



## **Grade 4 Sample Lesson Plans: Unit 4 – PE Fitness Games**

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Source:**

Andrew Wymer

### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

## **Activities for improving Fitness Components**

**CATAPULT:** *Description:* Fun fitness game between two teams trying to knock down each other's castles. A school favorite that strengthens the core, gets the heart rate up, and is a blast to play! Teamwork, cooperation, and strategy are involved as well as all three learning domains are addressed.

***Equipment:*** 4 mats (2 for each side), 30+ gator skin balls or other soft balls (ammo for catapults), approx 60 targets (30 for each side; foam bricks, bowling pins, etc; the bigger the better) 2 noodles

***Preparation:*** Basketball lines can be used for reference points of game. 2 mats from each side will be 1-2 feet on their side of halfcourt line (teams strategize on where to place their mats, but always 1-2 feet from line). Targets/castles are scattered throughout each team's side and must be located behind foul line and not against the wall. Each team starts with one noodle.

***Rules:*** The catapults will lie down on the mats with their hands above their head waiting to be loaded with ammo. The knights will defend their castles as well as load the catapults. As soon as a knight loads a catapult, student curls up (c/u) and fires the ball with both hands at the top of the c/u towards the opponents' buildings, then lays back down to be reloaded. Knights are in constant movement as they must constantly switch between defense and loading. Knights must defend BEHIND the foul line and *must retrieve any ball he/she defends and load it into one of their team's catapults*, which keeps them moving most of the round. Knights may carry a MAXIMUM of 2 balls at once. Rounds last 60-120 seconds. When the music stops for 10 seconds, teams rebuild as many buildings as they can as well as switch catapults. Music starts, building stops and return to play. We normally have 1 catapult for every 2 knights and do at least 3 rounds to ensure everyone is a catapult at least once.

***Variations:*** \*Add *Jester* to game. This knight carries a noodle and has same powers as regular knight except the *Jester* can cross over into the opponents' territory and use the "sword" to knock over as many castles before he/she is tagged by an opposing knight. If *Jester* returns safely, he/she must give "sword" to someone else in an effort to provide turns for others. If *Jester* is tagged, they drop the noodle and return back to their side and continue as a knight, leaving the opponents with an extra noodle. KIDS LOVE THIS PART OF THE GAME!

\*Allow catapults to be double loaded (2 balls) if all other catapults are loaded at that time

\*Let students decide ratio of catapults to knights. If they want an extra mat, let them have it.

\*If *Jester* returns without being tagged, he/she must give noodle to another teammate to ensure everyone gets a turn.

### **TIC TAC AGILITY:**

*Description:* Awesome high-intensity agility activity played with a partner!

*Equipment:* Floor tape to make tic tac toe board outlines., 5 same-colored beanbags for each player (each player must have a different color from their partner)

*Preparation:* Have floor tape “boards” taped before class and tape a small line on each side of board where players will place their beanbags to start the match (10 feet is a good distance, but use any distance you wish).

*Rules:* Partners work together to create a 4-8 step “handshake” start (think patty cake-ish). Once partners complete handshake, game is on! Each partner runs back to their line and grabs one beanbag, then returns to the board and drops it in an open space. Players repeat this step until someone gets 3 in a row on the board, just like tic tac toe!

*Scoring:* None needed

*Variations:* \*Rotate partners after every 2-3 games

\*To give an advantage to one of the players, they can grab 2 beanbags on their 2<sup>nd</sup> trip

### **Hot Spot**

Have students get into groups of no less than five. The more the better. Seven to eight players is ideal.

Have students circle up around a large object in the middle (road cone, chair, etc).

Students need to make a “power grip” with their neighbor (hold on to each others forearms).

On the go signal players will try to pull the person standing on either side of them towards the object in the middle in an effort to get them to touch it. When that happens, stop and start a new game. If the groups breaks apart, stop to rejoin and then continue.

### **RoboTag (Credit Kevin Tillar, @physedreview)**

Equipment: R/C car, scooters for each student

Set Up: Charge the R/C car, give a scooter for each student

How to Play: Students ride on their scooter trying not to get tagged by the R/C car. If tagged, they perform a re-entry task and continue play.

### **Partner Cone Reaction Game**

-groups of two with a cone placed in between the two players.

-The teacher will call out different body parts (cranium, patella, etc.) and players will touch that body part.

-Once the players hear the teacher say the word "GO" players will reach down to the cone to try to grab it first.

-Repeat as often as desired.

### **Parachute Run**

The object is to improve cardiovascular endurance. Each student will hold onto the parachute and the teacher will assign students a number from 1-4. The class will begin to walk in a circle. Once the circle is moving pretty well, the teacher will call out a number. Students with that number will let go of the parachute and sprint around the parachute while the rest of the class keeps moving in a circle. Runners will stop once they get back to their starting position and grab back onto the parachute.

### **Robot:**

Start in groups of three. Two students will be the robots and start by standing back to back. The remaining person will be the scientist. The job of the scientist is to keep the robots from getting stalled out at a wall. On the go signal, the two robots WALK in opposite directions. The scientist will then run after one robot and, by the shoulders turn him/her in a different direction. Then the scientist will run after the second robot and do the same. The scientist is trying to not let the robots come to a stop by an obstacle. If the robot comes to an obstacle and can no longer go forward they just stay there in a stalled manner until the scientist comes to their rescue.

### **Rainbow Run-**

Equipment: Cones, markers

**Setup:** Spread out cones across the playing area. Place one marker under each cone. In most cases it is best to have more cones than markers.

**Description:** Teacher will have a list of colors written down onto an index card. The teacher will divide group up into groups of 4-5. When all the groups are formed the teacher will inform one group at a time what color they need to find. The group will then take off trying to find the color.

When the color is found, each player from the group will mark the color on their arm. When everyone has marked their arm they will return to the teacher to get another color to find. EVERYONE IN THE GROUP MUST BE PRESENT BEFORE THE TEACHER CAN GIVE THE GROUP A COLOR.

Keep repeating this until time is up or everyone has collected all the colors.

Strategies: have teams come up with a code word to let other teammates know a color has been found without letting the other teams know what it is.

After teams have marked themselves with the marker, one person may take the marker and place it under a different cone.

### **Tug O War Games**

#### **Run for it**

Straighten the rope out. Rather than have them start from a static position like a traditional game I had the students start 20 large steps away from their side of the rope. On the signal both teams ran as fast as they can to pick up the rope and start to pull. A traditional game of TOW ensues from there.

#### **Waterfall TOW**

I had two ropes to use which made it nice. I had the same set up as "Run for it" but split the group up into four teams one at each end. I had about 6-8 in each group. The groups were 20 steps away from their rope. I had them line up one behind the other in pairs. On my signal the first two people in each group ran to grab their rope and start to pull. Once the first pair on a team touched the rope, the next pair in line ran to the rope to start to pull and so forth until everyone was on the rope.

There was some serious strategy going on with this one as to whether to send the strongest two first or to send the fastest two first or to send one strong, one fast, etc. I made sure to set the cones each team needed to pass back real far so that there would be plenty of time for every teammate to get to get on the rope.

\*I tried this with 6 kids on a team and go one at a time but rarely did the last two or so get into the game. That's why i did pairs.

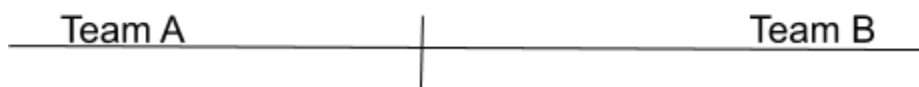
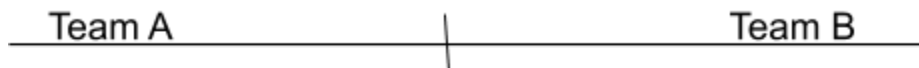
### **The Square**

I tied the end of the rope together and laid out a square. I put floor tape on the corners of the square so students would know where their side was. I set a cone behind each side and on the go signal, all teams pulled with the aim of getting to their cone first. I made sure everyone was on the outside of the rope. No one was allowed on the inside. Everyone had to pull and couldn't push.

### **Evenator**

You will need two ropes and both ropes are parallel to each other with a bit of space between them. Team A will be on one side and Team B on the other. On the other rope Team 1 will be on the same side as their Team A and the same for Team B. On the go signal both teams begin to play regular Tug O War.

Before the game starts select a few players from each team to be the "Evenators". Their job is to monitor their teams while they are pulling. If one of their teams is losing they may leave the rope they are on and join their other team's rope in an effort to help their team win.



### **SWITCH IT UP!**

Two matches going on simultaneously. Each person on their respective sides are numbered. When your number is called, you have to leave your rope and go play for your team at the other match. Call numbers quickly and often. Call 2-3 numbers at a time. Repeat a number as soon as they get over to the other side! Possibilities are endless!

### **DUAL PULL-**

Two matches going on simultaneously! Teams decide how many players to place at each rope. Players can switch ropes **AT ANY TIME** during the match, so they may want to keep an eye out for the other match in case they need help. If one match ends, all players should immediately run to the other match (but let them figure that out for themselves!) Provide the teams a brief 30-60 second strategy share before the match begins.

### **Bird on a Wire**

2 players stand on a line in the gym with feet touching in a heel to toe fashion. Players are face to face. Both players join hands by a handshake grip. On the start signal, players try to pull their opponent off the line.

### **Tap Dancing**

Players join together by placing both hands on each others shoulders (face to face), The object is to use your toe to tag your partner's toe. Be careful not to kick.

### **Finger Fencing**

Two players join hands by using a handshake grip. Once joined both players will loosen their index finger from the grip. The object of the game is to try to touch your opponent's body with your index finger.

### **Amazing Race**

Using Google Earth or Google Maps, print out a satellite picture of your school and its play spaces. Using either program use the pin tool to mark different spots on the map. At each spot I put a cone with a clue on it. The object is to figure out where the clue on the cone tells you where to go next.

I use teams of four and have them complete the course together. A competition amongs teams could be fun as well.

### **Gotcha!**

Teacher designates a movement that students will perform while s/he stands in the middle of the classroom. Students attempt to perform the exercise or movement without getting caught, as they must freeze when the teacher is looking their way.

\*This can be a student-led activity with a student in the middle!

\*When played in physical education class as a fitness activity, I set a certain amount of repetitions (i.e. 5 push-ups) as a goal. When they reach that goal, they do a quick

celebratory yell or dance move then run and touch the closest wall before returning to the game. At the end of the game, ask how many times they touched the wall.

\*I love using exercises like squats (perfect for the classroom) push-ups or burpees as the students are in the middle of an exercise and must freeze at a 90 degree angle of a push-up or squat.

### **Mystery Leader**

Have the group make a large circle. Pull one person out of the circle and have them stand with their back away from the group. Next pick a person in the group to be the leader. That person will lead the group in any type of movement and the group will follow accordingly. Bring back the person who left the group and have them stand in the middle. They will get three guesses as to who the leader might be.

### **Ultimate Cups**

Each person gets a stack of twelve cups and places them in a 3-6-3 format with about five feet in between each small stack (distance can vary). Have two people partner up and face each other. On the go signal players will run to their left and start to do the sportstacking cup cycle. To encourage balance and strength have students squat once they get to the stack they are going to build rather than letting their knees or legs lie on the floor. The first person to complete will win the cycle and then repeat.

### **PUSH-UP QUICK HANDS**

*Description:* Awesome upper body strengthening activity that I a ton of fun and easy to set up!

*Equipment:* none

*Preparation:* Students in pairs

*Rules:* Partners line up facing each other in push-up position. Teacher starts the Fitnessgram push-up test on their iPod (or does hilarious rendition of it on their own having fun with the monotone voice) and students follow along performing push-ups as per usual. Teacher then suddenly plays music and the game is on! Partners try to tap each other on top of the hand while trying to avoid being tapped at the same time. Students can remove hands from the floor, push-up "walk" away from their partner to avoid taps, or any other strategies as long as they are in push-up position (modified is an option if needed) the entire time. Rounds are quick and changing partners often is a good idea to keep the game fresh!



*Scoring:* Keep score if you want but it's fun either way. Skip counting is a good way to incorporate math into this fun workout.

*Variations:* \*Must maintain push-up position when tapping each other

\*Teachers slows down or speeds up "manual" push-up test voice to add a funny aspect to the game.

\*Last round have students try to tap as many people as they can. Once they tag one person, they move on to try to get as many different people as possible. Push-up people moving everywhere is a blast!

### **Race Track**

Have students pair up and stand at a cone on either the volleyball boundary lines or the basketball boundary lines. The object of the game is to sprint as fast as possible around the track keeping count of how many people you pass. Once you get back to your cone, tag your partner and they will do the same thing. Set a time for one minute. Once the time is up get with your partner and add up your combined score. Play again with the objective to beat your previous score. Play as many rounds as you wish.

### **Stick Wrestling**

You will need a pole or broomstick, etc. Have students get with a partner. Students will sit face to face having the soles of their feet touching each other. Both players grab onto the pole. MAKE SURE PLAYERS KNEES ARE BENT AND AS CLOSE TO THEIR CHEST AS POSSIBLE AND MAINTAIN THAT POSITION THROUGHOUT TO PREVENT HURTING THEIR BACK. On the go signal players pull the bar towards them in an effort to pull their partner's rear end off the ground.

### **Magic Carpet Rides**

The objective is to increase upper body strength and improve balance. You will need groups of three and one floor mat. Have one person sitting on their knees on the floor mat. Make sure they are not sitting on their feet. The other two people will grab the end of the mat from the same side and pull to slide the mat on the floor while the rider tries to stay balanced on their knees.

*Safety:* on the take off when the players pull the mat, go slow then gradually increase speed.

## **Tower of Fitness Power**

**Description:** Fun fitness and cooperative game in which students choose their exercises and are awarded after completion. This game can be used in place of circuit workouts for fitness days. My 3rd-5th graders as well as my high school PE students have enjoyed this game.

**Equipment:** 100 or more styrofoam bricks (or other building materials), one exercise their board/list per team, one ball per student (gator, soccer, basketball, etc.), meter stick

**Preparation:** Teacher prepares an exercise board for each team listing at least 8-10 exercises. Workout areas around the gym should be clearly marked for management purposes (jump ropes on stage, push-ups on mats in corner, etc). Teacher places all bricks in middle of the gym.

**Rules:** Class divided into teams of four. The first part of the game, students earn bricks by completing exercises. Teammates divide into pairs that will work together for the entire round. Each time **TWO** exercises are completed, the pair can get **ONE** brick (in order to reduce confusion, I tell the students one person gets to pick the exercises, the other gets the brick upon completion). This continues until all bricks are gone. In order to prevent a "mad dash" when there are a few bricks left, I stop the game when I see less than ten bricks remaining and divide them evenly.

The second part of the game is building. Students will use bricks to build a structure, trying to make it as high as possible, as highest building at the end wins the round. Since we sometimes have 10-12 students on a team, half of the team are architects/builders, half are gatherers who place the balls (one for each team member) on their sideline for the third and most exciting part of the game (this also speeds up the parts of the game when the kids are not performing fitness tasks.). Builders are required to build on the corners of the basketball court to ensure equal distance from opposing teams.

The third part of the game is the attempted demolishing of your opponents' buildings. All teams line up along their sideline at least five feet away from their structure (to prevent any protecting of the building). The teacher counts down and all students **SIMULTANEOUSLY** roll/throw their ball at the building of their choice. Students get one throw only and may not defend their building in any way during the rolls/throws. Teacher then runs around with the meter stick measuring each building. After building is measured, builders put the bricks back in the middle and gatherers place balls in the corner. Students switch jobs in next round, as most prefer building.

**Variations:** \*to speed up games, students do not have to work with partner (each person gets one brick after two exercises) or students get one brick per exercise completed to make game even faster.

\*use soccer balls and kick during soccer units, or basketballs and chest pass during b-ball units, etc.

\*use different building materials such as jenga pieces, playing cards, etc. (bricks found in Flaghouse and Sportime)

### **Alligator Wrestling**

Objective is increasing upper body muscular strength and endurance.

Two players will be in push up plank position facing each other. Players hands and upper body will need to be on a floor mat. Their feet can be on the gym floor. One the go signal, players will try to grab their opponent's hand or wrist and pull them down to the mat. If a player sees their opponent trying to grab their hand or wrist, they can react by moving their hand out of the way but must stay on balance. If either player loses balance they lose. If a player pulls their opponent down to the mat, they win.

### **Mango/melons**

Both players start at half court facing each other. The object of this game is speed, agility and reaction. One player is the mango and one player is the melon. When the teacher calls out MANGO, the mango turns and speed walks towards their own baseline while the melon takes pursuit. Once the teacher calls out MELON, the melon stops chasing the mango and pivots and heads towards their own baseline while the mango no pursues. This is a fun game where the teacher can be quick with the calls to create a lot of pivoting opportunities. If a player gets to their baseline, both players then head back to the halfcourt line and begin again on the teacher's command.

### **Move It, Move It**

Group Activity – Students begin in line-squad formation of their assigned, “Superstar” spot.

Equipment – 1 foam ball per squad/group

Music: I Like To Move It (from the movie Madagascar)

As soon as the music begins:

1. Groups make a “bookshelf.” The two students on either end stand – they are the “bookends.” One bookend needs the ball. Those in the middle are the “books.” They face in the same direction and position themselves in a downward dog yoga position (hips and bottom high in the air).
2. The student with the ball carefully rolls the ball through the tunnel to the teammate at the other end and immediately gets in downward dog position next to their teammates.
3. The other “bookend” line collects the ball and quickly travels around their teammates to the front of the tunnel (where the roller was).
4. Safety – the teammate that collects the ball should ALWAYS travel on the side of the tunnel where the feet are, and not the side where hands and fingers are located (this will prevent hands and fingers from getting stepped on).
5. Once the teammate who collected the ball starts traveling, the new last teammate in line stands and becomes the new receiver. Repeat the process.
6. As the team rolls and receives, the entire tunnel will slowly start shifting from the back of the gym to the front. Our kids like to make this a race.
7. Beanbag Variation – each students has a beanbag and slides it back and forth from one hand to the other while they are in the downward dog pose.

## **Volcano**

**Set Up:** Students will get in groups of 5-7. You will need some type of currency. I like to use monopoly money from an old game. Also, after students earn their money, they will use it to purchase items to help them get across the “lava” without touching. Items will be priced according to their usefulness. Here is an example of some you may want to use in order of most expensive:

Hovercraft = hula hoop: 2 students can stand inside and run across the lava as if they were floating over it

Motor boat = roller racer: 1 student can ride, but they can’t touch with their feet/hands

Raft = carpet square

Row Boat = Scooter: students can ride, but since they can’t touch they need something to propel them

Oar = Pool Noodle

Lava Rock = poly spot

Rope = Jump rope

Earning Phase Description: Students perform exercises to earn money based on a predetermined list of choices. Higher intensity exercises are worth more money.

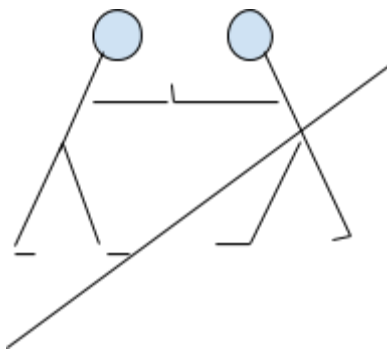
Buying Phase: teams work together to purchase equipment using the money they earned. They must keep the scoring objectives listed below in mind. There is an advantage to saving money.

Lava Phase: Each team uses the equipment purchased to cross the lava as many times as they can. Teams must count successful trips. If any team member touches the lava at any point during the trip, every member was start over and that one trip does not count.

Scoring Objectives: At the end of the final phase, each team will be scored in 3 categories. The first two are rankings where the top team gets the highest score and the bottom gets the lowest: 1)how many successful trips their entire team made across the lava. 2) how much money they had left after purchasing equipment. 3) Sporting behavior: for this one, each team starts with 5 points. Teams earn the full total if they solve disagreements peacefully and if everyone in the group is included. Teams get docked if a player is left out, or if they are bickering.

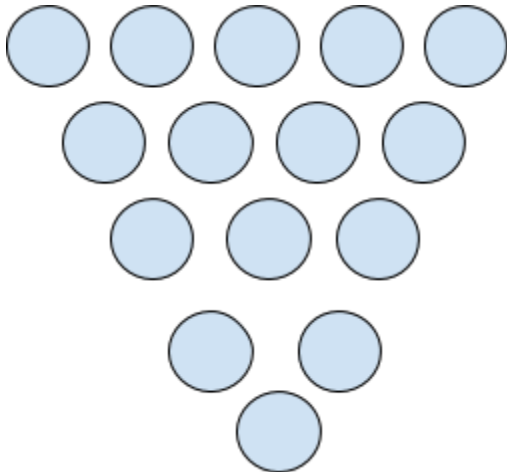
### **Partner Push-**

Have two people stand over a line in the gym with palms pushing against each other. On the go signal the two players will begin to push their way across the middle line. Once a player has both feet across they win.



### **Survive and Advance-**

Everyone gets a flag belt. Set up a pyramid of playing spaces. Games are played as a one on one game of flag grab. The winner will move to the next level of the pyramid while the loser will find a new game on the same level they were just on. If a player loses on a higher level they go back to the beginning level to start again.



### **Heads Up- tails you're outta here- Groups of three**

One on each sideline and one is the runner in the middle. The runner has a penny in his/her hand. The middle person runs to the sideline and then flips the coin in the air. If it is tails, the runner goes to the other sideline and does the same thing. This continues until the runner flips a head. If it's a head, the sideline person becomes the runner.

To make it more active, have the sideline people doing an activity while they are waiting.

### **Knock-out**

Students will perform a task with a partner for a designated amount of time. Partners then check the HRMs. The partner who's heart rate is the highest (according to the HRM) is the "winner" of the round.

–The winner "knocks-out" out their partner and then finds a new partner for the next round.

–Students keep track of how many students they "knocked" out.

### **Ping Pong Rally**

**Players** partner up and each one needs a ping pong ball and start at either the baseline or sideline. Both players are side by side. On the go signal each one is in push up position and are trying to race to blow their ping pong ball across the the gym. As the ball moves away you bear crawl to the ball and then continue to blow the ball.

### **Lost in the Crowd**

Create a LARGE circle in the gym outside using cones. Have people get into groups of three and stand in a single file line at a cone facing the center of the circle.

The teacher will instruct the first person in each line to go into the middle of the circle. On the starting cue (I use music) the second person in line goes into the middle to chase the person who was first in their line. Once the first person is tagged, they will return to their starting cone and tag the third person in line and that person now chases the second person who is in the middle of the circle.

Keep this rotation and play for as long or as short as you want.

If a player is too hard to catch, put a 15-20 second time limit for chasing and then the person being chased has to come out and switch with their person at the cone.

Safety is of utmost importance for this game. Make the playing area very large to keep people spaced out more. Remind players to “look where they are going, not where they have been,” meaning look ahead.

A variation would be to have the person at the cone move around the circle and when a tag in the middle has been made, the person coming out of the game would have to find their third person to tag them into the game.

### **Action/Reaction-**

Partner game designed for speed, agility and fun!

Two people will lay down head to head on a baseline. The player who is facing the opposite baseline is the tagger and will be doing the reacting. The player who is facing away from the baseline is the runner and will be doing the action.

As they lay on their belly the player who is facing away from the baseline will get up quickly and start to run towards the opposite baseline. As soon as the tagger sees his partner move, he will react immediately by standing up and chasing.

The object is to tag the runner before they get to the opposite end of the gym.

Considerations: to keep safe, always run in a straight line. When the round is over both players need to walk back to the starting point where they began and then switch roles. Do not start a new round at the opposite end.

Adjust the space between the two players if needed to ensure a more competitive experience.

Another variation is to have players start in a pushup position to begin.

### **Wild Goose Chase**

Have students partner up

Each group will need four small disc cones and create a square or rectangle.

Once the dimensions are set up one person will stand on one side of the square and the other partner will stand on the opposite side. Select one person to be the tagger and the other to be chased.

Play begins as one chases the other around the outside of the square (variations could be to change the locomotor movement.) with the object being to try to catch their partner.

If the partner proves too elusive you may institute a “cut through” modification. This means the chaser or the one being chased may cut through or across the square in an attempt to tag their partner. You may decide on how many “cut throughs” you wish to implement. Once all cut throughs are used up they don’t get any more for that round so encourage strategic implementation!

### **Veggie Risk Run**

-Players get a bucket or cone and place it behind the end line that is opposite of the “treasure” line.

-Players are to start at one end of the game with the “treasure” at the other end of the game.

-Players are trying to get across to the treasure side and collect a piece of treasure. When a piece of treasure is collected, the player needs to run on the outside of the game and put their treasure in their bucket or cone.



While running through to get the treasure there will be taggers with noodles. If you get tagged you will take the noodle and become a tagger. The old tagger goes off to the side to return to the starting line. Its important that the new runner goes off to the side rather than run straight back to the starting line as they will end up running against the grain of runners trying to get to the treasure side.

Risk

A runner may decide to risk some of their treasure by carrying as many pieces of treasure with them across the field to the treasure side. If they make it across successfully the runner is allowed to double the amount of treasure they can collect. Ex: if a person carries four pieces of treasure they can leave the treasure pile with eight pieces to take back to their bucket.

-HOWEVER-

If you get tagged with veggies in your hand before you get across, you must give your treasure to the person who tagged you. They then get to add that treasure to their bucket and continue with trying to collect more treasure.

### **Stomp the Yard**

Get a roll of "Caution" tape (from Lowe's for about \$8/1000ft roll. ) Cut about three or four foot long strips. Each person will get a strip and tuck a small amount in the side or heel of their shoe. Make sure there is a liberal amount of the strip hanging out to avoid getting stepped on the ankle. Do not tie the strip around the ankle as well.

On the signal players try to go to anyone and step on their strip and pull it out with their foot. If a strip comes out have the player collect it and replace it back into their shoe and continue playing.

If you want to make a challenger game, divide the gym into half. One half is the winner's side and the other half is the non-winner's side (I don't call it winner or loser side, I give a mascot name to each side.) Everyone starts off in the winner's side and plays. If you get your strip pulled you go to the other half of the gym and play against the other students who got their strip pulled. While in the other side you will challenge the people in that zone. If you pull someone's strip out you may now proceed back to the winner zone. Play the rounds for two or three minutes and have students see if they can be in the winner zone at the end of the time limit.

### **Hula Slam-**

Give a hula hoop to a few players and spread out gator skin balls. Players with the hula hoop will stand inside their hoop and carry the hoop around. Other players with the gator skin balls will try to slam dunk their ball into the hoop the player is carrying. Once you dunk your ball into a hoop, get a new ball and dunk it in another hoop. Players with the hula hoops can run away to keep balls from getting dunked in their hoop.

### **Fetch-**

Partner activity. One holds two balls( one in each hand). Hold out your arm and have the other partner stand about 10 feet away. Drop the ball and the partner tries to catch the ball after one bounce. After they make the catch, the dropper takes the other ball he/she has and makes a rainbow throw and the partner must turn and run and try to catch the ball on as few bounces as possible.

### **Hungry, Hungry, Hippos**

This is a fun game to build arm and shoulder strength for one partner and core strength for the other. You will need a scooter for each group, a small bucket or cone, and a lot of beanbags or noodle bits.

Scatter the bean bags or noodle bits in the middle of the playing area. One partner will be on the scooter on their belly and holding a small bucket or cone. The other partner will grab their partner's ankles and then roll them towards the middle of the playing area. The partner on the scooter will use the bucket to scoop up one bean bag and then the standing partner will backpedal to their starting spot and drop off the beanbag. Repeat until all beanbags are collected by the class. Count up how many your group collected then switch jobs.

### **Spot Remover-**

Split group into two different teams and have them line up on either side of the playing area. In the center spread out as many polyspots as you can. To start, the students from both teams will move into the playing area and try to remove the spots and place them on their team's side. To remove the spot, you put a hand or foot on the spot and complete a fitness task. While trying to complete a task, he or she can be challenged by a player from the other team. If challenged, the players will play Rock, Paper, Scissor to see who collects the spot.

Variations- Play RSP from a plank position or use feet to play.

- After RSP challenge, the winner gets to stay at the spot and do the exercise before they can take it back. While doing the exercise they can be challenged by a different person.

-At first have a lot of spots, and then take away spots to encourage more challenges.

### **Smugglers-**

Scatter hoops around the area in which you are playing. Split the class in half- smugglers and goodies. The goodies have 30 second head start to place bean bags in the matching color hoop. On the signal to go, the smuggles steal the bean bags from the matching color hoops and place them in a non matching hoop. The goodies have to keep going to try to remedy the problem.

### **Piggy back noodle tag.**

Students pair up and move in a piggy back fashion with one student on the back of the other. Each team gets a noodle to use to tag. The person being carried is trying to tag other students riding on the back of someone. If the partner is unable to carry anyone on their back they will need to then just join hands and move to try to tag other teams.

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Rainbow River  
Turnstile  
Cat and Mouse

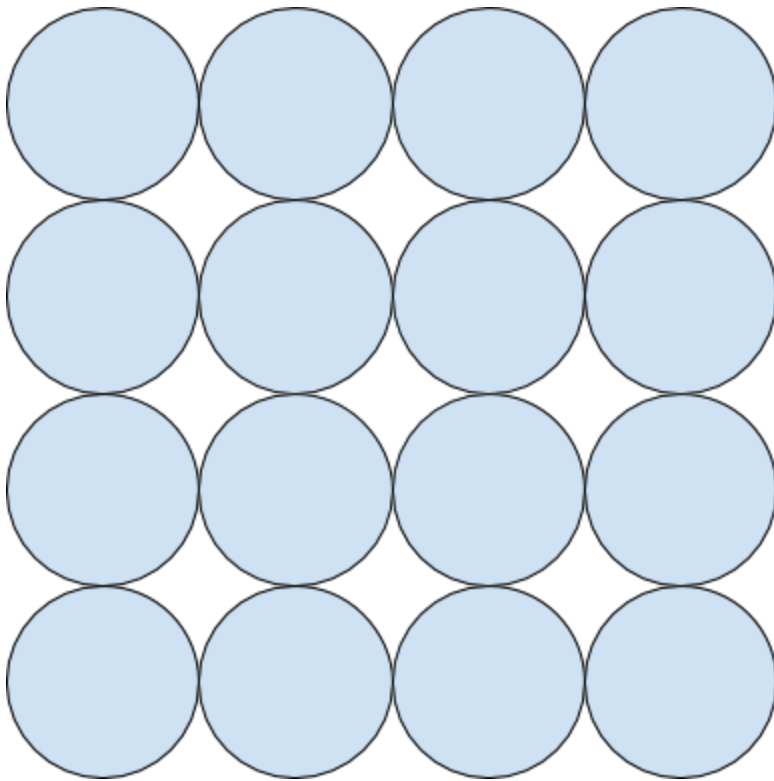
**Thunderstick challenge:**

<https://www.youtube.com/watch?v=no7UAWUTm5o>

**And 1**

**Jumping games**

**Frogger**



**Pacer WarmUps**

**Pacer Relay**

**Pacer Class Average competition.**