



Be Safe, Be Kind and Be a Mover

Basic Three Rules – Be Safe, Be Kind, Be a Mover

Penalty Box – Students are given one warning if they break one of the gym rules. On the second infraction during a class they are asked to go to the penalty box. They can return to class when they are ready to follow the rules. On a third infraction during the same class they are asked to stay in the penalty box the rest of the class period.

Boundaries – The space used in the day’s lesson is always defined with four cones on the corners. This is also where the penalty boxes are located.

Daily Lesson Sequence – (1) Introductory Movement, (2) Fitness, (3) Skill Development, and (4) Game Fun

Physical Education Soundtracks, vol. 1 or 2, by Pangrazi, purchased through GOPHER

Beginning Class with Movement – When middle school students enter the gym from the locker rooms they are given several options for activity. It may be Continuous Knockout on one end of the gym and volleyball bump circles on the other. They always have the third option of walking and talking around the perimeter of the gym. Roll is taken during this five to ten minute warm up time. Elementary students enter the gym and “Walk and Talk” until class is started.

Jog and Freeze – The class is always started with jogging and freezing. Students freeze on the whistle, square up to the teacher, and place their hands on their knees. No talking is permitted. We then slide and freeze, step hop and freeze, power walk and freeze or grapevine and freeze. Our goal is three times freezing and then go on with the rest of class. If the class is with the lead teacher we stop at three. If not we keep going until they are with us!

Fitness Choices - Students are given several options to try when we do upper body work (examples- regular push ups, modified push ups, crab walk) or abdominal work (examples – sit ups, bicycle, crunches). We do not do a certain number of repetitions; we work for a given amount of time. We keep encouraging students to select an option that challenges them to get stronger.

Handshake Warm Up – Teach the students three to five different handshakes. Then have them move around the gym in different ways (jogging, power walking, sliding). Each time the teacher blows a whistle, he calls out a different handshake. The students find a new



partner and perform the handshake. Handshake examples: (1) Keyboard – One partner holds his hands out palms up. The other partner types a message as he speaks it. (2) Bass fisherman – Both partners reach to shake hands, but instead of grasping hands they slap each others wrists to make the sound of a bass flopping in a boat. (3) Dairy farmer – One partner interlocks her fingers of both hands with her palms facing her partner. Her partner grabs her thumbs and simulates milking a cow. (4) Lumberjack – Partners face each other with their left foot forward. The pair stacks their fists one on the other (thumbs are sticking up as you connect the fists). Then they make a sawing motion back and forth like they are working together to saw a log.

Toe To Toe – Use this management tool to get students into pairs. Simply say “toe to toe”, which is the clue for them to find the nearest person and then have a seat together facing the teacher. If you can’t find a partner, then go to the center of the play area (lost and found) and match up with someone else who does not have a partner.

Cowboys and Texans – Have the students pair up and stand in two lines facing each other. Each pair will play independently. While standing about 3 ft. apart, one player says “Cowboys”, next the other player says “Cowboys” (“Cowboys” must be said a minimum of four times). After the fourth “Cowboy” either player can say “Cowboy” or “Texan” when it is his turn. If a player says “Texan”, he turns and tries to get to a line about 20 ft. away before his playing partner tags him.

High Five Warm Up – Have students pair up and stand on opposite sides of the play area facing each other. On the teacher’s signal, they jog to meet each other in the middle to perform a task given by the teacher. Then they race back to their side of the play area. Each time they go to the center the teacher adds one more task to the list, which must be done in order. (1) high five right hand, (2) high five left hand, (3) high ten, (4) low five with right, (5) low five with left, (6) low ten, (7) high ten over the back and (8) low ten between the legs.

Rock, Paper, Scissors Warm Up – Divide your play area into three zones: bronze, silver, and gold. Have students start in the bronze zone and challenge classmates to rock, paper, scissors. The winner moves up to silver and challenges someone else. The loser stays in bronze to challenge another player. Each time you win in bronze or silver you move up a zone. Each time you lose in gold or silver, you move down a zone. Remind students to jog between zones.

Shadow Fitness – Students are placed in pairs. On go, one student is the leader and her partner is the follower (shadow). The leader power walks around the gym trying to lose her shadow. When the whistle blows, both players must freeze. Without moving his feet, the shadow tries to touch the leader. If he can touch her, he wins a point, if not, the leader wins the point.

Spot Station Fitness – Divide your class into groups of 6 – 8. Each group makes a circle around a Poly Spot with an exercise printed on it. When the music plays, the group performs the exercise. When the music stops the group has 10 seconds to move to the next station.



Toss and Catch Tag – Have students pair off and give each pair a beanbag. The pairs face each other and toss the beanbag back and forth. When the music starts, the person with the beanbag is it and the other person is being chased. If the chaser tags the person he is chasing with the beanbag, he drops the beanbag and the pair’s roles are reversed. This chase game continues until the music stops. At that time the partners start playing catch again. A fun song to use is **The Roadrunner Theme** from TV’s Greatest Hits, Volume 1.

Mosquito Tag – Three or four students are given two foot long swim noodles and are “it”. They hold the noodles up to their heads to look like mosquitoes with stingers. The mosquitoes move around the play area and try to tag players with their stingers. If a student is stung, she freezes and yells “help”. Two or more of her friends can get her back into the game by forming a circle around her and singing, “Deep woods, deep woods, deep woods off!” Mosquitoes can not sting players who are helping other players.

Five Passes – Have students pair up with one ball or beanbag per pair. On go, the pair makes five passes to each other and then they have to find another partner that is opposite of them (has a beanbag or does not have a beanbag). In 30 seconds, how many different people can you play catch with?

Gorilla, Man, Camera – Have your students pair up and stand back-to-back. On “go” they turn around and face each other while making one of three movements: (1) Gorilla – standing tall with hands in the air and growling. (2) Camera – both hands together at the eyes and clicking the shutter, (3) Man – standing with arms crossed. Man beats camera, gorilla beats man and camera beats gorilla. Winners move on to the next round and ties are both eliminated.

Galaxy Racing – For this activity, each student needs ½ sheet of newspaper for a “shield”. On the teacher’s signal, the students run around the perimeter of the play area trying to keep their shield up (on their chest without using their hands or chins to hold it). If their shield falls, they should move to the inside of the area until another runner comes by and gives them a “charge” (high five) to get them back into the race. Star Wars music is great to play as they run!

Toe Tag – Players pair up and each one is given a beanbag. On go, each player tries to “tag” the other player’s shoes by tossing the beanbag. One point is scored for each time they hit their partner’s shoes in 30 seconds. Players retrieve their own beanbag after each throw.

Three Letter Word – Make a set of 100 index cards with letters of the alphabet, shapes and numbers on them (the perfect number of each letter can be found by looking at the distribution of letters on a Scrabble board). Give each student one card and ask the group to walk around the play area. When the teacher calls out “three (or two, or four) letter word”, the students get



into groups of words of that length. When they have a word spelled, they move to a line outside the play area. The teacher can also have them group by a number total (8, 10, 12, etc.) or by shapes.

Math Jog – Everyone in the class starts in a large circle. One half of the students are given a fact sheet (multiplication problems with answers). The students that do not have fact sheets are joggers. On go, they jog across the circle and stop in front of someone with a sheet. The student holding the sheet calls out a math problem (example – 4×8). The jogger gives an answer. If they get it correct (32), they get a high five and cross back to the other side of the circle for another problem. If they get it wrong, they do three jumping jacks as they call out the problem and answer. After their third stop for a problem, they trade places with the student holding the sheet of paper.

Whistle Mixer – In this management game, students move around the play area in a scatter formation. The teacher blows a whistle “___” times. Players must get into groups that equal the number of times the whistle is blown. If students are not in groups within 2 or 3 seconds, they should move to the “lost and found” area located in the center of the play area. There they can form their own groups of the correct number or be placed in groups by the teacher. One rule: Group with the nearest people, don’t go all over the area looking for a group.

Sequence Race – Students are placed into groups of three for this cooperative race. Each group is given either two scarves or stocking rejects. Two students in the group hold the two scarves, one end in each hand while facing each other. The third student will move as quickly as possible to perform a sequence of moves (around, over, under and through) called out by the teacher.

Loose Caboose – Divide the class into “trains” of two. The person at the front of the train is the engine and the other person is a boxcar. The boxcar stays connected to the engine by placing her hands on the engine’s shoulders. Several other students are designated as cabooses and are not connected to any train. On go, the trains move around the area and the cabooses try to connect to the trains. Trains don’t want cabooses to connect. If a caboose is successful in connecting to a train, he yells “break” and the engine breaks loose to become a caboose and find another train to hook onto. Trains never grow longer than two cars.

Exercise Across Texas – Groups of 6 – 8 students are given task cards which will lead them to different cities in Texas where they will perform specific station exercises (example – Jog North to Dallas and do jumping jacks at the State Fair). The signs that are needed are: North, South, East, West, and one for each city you choose (Dallas, Houston, El Paso, etc.)

Race Track Fitness – The gym is divided into two areas: 1. Pit (the volleyball court) and 2. Race Track (the area outside the volleyball court, but still in the basketball court). One half of the class starts in the Pit and the other half starts on the Track. When the music begins the



Track students jog, slide, power walk and grapevine (changing each time they go around a turn). The Pit students select one of the Pit Stops (abdominal challenges, upper body challenges, jump rope, and weights). After 30 seconds of music, the students have 10 seconds to switch before the music starts again.

Don't Do What I Do Fitness – Either the teacher or a selected student starts the activity by doing a fitness activity (jog). After about 30 seconds the leader stops the first activity and starts a different one (abdominal challenges). The rest of the class waits until the leader finishes the first activity before they start. The class is always one activity behind the leader. The entire session will last 4 – 5 minutes.

Bean Bag Bonanza – On different paper plates write opposite words (on/off, stop/go, right/wrong) or any matching words such as states and capitals. Scatter the plates around the play area with a plastic tub in the center. Then divide your students into groups of 4-5. When the game begins, one student from each line takes a beanbag and runs to a paper plate. Standing on the plate, they try to toss their beanbag into the tub. If successful, they collect that plate for their team. If they miss, they collect the beanbag and return to the next student in their line. At the end, when all the plates have been collected, the team with the most pairs of opposite words wins.

Group Rock, Paper, and Scissors – This good end-of-class time filling activity can be played in two ways. Either the teacher can make three cards with pictures of Rock, Paper and Scissors on them or just make the sign behind her back with her hand. Each student makes the sign they want to be (rock, paper or scissors) and holds their hand out in front. In the mean time the teacher has chosen what she wants to be. When the teacher shows her choice any student who beats her is still in the game. Additional rounds can be played to get a final winner or until class is over.

Multiball – Divide your class into two even teams and place 20 - 30 foam balls or Nerf footballs on the court. The object of the game is for team members to score goals by catching passes behind their opponent's goal line. Defensive players can intercept and knock down passes (with younger players you may not want to allow this). Players can not run while in possession of a ball. When a goal is scored, the player making the goal lays the ball down and goes to the teacher on the sideline to register his score.

Home Base – Divide the students into groups of 8-10 and have each group line up behind one of several cones you have placed in a circle around the gym. Each team starts with one million points. The players number off in their line. On the teacher's signal, the students start to jog around the circle of cones. If the teacher calls a student's number, he/she reverses direction around the circle. After several numbers are called, the teacher says "home base". The last team to get back together in numbered order at any cone is the loser of 333,000 points. Play until a team is eliminated.

Moon Ball – Divide the class into groups of 8-10 and give each group a beach ball. On the teacher's signal, each team tosses their ball into the air. The task is to keep the ball from hitting the floor. Each time the ball



is hit into the air, the team earns a letter of the alphabet. The first team to Z wins. A player may not hit the ball two times in a row. If the ball hits the floor, the team must start over at A.

Look Down Look Up – In this filler game, 8-10 students stand in a circle. A leader says “look down” (they all look at the floor), then “look up” (they all look directly into the eyes of another player). If two players are looking at each other, they are eliminated. Continue until all but one or two players are eliminated. Rule: you can not look at the same person two times in a row.

Movement Charades – Write different movement words on poster board cards. Divide the class into two teams and have them stand out in front of the teacher. One student from each team (guesser) is standing behind the teacher and facing his/her team. When the teacher shows a movement word to the class, they act out the movement. The first guesser to call out correctly what his/her team is doing wins a point for his/her team. Change guessers about every three words.

Jog	Run	Fly	Crawl	Tiptoe	Skip
Roll	Slide	March	Jump	Hop	Bounce
Leap	Skate	Twirl	Twist	Waddle	Slither

Diagonal Soccer – Select a square area about the size of ½ of a volleyball court (30 ft. X 30 ft.). Use poly spots to make a diagonal line from one corner of the square to another. Have the students spread out evenly around the square. The students standing on two sides of a triangle are on the same team. To begin the game a beach ball and two players from each team enter the play area. The players, playing two on two soccer, try to kick the ball past the other team’s goalies (the rest of the students standing on lines) to score a point. The ball can not go higher than the goalies heads. Goalies can not catch the ball, only block it. Let players stay in the game about 30-45 seconds before getting four new players.

Team Handball – In Team Handball only one foam ball is used. Opposing teams try to score a goal by throwing the ball past a goalie stationed in front of a goal approximately 10 ft wide and 6 ft high. On a standard basketball court, shots on goal must be taken outside the three point line. However, student may go inside the three point line to retrieve the ball. A player in possession of the ball may take no more than three steps prior to either passing the ball or attempting a shot on goal (exception – the goalie may take unlimited steps while inside the three point line). Loose balls are played as in basketball. The game is started with a jump ball.

Three is a Crowd – Pair your students up and have them stand in a scatter formation. One partner stands in front of the other. Choose one pair to start the game and they become a runner and a chaser. The



runner, while running among the other pairs can stop being chased by stopping in front of any of the pairs. When this happens, “three is a crowd” and the rear person of the new threesome is now being chased by the chaser. If a runner gets tagged by the chaser, roles are reversed.

Robot Master – Divide the class into groups of three or four. Each group selects a Robot Master. The rest of the players are robots. Robots can only walk in a straight line and can not turn themselves if they encounter an obstruction. If a robot gets in trouble and can’t go any farther he calls out his Robot Master’s name and the Robot Master comes to turn him in a new direction. The Robot Master’s job is to help all his robots when they get into trouble.

Group Juggle With Twists – Teams of 8 – 10 players form circles and a leader of the group starts tossing a single beanbag, which travels through a set pattern from player to player. Once the group learns the pattern, the leader adds bean bags until the group is keeping four or five beanbags moving in the pattern. When a whistle blows one time, the group shuffles in a clockwise direction while tossing. When a whistle blows two times, the groups scatters throughout the play area, while still tossing and catching in the pattern. When a whistle blows three times, the players return to the circle and continue passing and catching in the pattern.

Keep A Way – Teams of four or five members compete against each other to see which team can complete four consecutive passes. If a team drops the ball or has a pass intercepted, before four completions, it is the other team’s ball. Players can not return a pass to the person that passes to them. If you have the ball you can not run with it (travel).

Who Let the Dog’s Out? – Appoint several students as dog catchers. The rest of the class goes to one end of the gym. Each player places a flag or scarf in their waist band. When the teacher plays the music “Who Let the Dog’s Out?” the dogs try to get from one side of the gym to the other. If a dog catcher pulls a dog’s tail, the dog becomes a dog catcher.

Triplets – Students are placed into groups of three. On the teacher’s signal they move all around the play area (skipping, sliding, jogging, etc). When the whistle blows they get back together in a group and sit in a straight line. The last set of triplets to get back together and sit in a line gets a point (points are not good).

Mission Impossible – Each team of 8 – 10 players stands in a circle and randomly passes a ball around the circle. When the whistle blows, the player with the ball holds it over his head, and the rest of the team lines up behind him. The ball is passed overhead to everyone in the line until it gets to the last player. The last player in line takes the ball to the middle of the gym and does three jumping jacks. When he returns to his team, they are back in a circle, but facing to the outside. The ball must be passed in order around the circle three times to finish the race.

Sneak Attack – Divide the class into two groups. One group stands in a line on one side of the gym and faces the wall. The other group slowly



and quietly tries to sneak up on the other team. When the teacher blows the whistle the “sneakers” turn and try to make it back to a safe line before they are tagged. Any tagged players must join the team who tagged them.

Trading Sides - Divide the class into two groups. Each group stands in a line on different sides of the gym. On the signal the groups trade places while skipping, sliding, jogging, etc. The goal is to trade places without touching another person. The team that gets to the other side of the gym and is lined up like “popsicles” first wins a point.

Clothespin Tag – Each student starts with two clothespins, one clipped to the outside of each shirt sleeve. On “go”, students try to steal clothespins from each others’ shirts. If a student steals a clothespin he should go down on one knee to be safe while he adds the clothespin to his own sleeve. After 30 seconds stop the action to see who has collected the most clothespins.

Mine Field – The “Mine Field” is an area about 30’ X 30 ‘. In the mine field various items are placed on the floor (Frisbees, yarn balls, mouse traps). Sighted students (located on one side of the minefield) try to give verbal directions to a blindfolded partner (located on the other side of the mine field) so that they can travel through the mine field without stepping on one of the items. One point is given for each item stepped on. The winner is the pair with the least points after both students have traveled through the minefield.

Rocket Launcher – Divide your students into two teams and divide each team into groups of four. Each team sits in their lines of four at one end of the gym. Each line is given one scooter and one plastic bowling pin. The object of the game is for a player to push his scooter, with the bowling pin balanced on it, across a line on the other end of the gym. The player can not touch the bowling pin with his hand and if it falls off the scooter, he must return to his line. Players may also use foam balls on the floor, to knock other player’s bowling pins off the scooters. However, players must keep one hand in touch with their scooter at all times. If a player scores a point, she must go report her score to the teacher before returning the scooter to her line.

Squirrels in a Tree – Place students into groups of three. Two of the students stand facing each other and hold hands (tree). The other student stands between the other two inside their joined arms (squirrel). On a signal from the teacher, the trees raise their arms and the squirrels go out to play (skip, jog, and slide around the area). When the teacher says, “squirrels find a tree”, all of the squirrels must find a new tree to hide in. You can add several extra squirrels at the start that don’t have trees. Therefore, you will always have squirrels who don’t find empty trees.

Reject Hose – Send a check for \$20 to Sara Lee Hosiery. C/O Nancy Terry, 1904 Clark Road, Clarksville, AR 72830. Write “waste hose” in the memo box of your check.

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