. If more kids want to join in the fun, additional players can easily be added.

Here's what the positions do:

Chaser: Three to four per team. Chasers are offensive players similar to forwards in soccer. They try to throw the quaffle through one of the hoops to score 10 points.

Beater (or Tagger): Three to four per team. They use the bludger to tag out chasers and the seeker. The beaters are defensive players, like soccer fullbacks.

Seeker: One to two people per team (depending upon your team size), who, when the snitch is released, try to catch it to score 150 points.

Keeper: This person guards the goals and tries to block any attempt to score. Each team has one keeper.

Game Play The game begins with a chaser from each team standing in the center with the other teammates positioned around them (much like a basketball game tip-off). The beaters stand back some, protecting their goals. The quaffle is tossed into the air by the referee (that's you) and the center chasers try to tip the ball to another chaser on their team. Seekers and beaters don't touch the quaffle.

Once the quaffle is caught by a chaser, she runs with it toward the three hula hoop goals. If she throws the quaffle through one of the opposing team's hoops, she earns 10 points for the team. Meanwhile, beaters are playing defense, attempting to stop the chasers from advancing or scoring by throwing the soft foam bludgers at them.

Once tagged with the bludger, the chaser must stop [moving](#) and try to pass the quaffle to another chaser on the same team (once she makes the pass, she can move again). If the quaffle is dropped or intercepted by a chaser on the opposing team, that team takes possession. When a goal is scored, players return to the center for a new tip-off.

At some point in the game, the referee will release the snitch. As the only players who can touch the snitch, this is where the seekers come into play. Just like in the movie, the snitch needs to move as much as possible, which is why a super-bouncy ball is needed.

If the snitch stops rolling or bouncing without being picked up, it goes back to the referee to be released again later in the game. The first seeker to catch the snitch scores 150 points for his team, the game immediately ends, and the points are tallied to determine a winner. Usually, but not always, it's the team that earned an extra 150 points by catching the snitch.

For more variations (such as using a broom to pass the quaffle), go to www.pecentral.com and enter "Quidditch" in the search field.

Originally published in [Better Homes and Gardens](#) magazine, September 2004.