

MORE John Thomson ACTIVITIES

1. Management Tips

- **Huddle – gathering place**
- **Apples – stand**
- **Oranges – sit**
- **Bananas – scatter**
- **Hawaii – lay down & relax**
- **FYI...Research shows that if you talk to your students MORE than 90 seconds at any one time, you start to lose them! Get them moving!**
- **Teaching Tip: Use a stop watch to time all of your activities instead of assigning a set number of repetitions.**

2. “Quick Hands”

Part A

- 1. R hand to L knee**
- 2. L hand to R knee**

Part B

- 1. Clap / touch knees / back to side of head**
- 2. Clap / touch knees / clap / back to side of head**

3. Toss & Catching World’s Records

(The official World’s Record is 10 catches in 4.62 seconds, tossers standing 5 feet apart)

- **Add a mental skill (reciting the alphabet, counting, or multiplication tables) to tossing & catching**
- **Work on balance by standing on one leg while tossing & catching (Balance World Record is 20 min., 07 seconds with eyes CLOSED! WOW!)**
- **Scarf tossing with clapping tricks such as ½ jacks, pop-up push-ups, etc.**

4. Co-operative Activities

- **Up ‘n At’em – Partner ball push-up**
- **Partner Ball Carries**
Part 1 –same body parts touching the ball
Part 2 – different body parts touching the ball
- **Crazy Critter Catching – groups of 3; one tosser, two catchers**

5. Continuous Formation Drills (groups of 3)

- **Basketball passing**
- **No bounce rolling**
- **Octopus bowling**
- **Back-off bowling**
- **Back-off throwing**
- **Soccer kicking with deck tennis ring**
- **Z-Ball – 1 bounce grounder**
- **Z-Ball – 1 bounce grounder with retriever facing AWAY from tosser**

6. Running Man

- **Overhand grip**
- **Underhand grip**
- **Partner mixed grip (one over and one under)**
- **Partners one handed (one over, one under / inside arm or outside arm)**
- **Balancing on one leg**
- **Race – one side rolled all the way up in starting position**

7. Parachute Activities

- **Parachute and numbered octopus**
Part 1. Catcher catches flipped octopus by one leg. Team scores the number of points from that particular leg
Part 2. Catcher catches 2 legs (one each hand) and adds (subtracts or multiplies) the total for the team score
- **Parachute and numbered worm**
Part 1 – catcher catches worm one handed & team scores the number of points where worm is caught (BONUS: head only caught is worth 10 points)
Part 2- two worms for one catcher. Catch a worm in EACH hand and score total points for the team (optional: add, subtract, multiplication)
- **Parachute with Foxtail**
Part 1 – catcher catches Foxtail and team scores number of points from the particular area caught

Part 2 – student with paddle strikes the Foxtail to a catcher and team scores that number of points indicated from the area caught.

8. Camouflage Fitness

- **Magic Hoop Push-Ups – Partners with one hoop; 1 partner in push-up position.**
 - Part 1. Pass hoop hands then feet.**
 - Part 2. Pass hoop feet then hands.**
 - Part 3. Pass hoop hands then feet, then partners switch Places**
- **Scarf Toss Back-Off**
 - Part 1. Partners, each with a scarf, toss their scarf and trade places with each other and catch their partner’s scarf. If successful, back-off.**
 - Part 2. Same procedure of tossing and trading places, but on the way across, each partner picks up their “critter,” then catches the scarf. If successful, back-off. (Option: Challenge your students by substituting a smaller object such as a bean bag or noodle “slice” instead of the “critter.”**