

Ultimate Pin Guard

Grade: K-5

Objective: Students will be engaging in muscular endurance and strength while practicing throwing, dribbling and kicking in soccer, sliding or rolling skills, or striking skills. Students will also be engaging in cardio/respiratory fitness.

Equipment: Rubbermaid container of bowling pins, "X"

Throwing: Bag of gatorskin balls or footballs

Sliding: About 30 beanbags

Rolling: Bag of gatorskin balls

Kicking: Bag of indoor soccer balls

Striking: Bag of gatorskin balls and pillo polo or hockey sticks

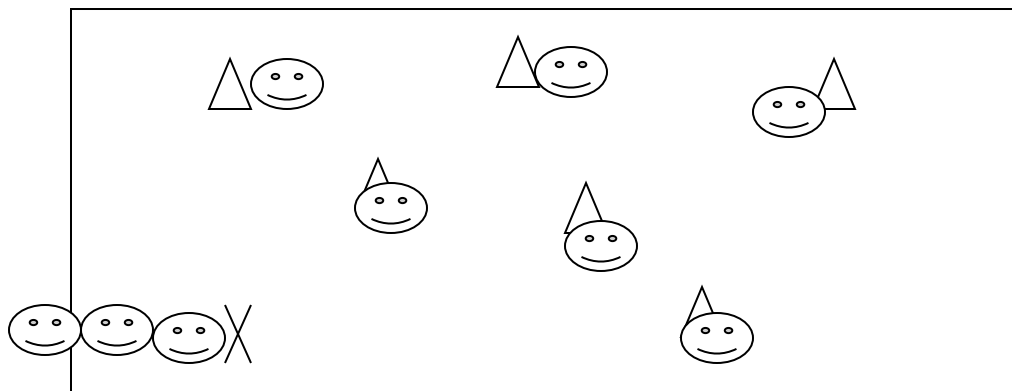
Set Up: Almost every person starts with a pin, three or four students in line at the "X" without pins. Students set the pin anywhere in the gym inside the blue lines (to make sure they are away from the walls). Balls or beanbags spread throughout the gym.

Game Play:

- Once a student sets down the pin they cannot move it.
- Once their pin is set down they can try to knock down other pins using the technique described by the teacher (throw, slide, roll, kick, or strike).
- Students **must be next to their pin when they try to knock down another person's pin.**
- If the student's pin gets knocked down, they should pick it up and hand it to the first person in line standing on the "X" The student will go to the end of the line to wait for their next turn.
- Students may leave their pin to get the equipment to knock down another student's pin but they must return to their pin to throw, slide, roll, kick, or strike.

Variation:

Students can work in teams of 2 – 3



Exercise Lines (with cones)

Grades: K-5

Objectives: Students will be engaging in cardio/respiratory fitness.

Equipment: 2 of each cones: red, orange, yellow, green, blue, purple

Activity:

- Students will take turns moving from their one color cone to the other color cone across the gym from them.
- When they reach their teams other color cone (on the other side of the gym) they high five their teammate and go to the end of the line. Their teammate then moves down to the other color cone and high fives the next person in line.
- Students keep taking turns in this way. Switch the exercise every 1 – 2 minutes.

Exercises:

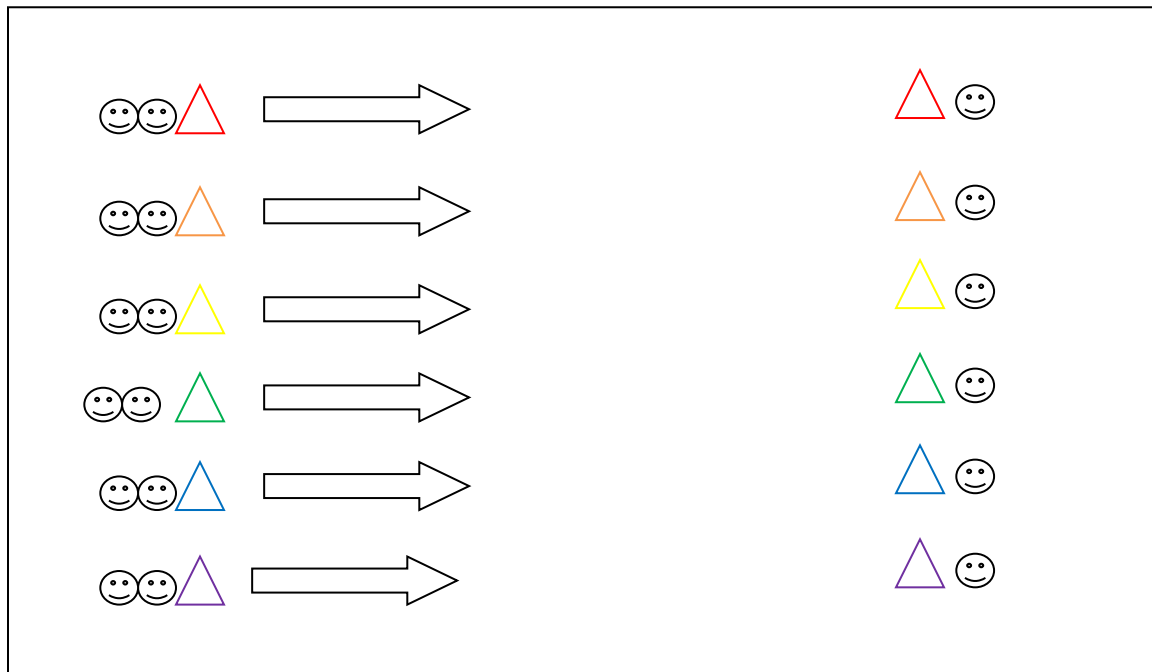
- Jog
- Run
- Sprint
- High knees
- Heel kicks
- Skip
- High skip
- Soldier walk
- Gallop (left foot forward/right foot forward)
- Side slide (left and right)

Run half way (to the orange line), stop, do these exercises, run the rest of the way;

- Quick feet, quick feet with turn (teacher points right and left)
- 5 Burpees
- 10 jumping jacks
- 10 Crab Kicks

With extra time:

- Karaoke
- Lines/Splits
- Walking, long strides, short quick steps, BIG steps (like stepping over a box)



Prison Breakout

Grades: 3-5

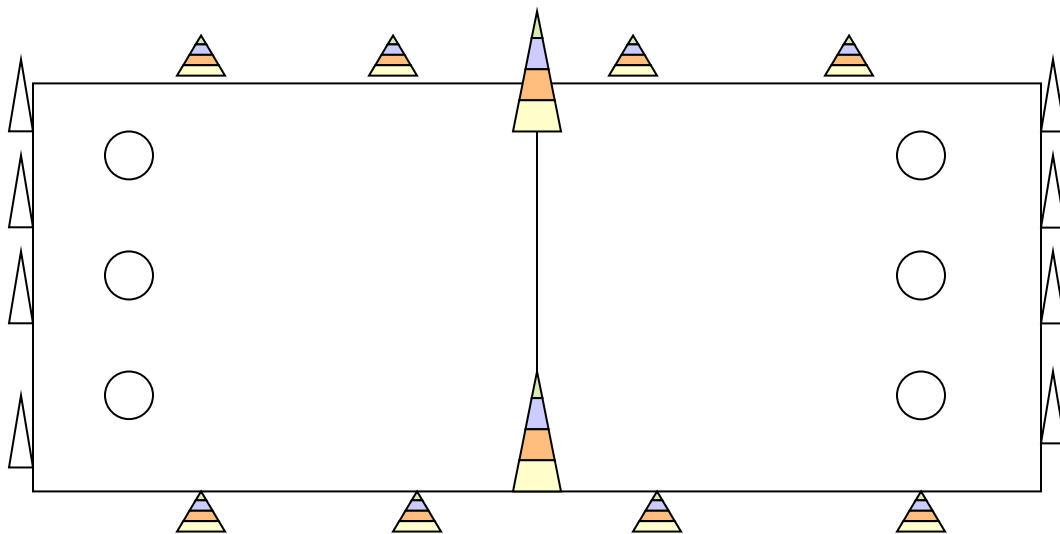
Objective: Students will be engaging in muscular endurance and strength while throwing, dodging, and guarding. Students will use offensive and defensive strategies, as well as practice good teamwork skills.

Equipment: 3 red hula hoops, 3 yellow hula hoops, 6 footballs, 2 big cones, 4 red cones, 4 yellow cones, 8 orange cones, flag belts and flags, marking paint for field

Object of the game: To get all six footballs on your side of the field.

Game play:

- Place one football in each hoop
- Divide class into two teams, one on each side of the field.
- Have students put on flag belts (must be on the outside of clothing, one flag on each hip)
- If a student goes onto the other team's side their flag may be pulled.
- If your flag is pulled or you step out of bounds you must go to prison (behind the end line of the other team).
- If a student from your team safely makes it across to prison they may save up to two people at a time (all three people put their hands on their head and walk back to their side), students may not take a football on the way back, they must return to their side before taking a football.
- Footballs may be run or thrown, but if a flag is pulled or the pass is not caught, the ball goes back to the hoop.
- Teams must have one ball in each hoop, before they can double up balls (example: if a team has 3 footballs there must be one in each hoop, if they have five footballs, one hoop has one football, and the other two may have two footballs).



Dribble on Down the Road

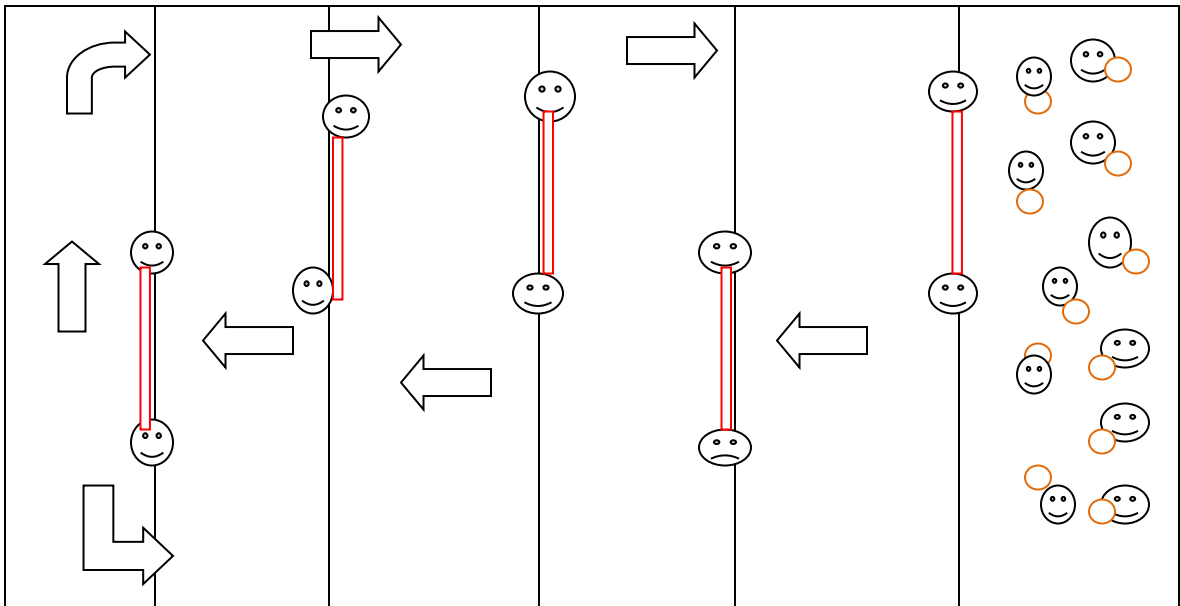
Grade: K-5

Objective: Students will be engaging in muscular endurance and strength while dribbling. Students will be practicing offensive and defensive skills.

Equipment: 5 ropes, 5 lines evenly placed across the court, basketballs

Set-Up: Create a series of parallel lines on the playing area. The lines should be evenly spread out.

Game Play: On each line assign a pair of students who are connected by the rope. The students connected by the rope are the defenders. Each pair of defenders must stay on it's line. The pair may slide back and forth, but may not cross over each other. Starting at one end of the playing area, the other students attempt to dribble to the opposite end. The dribblers may not go over or under the rope. The dribblers must maneuver around each set of defenders. If a dribbler loses control of the ball or stops dribbling he/she must go back to the start. If a dribbler successfully reaches the opposite end of the playing area he/she can do a quick happy dance (or 10 jumping jacks), then dribble back along the side of the playing area to the start (keep repeating). Switch dribblers with defenders every few minutes until everyone has had a turn in both positions.



Rolling Stations

Grades: K-5

Objective: Students will be engaging in muscular endurance and strength while rolling.

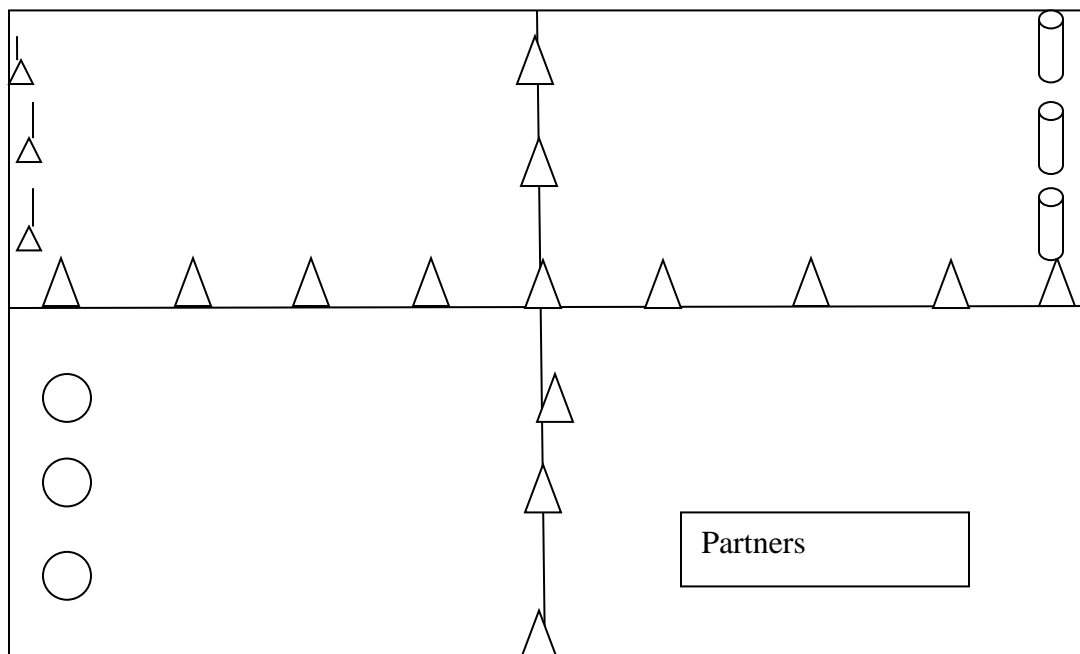
Equipment: 9 deck rings, 9 medium size gator skin balls, 3 hurdle/cones, 3 targets, 3 hula hoops, 5-6 pins, 5-6 bean bags, floor tape for rolling lines

Rules: 4 – 6 students per station. Rotate every 3 minutes.

- **Station 1:** Roll ball to hula hoop, trying to keep the ball in the hoop. Start rolling from behind the line, if the ball stays in the hoop, take a step back when it's your turn again. Rotate with a partner (retriever/roller)
- **Station 2:** Roll ball to target under the hurdle/cone. There are three different lines to choose from, short, medium, long distances. When it's your turn choose which line you feel comfortable at. Rotate with partner (retriever/roller)
- **Station 3:** Sliding to knock down the pin. Bean bag starts at the number on the floor, pin is on the small purple X. If you knock down the pin, take a step back when it's your turn again. Students may not need partners at this station
- **Station 4:** Rolling with a partner. Students roll back and forth to each other like they had practiced the two days before. They may do any roll that we worked on in class.

Different types of rolls:

- 1 hand, proper form
- 2 hands
- Opposite hand
- Through the legs of your partner
- Backwards
- Sitting



Make it, Take it

Grade: 3-5

Objective: Students will be engaging in muscular endurance and strength while practicing proper dribbling shooting form in basketball, dribbling and kicking in soccer, striking in volleyball. Students will also be engaging in cardio/respiratory fitness.

Equipment:

Basketball version: 5 pins and 2 basketballs for each team, baskets

Volleyball version: 5 pins and 2 volleyballs for each team, nets

Soccer: 5 pins or cones (if outside) and 2 soccer balls for each team, goals

Set Up:

- Divide class into 4 teams

Game Play:

BASKETBALL:

- The object of the game is to be the first team to accumulate 10 pins (all 5 of their own teams, and the 5 of the team they are playing against)
- On a basketball court have one team in each corner, with five pins at their end line.
- Players dribble down to the opposite basket and shoot, if they make the shot they take a pin from the team across from them, if they miss they just come back and give the ball to the next person in line. One shot per player per turn.
- The second player may not leave until the player in front of them has taken their shot

SOCCER:

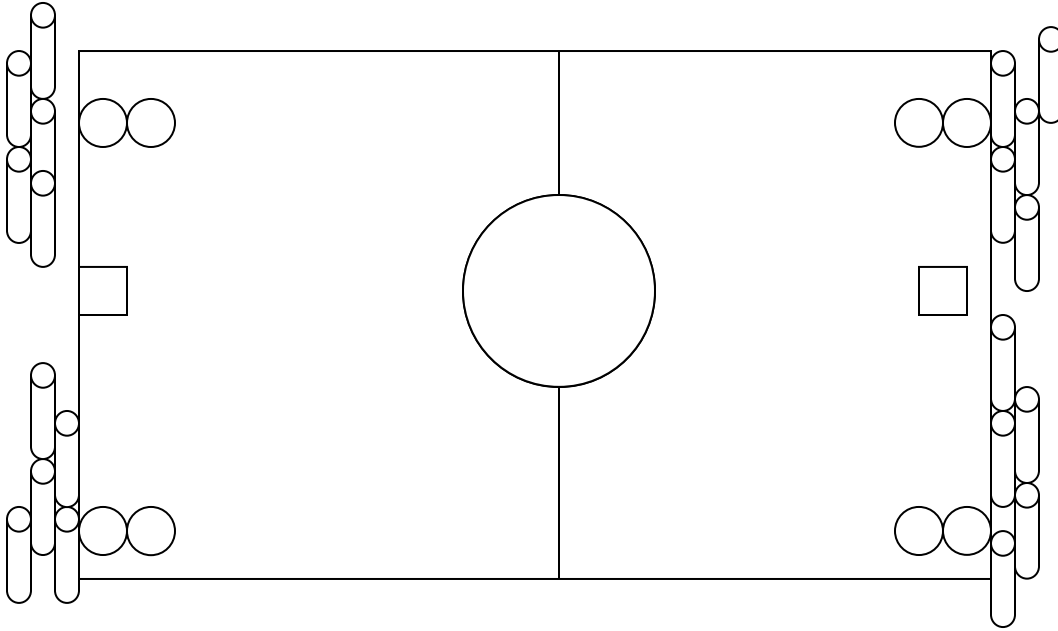
- Same as a basketball only shooting at a goal instead of a basket

VOLLEYBALL:

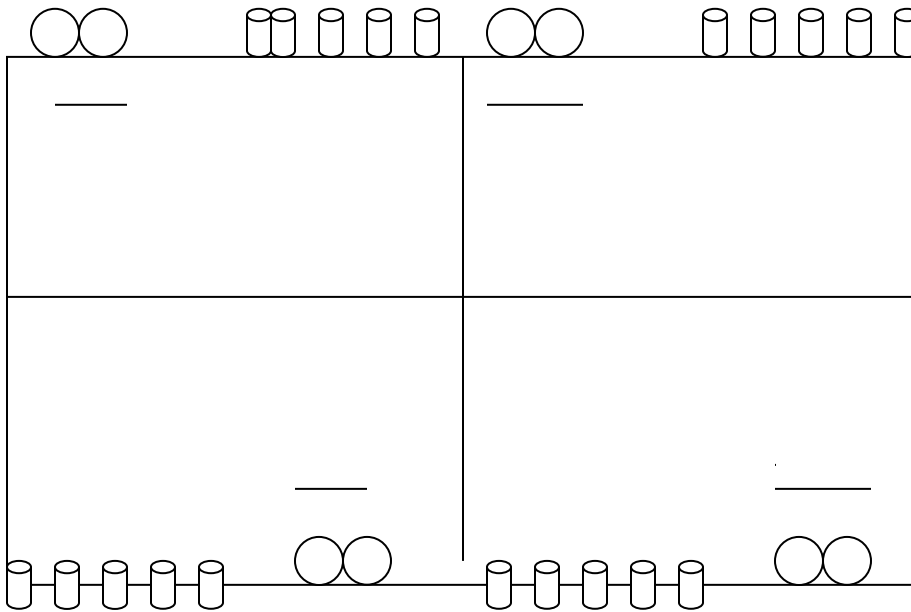
- Serving a volleyball in bounds, over the net (play the team on the opposite side of the net)

Suggestions:

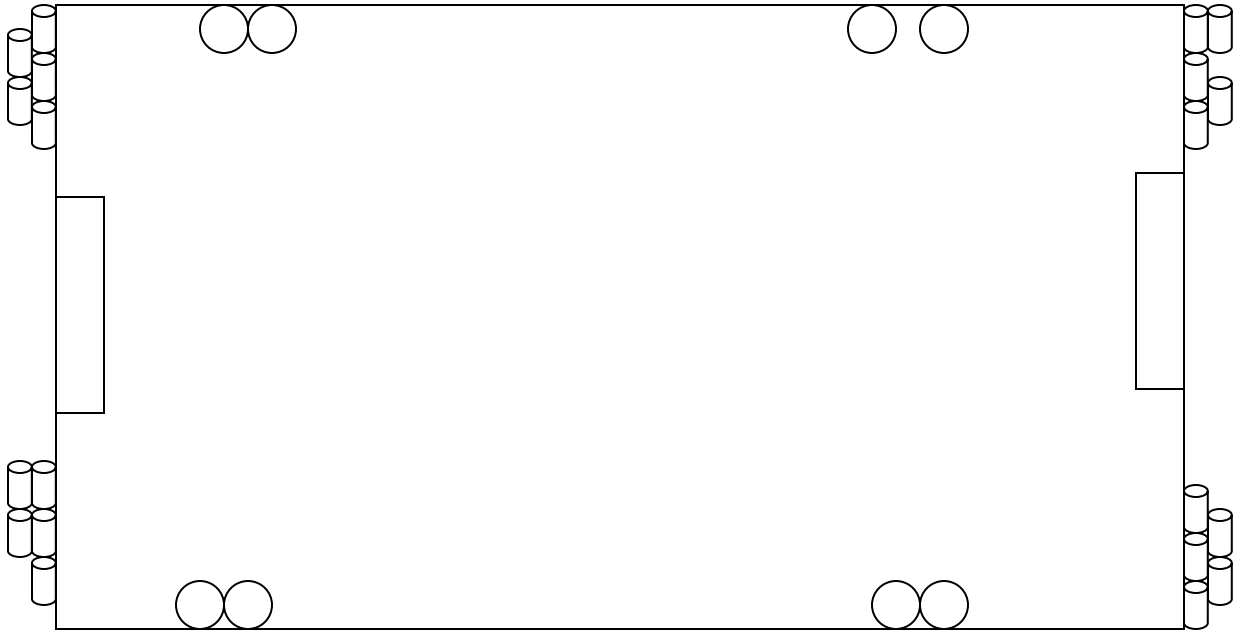
- Use the same colored ball for each team so they do not touch another team's ball
- Rotate after every game
- Have one whole side play the other whole side and get all 20 pins



BASKETBALL



VOLLEYBALL



SOCCER