Engaging and Motivating Assessment (without Blazepods)

**NOTE: (Modify as Needed)**

**Toss N Tag**- SET UP: Place cones (about 4-5 on one side of the room and 4-5 on the other, separated). Pick a certain number of students to have a soft skin ball (taggers) and spread out all other students. On “Go”, taggers try to touch or toss the ball at a non-tagger. If the student is hit by a ball, they go do the exercise at the cone and tap the cone every time (pushups, jumping jacks, windmills, etc.)

**Circle Tag**- SET UP: Place your cones (about 4-5 on one side of the room and 4-5 on the other, separated). Pick 2 students to be taggers (pool noodles) and everyone else starts on the outside of a circle or coned off area. The runners will start walking in a circular pattern BEFORE the taggers begin. On “Go”, the taggers will chase the runners (same direction as the runners) and tag as many as they can. Any tagged runner goes to a cone and does an exercise, tapping the cone each time.

**First 2 TWENTY**- (see Blazepod version below) This activity will need a bit of rule adjusting from Blazepod’s First to TEN. For example, you will likely need to set a rule that students first touch their color cone and must return to a homebase BEFORE touching another cone. This will prevent them from just touching the same cone 20 times. Another adjustment is you may need to have a points system in place, where students must stick a sticky note to their cones or easily removable stickers. The sticky notes or stickers can show how many times they touched the cone. For sticky notes, you could give each group their color sharpie or pen to write their color on the sticky note. You could also have an honor system in place, where referees (other students) ensure the teams are playing honestly and touching the appropriate cones. First team to hit their cones 20 x are the winners. I separate my cones about 8-10 feet apart from each other. Sometimes I’ll try to make a shape out of them!

**React**- (see Blazepod version above) This activity will require students to react to you or a “referee”. You will need to either call out colors, have a student (referee) call out colors, and / OR have a student(s) moving cones around to keep the cone locations as random as possible. The whole idea is to get them to react by not knowing where they will be going next. For example, you could call out “green”, all members of that team go touch all green cones and have the designated individual(s) move the green cones around. I would recommend placing the teams in homebase spots where they must start each round.

**Flip Cone**- SET UP: Place cones randomly throughout the gym / room. They can be standing or laying on the floor. Students will flip cones and try to get them to stand up. If a cone stands up, they may go give their group a point. If the cone does not stand up, they keep trying or they can move to a new cone. You can do this by making students take turns OR all at the same time, depending on number of cones.

**Homebase**- SET UP: Place cones 1 in the middle and 3-4 around it (a diamond shape or square will work). Student in the middle starts with the ball, puck, balloon (whatever sport-based skill you’re working on). The student in the middle moves the ball / other item to the person of their choice. That student returns the item to the student in the middle and the process repeats as the student in the middle must find a new person to move the item toward.

**Homebase (**multi-ball)- same as Homebase, with multiple items as the same time.

**Homebase** (modified for 2nd-3rd grade)- same as Homebase, with shortened distances and a slower pace.

**Flip ‘N’ Catch**- Use any sports-skill to get to the bucket and have students place the item on top of the bucket, toss the item into the air, flip the bucket, and try to catch the item in the bucket. I use this for dribbling with the hands and feet. Kids seem to love it, especially when they start catching the ball with the bucket.

**Partner throwing**: Place a cone in between students, any time they catch the ball, they may tap the cone. Could be used for any skill (anytime they complete the skill / task, tap the cone!)

**Knock Out:** Place a cone per group around the room, around your circle if you have one. 1 student per group must go find their cone and touch it before returning to their group. If you have enough cones, you could have them flip the cone upside down every time they touch it, so that their teammates have to go to a different cone.

**Hungry, Hungry Hippo**-SET UP: Place items in the middle of the room to be collected. Place a cone per group away from the items. One student from each group collects an item and taps their cone upon their return so the next person knows to go. The next student in their group runs to collect an item.

**Moving Dribbling Relay**: Place a cone per group in a straight line. One student from each group dribbles down to the end and turns to dribble back. They must find their color (cone) and tap it before returning to their group. Have a student(s) move cones throughout the activity to create some reaction and surprise. Groups still stay in their spot, even if their cone moves. The cone movement is simply to get the dribbler to keep their eyes up and go tap the correct cone, then return to their group.

**Whackamole**- SET UP: Place however many buckets / crates / bins you have (even amount on both sides of the gym. Place a “Points” bin or bucket on each side so teams can keep score. Make sure each student has a ball or item to throw, you can even place enough on each side on the floor. Place collectibles on both sides (I use both baselines). On “Go”, students must try to throw the ball into the buckets on the opposite side. If they hit the bucket, they can grab a collectible and place in a “points” bin to keep score once on their side. If they make it in the bucket or it bounces out, they can grab two collectibles. Stay on your own side! Collectibles can be toys, marbles, bouncy balls, jacks, paper, anything that can fit in a bin and counted.

Engaging and Motivating Assessment (with Blazepod)

**NOTE: (Modify as Needed)**

 (select random, homebase, sequence, all at once, in app)

**Toss N Tag**- SET UP: Place your pods (about 2-3 on one side of the room and 2-3 on the other, separated). Pick a certain number of students to have a soft skin ball (taggers) and spread out all other students. On “Go”, taggers try to touch or toss the ball at a non-tagger. If the student is hit by a ball, they go do the exercise at the blazepod and tap the light every time (pushups, jumping jacks, windmills, etc.) (random in app)

**Circle Tag**- SET UP: Place your pods (about 2-3 on one side of the room and 2-3 on the other, separated). Pick 2 students to be taggers (pool noodles) and everyone else starts on the outside of a circle or coned off area. The runners will start walking in a circular pattern BEFORE the taggers begin. On “Go”, the taggers will chase the runners (same direction as the runners) and tag as many as they can. Any tagged runner goes to a pod and does an exercise, tapping the light each time. (random in app)

**First 2 TEN**- This activity is built into the Blazepod app. First team to hit the pods 10 x are the winners. I separate my pods about 8-10 feet apart from each other. Sometimes I’ll try to make a shape out of them! (all at once in app)

**React**- Another activity built into Blazepod. Lights will be on and students will race to hit them. All lights will go off and students must again react as the lights come back on. I separate the pods depending on group sizes (8-10 feet apart). (Random in app)

**Flip Cone**- SET UP: Place cones randomly throughout the gym / room. They can be standing or laying on the floor. Students will flip cones and try to get them to stand up. If a cone stands up, they may go give their group a point (hit the light). If the cone does not stand up, they keep trying or they can move to a new cone. You can do this by making students take turns OR all at the same time, depending on number of cones. (random in app)

**Homebase**- SET UP: Place pods 1 in the middle and 3-4 around it. Homebase is a built-in function on Blazepod. Student in the middle starts with the ball, puck, balloon (whatever sport-based skill you’re working on). The student in the middle moves the ball / other item to the person whose light turns on. That student returns the item to the student in the middle and the process repeats as the student in the middle must find the new light to move the item toward. (homebase in app)

**Homebase (**multi-ball)- same as above with multiple items as the same time. (homebase in app)

**Homebase** (modified)- same as above with shortened distance and slower pace. (homebase in app)

**Flip N Catch**- Use any sports-skill to have students place item on top of the bucket, toss the item into the air, flip the bucket, and try to catch the item in the bucket. I use for basketball dribbling. (random in app)

**Partner throwing**: Place a pod in between students, any time they catch the ball, they may hit the light. Could be used for any skill (anytime they complete the skill / task, hit the light!) (random in app)

**Knock Out:** Place a cone per group around the room, around your circle if you have one. 1 student per group must go find their light and knock it out before returning to their group. (random in app)

**Hungry, Hungry Hippo**-SET UP: Place items in the middle of the room to be collected. Place a cone per group away from the items. One student from each group collects an item and hits their light upon their return. The next student in their group runs to collect an item. (random in app)

**Moving Dribbling Relay**: Place a cone per group in a straight line. One student from each group dribbles down to the end and turns to dribble back. They must find their color wherever it moved and tap it before returning to their group. (random in app)

**Whackamole**- SET UP: Place however many buckets / crates / bins you have (even amount on both sides of the gym. Make sure each student has a ball or item to throw, you can even place enough on each side on the floor. Place pods on both sides (I use both baselines). On “Go”, students must try to throw the ball into the buckets on the opposite side. If they hit the bucket, they can tap the light once on their side. If they make it in the bucket or it bounces out, they can hit the light twice. Stay on your own side!