

Presenter: Don Puckett

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I LIKE IT LIKE THAT

Arms extended in front....Pull Rt. Arm to chest, Pull Lft. Arm to chest and then push arms forward and back Lft, Rt, Lft and repeat while song says "come on, come on let me show you where it's at"....then point Rt. Arm forward and lunge on Rt. Leg, point Lft. Arm forward and lunge on Lft. Leg, lean backwards, shake your shoulders and "yell" "I like it like that".....make up arm movements for the other verses, but repeat the above each time you hear "Come on Come on let me show you where it's at"

I SEE

The leader says "I See" and the group responds with "What do you see?". Then the leader tells what he or she sees, which can be any movement, exercise or skill challenge such as "I see everyone jogging clockwise". The group begins jogging and continues until the leader says "I See", which starts the process over.

This is an excellent and positive attention getter. If you choose to add various types of equipment such as balls, jump ropes, or juggling scarves there is no end to the activities the group may be guided through.

Whether you use equipment or just bodies and minds this activity provides immediate success and sets a method of class management into motion with simply saying "I See".

SUCCESSFUL GROUP MOVEMENT

The leader will use verbal commands to take the group through a series of movements such as sitting, standing, tuck, pike, long sitting, hook sitting, touch your head, touch your toes, etc..

As the group goes through the movements the leader should point out successes with positive phrases such as "I like the way you are working", "That's excellent", "Fantastic", "Thank you for helping", and other phrases that may serve as encouragement.

A variation would be to add counting after the commands and continue the counting until the task is completed by the entire group. You will find the group speeding up their efforts and this becomes an excellent time to thank them for wanting to work hard to do their best.

ATTENTION

This is a great attention getter that I learned from Rudy Benton and it has proven to be a crowd pleaser. The leader gives the command "Attention" and the group comes to attention as they would if they were in the military.

The leader now makes a statement such as "Buckle Up" and the group says "Buckle Up" and follows it with a salute and a loud "Yes Sir". Some other commands may be "Brush Your Teeth", "Eat Your Vegetables", "Exercise Daily", or "Do Your Homework".

Use commands to relate to health information, body parts, math problems, and other subjects that your group may identify with. I sometimes throw in "We love you (your name)". This is a really fun exercise and once again you have control.

COOPERATIVE SHAPES

Have the groups form the shapes on the flash cards or show the shapes on a screen with an overhead projector. Geometric shapes, letters of the alphabet, or abstract images will provide a challenge for group members to work together. Teamwork and fair play are very important and this activity enhances those qualities. (This is an excellent activity to be set to music)

EXERCISE CARDS

Make several task cards and place them in the center of the activity area. The players will be scattered in their personal space. On a signal the players travel to the center, select a card, return to their personal space and complete the task.

When the task is completed they return the cards, get a new card and repeat the process. Play until everyone has done 8 or 10 tasks and move on to another activity.

You will need an area with jump ropes and balls if you make task cards involving skills with that equipment. The task cards need only simple tasks such as "10 push ups", "Jog 1 Lap", or "Jump Rope 25 Times Backwards".

2:40 TORTURE TEST

As the music is playing the group will jog, hop, skip, or whatever the leader says clockwise, counter clockwise, or scrambled eggs (any direction). On the command of "Champions" the group will hold their hands high overhead with fists clenched as they are continuing to move. On the command "Training" the group will pretend they are jumping rope. On the command "Shadow Boxing" the group will pretend they are boxing and on "Dead Bug" everyone goes to their backs, waves their arms and legs in the air while yelling and then they quickly return to their feet. (Theme from Rocky works great with this)

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SWITCH AND ROTATE

This is an activity to enhance listening skills and teamwork. In groups of 3 or more, have the participants in single file lines facing the same direction. The leader is the first person in line and the group will follow whatever movement he/she does.

In the beginning, the instructor should call out how the group is to move such as jog, walk, skip, etc. The instructor will also do the commands of "Switch and Rotate".

On "Switch" the entire line does an about face and this makes the last person in line the new leader. On "Rotate" the first person moves to the end of the line making the second person the new leader. Make sure you thank group members for cooperating with one another, and as you get into the activity it is nice to add music and perhaps a ball for the leader to dribble.

AEROBICS

Aerobics may be used in varying degrees for different age groups. Following the leader is the best way to start groups with this type of activity. As skills progress, the use of videos and student designed routines becomes popular.

Listed below will be some basic steps to be taught in a large group or set up as an aerobic circuit.

- * Bounce and twist - bounce up and down with feet together and twist each time you land.
 - * Elbow to knee - As you lift a knee in front touch it with the opposite elbow as you hop on the foot still on the floor.
 - * Pendulum swing - swing your legs from side to side landing on one foot at a time.
 - * Stride jump - start with one foot in front of the other about 18 to 24 inches. Jump up and switch the front and back foot positions. Repeat as single or double counts.
 - * Knee slap - Lift one knee and slap it with both hands and lift the other knee and slap it with both hands. Just keep doing this in time with the music.
 - * Leg kicks - As you bounce up and down alternate kicking one leg forward and then the other.
 - * Superball - Bounce straight up and down as you try to keep your feet together.
- These are just a few steps and as you progress to "step aerobics" the challenges are greater but the fun increases as well. Be creative and energetic!

ARTIST AND CLAY

One person will be the artist and the others in the group will be the clay. As soft music is playing the artist will work quietly to form a statue out of the clay.

The statue must be able to stay balanced while all of the other artists move about the museum viewing the masterpieces.

Once the first showing is over have the artist and clay trade roles. This is another activity that enhances appreciation for others as well as the arts.

Sometimes students from second grade and up are able to use the ropes, balls, and juggling scarves to make statues that have moving parts. This turns out to be great stuff!

"The N.J. Wave" (Pre K through Adult)

Both hands wave high right (4 counts)

Both hands wave low left (4 counts)

Both hands wave high left (4 counts)

Both hands wave low right (4 counts)

Repeat each wave above for 2 counts each

Place right hand on left shoulder (1 count)

Place left hand on right shoulder (1 count)

Place right hand on right hip (1 count)

Place left hand on left hip (1 count)

Jump forward (2 feet to 2 feet) (2 counts)

Do a 1/4 turn right jumping 2 feet to 2 feet.(2 counts) For Pre K through 1st grade just jump backwards instead of doing the turn.

Repeat the dance!

When first teaching the N.J. Wave, start with the 4 count waves but as the dance is learned you can skip the 4 count waves and start the dance with the 2 count waves. The jumps may also be done by just jumping forward and the back. It is easier to learn dances without turns and add the turns later.

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"Whoomp It Up" (2nd grade through Adult)

Hustle right (4 counts)

Hustle left (4 counts)

Step forward right and pump as if you are pushing a bicycle pump (2 counts)

Step forward left and pump (2 counts)

Step forward right and pump (2 counts)

Step forward left and pump (2 counts)

1/4 jump turn to the right (2 counts)

180 degree jump turn to the left (2 counts)

Do three jumps to complete a 3/4 turn and end up facing opposite of original front. You will land on both feet and clap.

This turn and clap will take 4 counts.

Repeat the dance moving opposite of original front.

"Rise" (3rd grade through Adult)

Hustle right (4 counts)

Hustle left (4 counts)

Hustle forward diagonally right (4 counts)

Hustle forward diagonally left (4 counts)

Step touch right (2 counts)

Step touch left (2 counts)

Step touch right (2 counts)

Step touch left (2 counts)

Hustle backwards diagonally right (4 counts)

Hustle backwards diagonally left (4 counts)

8 rock steps (side to side in place 8 counts)

4 pivot steps turning to the left (4 counts)

Repeat the dance!

"Jekyll Island Stomp" (3rd grade through Adult)

Touch the right heel forward 2x (2 counts)

Touch the left heel forward 2x (2 counts)

Touch right foot in front, behind, to the right side, and lift in front (4 counts)

When the right foot comes down it will be the first step in the grapevine right (4 counts)

Grapevine left (4 counts)

Walk forward and do a 1/4 turn right - (Right, close left, step right and turn keeping the left foot in the air) (4 counts)

(Right, together, Right, Turn)

Walk backwards starting with the left foot - (Left, right, left and stomp the right foot)

(4 counts)

Keep the right heel on the floor and fan your right foot out, in, out, and in (4 counts)

Repeat the dance!

Charleston Line Dance

Charleston step with rt foot moving forward, Charleston step moving backwards with lft foot moving backwards.

Repeat the Charleston steps.

Touch rt foot to the side 2X and grapevine left

Touch lft foot to the side 2X and grapevine right and do a quarter turn to the rt ending with weight on lft foot

(start the dance over)

Bunny Hop!

Rt. foot forward 2X

Lft. foot forward 2X

Jump Forward (2 feet to 2 feet)

Jump Backwards (2 feet to 2 feet)

Jump Forward 3X making a quarter turn left on the third jump.

Start over!

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AEROBIC TINIKLING

By substituting the elastic cords for traditional bamboo poles you make this activity safer and more exciting. The elastic cords make possible to create any geometric design and will allow you to cross several cords to form multiple dancing spaces.

The workers in this activity put the cords around their ankles and create the dancing spaces by jumping in 4/4 time (2 jumps with the feet together and 2 jumps with feet apart).

The dancers will move in and out of the cords with single in and out, double in and out, straddle, and crossover steps. It is best to place the cords on the floor about 24" apart and practice all of the footwork without the workers jumping. Be patient and you will come to appreciate the fundamentals of rhythmic movement.

Once the basic steps are learned you can add traveling steps and start working around and through some different geometric patterns.

You are encouraged at this writing to research the traditional Filipino tinikling dancing, which will add to the variety of steps possible for this activity. There is a workbook available with the "Aerobic Tinikling Cords" through U.S. Games

TOUCH AND GO

Choose 3 "its" for 15 to 20 players. If your group is smaller than 15 just have 2 "its". The "its" will start the game with a foam ball which is to be used to tag the other players. "Its" cannot tag one another.

When "it" tags someone, that person sits down and "it" must drop the ball on the floor. A player who has not been tagged may pick up the ball and become an "it". The "it" who dropped that ball must get a different ball to become an "it" again. Tagged players must remain seated until the round is over. This happens when you only have "its" standing. Choose new "its" and start over.

Continuous Touch and Go - Eliminate players having to sit after being tagged, and require the tagged player to pick up the ball and become the new "it". Put a time limit on the game and see if anyone can play the entire time without being tagged.

HOOK UP

Before play starts, class members pair up, stand side by side hooking elbows and putting the outside hand on their hip. Players in the hook up position do not move.

Keep 2 or 3 players without partners and we will call them "loose players", who will be chased by an "it". As "it" chases the "loose players" they may hook up with a pair anywhere in the playing area.

If a "loose player" hooks up with your partner you must unhook and become a loose player. If "it" tags a "loose player", that player becomes "it" and the original "it" is a "loose player" who can now hook up with the other pairs.

Playing in groups of 10 to 20 keeps the game moving and gets everyone involved in the action. There are no winners and losers in this game. You just play for the fun and exercise. Try not to refer to kids as losers in any game situation. Sometimes teams win, but it is nice to talk about the other teams as trying to win and not the losers.

PARTNER TAG

Players pair up, stand side by side and join inside hands. As the game is played the pairs try to tag someone who is with another person or by themselves. You must have a partner to be able to tag someone.

If you get tagged you drop your partner's hand and kneel down. Your partner must get a new partner and it must be someone who is kneeling. Players who have lost their partners can be tagged by a pair while they are moving to get a new partner.

Players who have been tagged and are kneeling should be ready to get up in a hurry as someone comes by to make them their new partner. If a pair is moving and their hands come apart both players have to kneel down as if they were tagged.

If you have an odd number of players the person without a partner at the start of the game will try not to get tagged and as soon as some players are kneeling he can go for a partner. Play until you have 2 or 3 pairs left and start again. This is a good game for about 10 to 15 minutes. If you play much longer the players get too tired to enjoy the activity.

TUNNEL TAG

Players move around the area trying not to get tagged. If a player gets tagged they stand with their legs spread wide and their hands on their hips.

Tagged players may get back into the game if someone who has not been tagged crawls through their legs. Make sure you have one way traffic through the legs. Going in the front works best so everyone can see what happening.

Play rounds of 2 minutes and change "its" for each round. This game is most effective if played for about 6 to 8 minutes, which will give the group a pretty good aerobic challenge.

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BOMBS AWAY

Divide the class into two or four teams and have a line for each team to stay behind to make their throws. Players try to make the object ball cross the opponents line by hitting it with the throwing balls. (usually foam, gatorskin or soft rubber)

Players may cross their line to retrieve a ball but they must get back behind their line to make a throw at the object ball.

Four teams make this game more of a challenge and provides many more opportunities for players to make throws. Just set up a square with one team behind each sideline, place the object ball in the center and play!

The size of your square will be determined by the skill level of your players, but even with highly skilled middle school or high school players a 30' or 40' square is big enough to create a lot of fun.

When playing with two teams place the object ball on a center line about 15ft. or 20ft. from the throwing line of each team. If the ball is knocked off of the center line and is on team A's side, then team B may come as close as the center line to throw. If the ball crosses back over the center line to team B's side then they must retreat to their throwing line and team A may come as close as the center line to throw.

When the object ball crosses one of the throwing lines, sound the whistle to stop the throws. You may keep a score or just simply have the team who had the ball cross their line do a certain exercise.

Place the ball back in the center and sound the whistle to begin a new game. If you do exercises such as jumping jacks or push ups, keep the number at 5 or less because you will play several games in a 20 or 25 minute time.

LOWBALL

This game may be played with teams or as individual players against all others. If playing in teams, divide the group into two teams and use pinnies to designate the teams. The object of the game is to strike the foam balls with an open hand and make them hit players from the other team below the knees.

All players start inside the playing area and as they get hit they move to the sidelines that have been designated for their team. The sidelined players may hit balls that come to them on the sideline but they do not reenter the game.

Continue play until one team has eliminated the players from the other team. If you are playing as individuals, continue play until only one player is left.

CONE TIP

Set several cones, bottles, and/or cans around the playing area. Divide the group into two teams and have one team tip the items over and have the other team set them back upright.

You may not tip or set the same item over two times in a row. Vary the way you tip the items by requiring the tipplers to use their elbows, shoulders, knees, feet or backsides, and have the setters use their different body parts as well.

This is a good activity for about 5 to 7 minutes so plan to use it more as a warm-up or to fill in as a center activity.

GOALIES AND SCORERS

The goalie will try to keep the scorers from kicking the ball and hitting their cone and the scorers will try to see how many different cones they can hit during a timed period.

The goalies may use their hands and feet to block the shots and they may step away from their cones to kick the ball away from the scorers. The goalies cannot stand on top of the cones. They may straddle the cone but they may not touch it. If a cone gets knocked over the goalie simply sets it up and continues to play. Scorers cannot score at the same goal two times in a row. A variation would be to make the goalie leave their cone down and play until the scorers have knocked over all of the cones.

MIRRORING

Players face a partner. One is leader and one is the follower. The follower pretends they are the image of the leader in a mirror and copies all the exact movements the leader does. On the command "Change" the leader and follower simply switch roles. On the command "People to People" they each get a new partner. The song "Getting to Know You" by James Taylor is great for this, but any moderate tempo song would be fine. Emphasize cooperation - the leader is not trying to trick the follower.

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CAPTURE 3

This is a simple activity with many possibilities for aerobic work and skill building. You will need five hoops, 8 beanbags, and 4 polyspots for each game.

Set your playing area up by having one hoop in the center of the space and place all 8 beanbags in this hoop to begin the game. Place one hoop in each of the 4 corners of the playing area or at least an equal distance from the center and from one another.

Place a polyspot beside each hoop in the corners. Divide the group into 4 teams and have a team line up behind each polyspot with one player on the spot.

On the signal to begin, the player on the spot runs to the center and may get one beanbag and return it to his/her hoop. The beanbag must be placed inside the hoop and that runner must go to the end of the line before the next runner may leave. The first two runners will try to get the beanbags from the center hoop. All other runners may go to any of the other three hoops to get a beanbag. No one can guard the beanbags or hinder a player from taking one. The object is to keep sending runners until one group has three beanbags in the hoop. (Object --- "Capture 3")

A good distance to make the game challenging and manageable is the area the size of a volleyball court or half of a basketball court. You may vary the way students move to get the beanbags by having them dribble a basketball, dribble a soccer ball, jump a rope, or move on a scooter board.

TOP TEN – Give each player a hoop and a beanbag. They scatter around the playing area with the beanbag inside the hoop. On the signal they travel to other hoops to get one beanbag at a time and put it into their hoop. When a player has 3 beanbags in his or her hoop they go to a designated spot and start a line. You are trying to see who the first ten players are to get 3 beanbags into their hoops. When they have 3, they leave the beanbags in the hoop and get in line as quickly as possible.

As soon as ten are in line, have each player get ready to begin again with one beanbag in the hoop. After a couple of games, let the players move their hoops to different positions inside the playing area.

CIRCLE STRIDE BALL

Players are in groups of 5 to 8 and stand in a circle with legs spread and feet touching side to side with players on both sides.

Players strike a soft foam or gatorskin ball with an open hand and try to make it go between the legs of opposing players.

Players begin with 3 points and when a ball passes between their legs they lose one point.

After losing all 3 points they become retrievers for balls leaving the circle. Play until there are only 3 players left and then start a new game. Take a few seconds every so often for all players to stand giving them a chance to stretch. This is a good center activity and will be most successful if limited to 5 to 8 minutes.

ROCK, PAPER, SCISSORS CHALLENGE

Organize the players into groups of 3 to 6 players and make sure everyone follows the routine of saying 1, 2, 3 shoot at which time they show Rock, Paper or Scissors. Have a polyspot or a hula hoop to designate home base.

Rock breaks Scissors, Paper covers Rock and Scissors cut Paper.

Teams have a home base and within their team players challenge one another with the winner leaving the home base and going to the first challenge line.

At the first challenge line players go against members of opposing teams trying to win the right to go challenge line number two. The player who loses at challenge line one returns to home base and challenges on of his/her teammates to start again.

Players who make it to challenge line two repeat playing someone from another team. The winner goes to challenge line three and the loser returns to home base to start again.

Players who win at challenge line three will take a reward object back to their home base. A reward object could be a poker chip, tennis ball, juggling scarf or anything to serve as a point.

Give games a time limit to make sure players move at a fast pace and depending on the available space the challenge lines may be several yards apart to give the opportunity for an aerobic workout.

At the end of each time period, count the points, return scoring object to the holding area beyond line three and begin again.