



# **Move More, Engage More**

## **TAHPERD 2019**

# Activities adapted or modified from:

- *No Gym? No Sweat!* Jenna White & Courtney Teatro, SHAPE America Tampa 2019
- *Small Sided Games = BIG Results* Guilford County Schools-Greensboro NC, SHAPE America Tampa 2019
- OPEN Curriculum, US Games
- SPARK Curriculum, Gopher Sport

# My teaching philosophy cornerstones:

- Move as many students as you can, as safely as you can, as much as you can
  - Achieved through established and consistent routines and cues, clear boundaries, clear expectations, organized materials and conflict resolution solutions
- Choices, choices, choices
  - Warning! Side effects include: opportunities for success, safe risk taking, learning/trying/enjoying something new, autonomy, ownership of the experience and learning outcome, increased engagement, positive and supportive classroom climate

# One Rule...

Take what works  
Modify or innovate what doesn't



# Rock, Paper, Scissor, Road



**Equipment:** Cones, Shoulder Folders, Exercise Cards

**Grouping:** Random pairs, 1v1

**How to Play:** Set up 4 corners, each with a locomotor skill attached. Partners play RPS inside the square. Winner chooses to travel one lap on the road outside the square following the locomotor directions, or stay inside and perform a one-foot balance. Loser performs what the winner did not choose. After 1 lap is completed, partners play again.

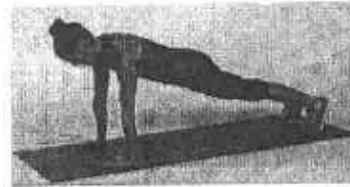
**+ Fitness:** Modify the balance to more advanced holds. or restrict the level the balance can be on. Muscular strength or endurance exercises also work for the student inside the square.

# Strong, Stretch, Sweat

**STRONG**



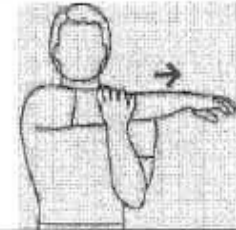
Exercise:  
Plank Hold (or) 5 Push-Ups



**STRETCH**



Exercise:  
Hamstring Stretch (or) Shoulder Stretch



**SWEAT**



Exercise:  
Jumping Jacks/Jills (or) Jog in Place



# Dice Fitness

	<b>RED</b> Cardiorespiratory	<b>ORANGE</b> Muscular Strength	<b>YELLOW</b> Muscular Endurance	<b>GREEN</b> Flexibility	<b>BLUE</b> Body Comp.	<b>PURPLE</b> Skill Related
<b>1</b>	Invisible jump rope. Skip-count by 10s to 200.	Do (7 + 3) push-ups	Bear walk across the length of the gym.	Hamstring Stretch: Touch your toes and count to 30.	Name a food in the Dairy group of "MyPlate."	Stick Grab: Try to catch a ruler, held next to your hand and dropped by your partner.
<b>2</b>	Jog in place. Skip-count by 2s to 50.	Do (4 + 2) squat-thrusts.	Crab walk across the width of the gym.	Quadriceps Stretch: Hold heel to your bottom and count to 20 for each leg.	Name 3 different whole-grain foods.	Pass and catch the 'tossable' 9 times with your partner.
<b>3</b>	Jumping jacks. Skip-count by 5s to 100.	Do (4 + 4) lunges with each leg.	Lay on your stomach. Perform 7 trunk lifts.	Calf Stretch: In plank position, reach your heels to the ground, count to 30.	Name a food in the protein group of "MyPlate."	Stand on one hand and one foot. Count to 10.
<b>4</b>	Walk to 3 other students. Give them a high five and a compliment.	Perform (9 - 1) vertical jumps, jumping as high as you can.	Hold a plank for the count to 20.	Triceps Stretch: Hug each arm across your body and count to 20.	Name 3 of your favorite fruits.	Perform the standing long jump 3 times.
<b>5</b>	High Knees: Jog in place bringing each knee toward chest each step.	Do (8 - 2) shoulder push-ups	Lie on your back and pedal your legs as if you are on a bicycle. Count to 15.	Pectoral Stretch: Hold hands behind your back and lift up. Count to 30.	Name 3 vegetables that you would try if given the chance.	Trace the letter "Z" by moving quickly to all 4 cones and then back.
<b>6</b>	Remember the importance of hydration. Get a drink of water.	Do (6 + 5 - 3) triceps dips.	Plank Jacks: In a push-up position, jump legs in and out 12 times.	Back Stretch: Lie on your back, hug both knees to chest; count to 20.	How many minutes should kids be active each day?	Gallop around the boundary as fast as you can. Be safe.

# Hoop Me Rhonda

**Equipment:** Cones, Hula hoops

**Grouping:** Small groups

**How to Play:** Remain behind the line until “start” signal. Relay the hula hoop to the end and back using a human-ring-toss approach. The hoop cannot be carried, only thrown, and must pass completely over a body to the floor before throwing to the next. Group members need to keep the same order through the relay. Show you are done by placing your hoop over your cone.

**+ Fitness:** As many relays as possible in # minutes (endurance/speed), as few throws as possible (distance)



# Zombie Tag (Empire Tag)

**Equipment:** Pinnies, coated foam balls

**Grouping:** None - Whole Class

**How to Play:** Set a playing area if in a large gymnasium. Select multiple students to start as taggers by wearing a pinnie. Play moves like handball, zombies must tag/touch with the ball but may only move through the space without possession. When holding the ball, the tagger can move on one pivot point but no further. Once tagged, players wear a pinnie and join the tagging team. Remain independent for as long as possible.

**+ Fitness:** Some players figure out slow movement doesn't bring attention to them. Set a timer at specific intervals for taggers to strategize in the center while free players light jog the perimeter.

# Rainbow Fish Tag



**Equipment:** Noodle (for tagging), Coated foam ball  
**Grouping:** None – Whole Class

**How to Play:** Rainbow Fish learned that kindness and sharing is what really matters. One student is the tagger and remains in this role the full round. One student starts as Rainbow Fish, holding the sharing ball. If tagged, students freeze their feet and wiggle their arms to become “seaweed”. If Rainbow Fish sees a seaweed, he/she moves close enough for a underhand toss (as practiced) using proper form for the seaweed to catch. Now the seaweed becomes Rainbow Fish!

**+ Skill:** Use different sizes/pieces of equipment, or more than one ball/tagger. Trade tagger roles after a certain number of tags.



***Districts and schools in Tennessee will exemplify excellence and equity such that all students are equipped with the knowledge and skills to successfully embark on their chosen path in life.***

**Excellence | Optimism | Judgment | Courage | Teamwork**