



Basketball

NAME OF ACTIVITY: Five-Catch Keep Away

GRADE LEVEL: 3-5

EQUIPMENT: 1 basketball per group of 6 students, 15-20 pinnies

SKILLS EMPHASIZED: passing, catching, defending, dribbling, pivoting

ORGANIZATION:

1. Form groups of 6 (2 teams of 3), each with a ball.
2. Divide the court/field into thirds (3 small areas) (see 5 Catches diagram in the Formations Section on card #421).
3. One team in each group wears pinnies.

DESCRIPTION:

1. This activity is a game of keep away. Teams attempt to complete 5 consecutive passes without dropping or having the ball intercepted.
2. The game begins with 1 team starting to pass.
3. Game rules:
 - a. If the ball is dropped or intercepted, the other team gains possession and begins passing immediately.
 - b. Only 3 dribbles are allowed, then the player must pivot or pass.
 - c. Fouls are not permitted. Fouls result in a free pass from the location of the infraction.
 - d. Passes must travel at least 5 ft.
 - e. After 5 completed passes, 1 point is awarded and the other team takes possession.

Basketball

NAME OF ACTIVITY: Around the World

GRADE LEVEL: 3-5

EQUIPMENT: 1 basketball per student, 12-15 cones

SKILLS EMPHASIZED: dribbling

ORGANIZATION:

1. Randomly scatter the cones throughout an approximately 20 x 20 yd. activity area.
2. Students are scattered, each with a ball.

DESCRIPTION:

1. The cones represent countries. Students "visit" countries by dribbling their ball in a circle around the cone. Label each cone with a name of a particular country (tape an index card to the object).
2. On signal, students dribble around as many "countries" as possible.
3. Students should dribble completely around a country before moving to another one.
4. After 1 minute, signal stop. Have students indicate how many countries they had an opportunity to visit.
5. Play 6-8 more times, gradually increasing the time students travel "Around The World."

TEACHING SUGGESTIONS:

1. For safety, have students move slowly at first (walk).
2. Increase the distance between cones to promote more activity.
3. "Dribble without looking directly at the ball."
4. "Keep your body between ball and cone while dribbling around it."



Bean Bag

NAME OF ACTIVITY: Solo Catch

GRADE LEVEL: K-2

EQUIPMENT: 1 bean bag or soft, small ball per student, boundaries, 1 hoop/student

SKILLS EMPHASIZED: catching, tossing to self

ORGANIZATION:

1. Students scattered in hoops within an approximately 20 x 20 yd. activity area or grids, each with a catchable object.

DESCRIPTION:

1. On signal, students toss object to self, and attempt to catch.
2. Challenge students with the following:
 - Start with a low toss, and gradually get higher as you become successful.
 - Catch with 2 hands. Now 1. Now switch hands for catch and throwing each time.
 - Try to catch with hands between waist and head then above head.
 - Toss and catch with one hand.
 - Toss with one hand, catch with the other.
 - Toss, clap, then catch.
 - Toss, turn half way around, then catch.
 - Toss, drop to one knee, then catch.
 - Toss, turn completely around, then catch.
 - How quickly can you make 10 catches without moving your feet?
 - In one minute, how many times can you catch it without moving your feet?



NAME OF ACTIVITY: Body Balance

GRADE LEVEL: K-1

EQUIPMENT: 1 bean bag per student, boundaries

SKILLS EMPHASIZED: static and dynamic balance, body part recognition

ORGANIZATION:

1. Students are scattered in personal space, each with a bean bag.

DESCRIPTION:

1. Students balance bean bags on various body parts as instructed by the teacher.
2. They complete balances while standing still, and complete an aerobic task between each balance (e.g. jumping jacks, jog in place, high kicks, jump tucks, push-ups, etc.).
3. Begin with head, face, shoulders, elbows, hands, belly, back, thigh, calf, then foot.

TEACHING SUGGESTIONS:

1. "You may have to make slight adjustments in your balance in order to keep the bean bag from falling."
2. "Try one side, then the other, with each body part."

VARIATIONS:

1. Balance while walking, or moving around area.



NAME OF ACTIVITY: Throw for Distance

GRADE LEVEL: K-2

EQUIPMENT: 1 bean bag per student

SKILLS EMPHASIZED: throwing, various locomotor movements

ORGANIZATION:

1. Students line up at one end of the approximately 20 x 20 yd. activity area.

DESCRIPTION:

1. On signal, students toss their bean bag as far as they can toward the far end line.
2. Call out locomotor movement. Students then retrieve their bean bag and return using that locomotor movement. Start with slower speeds for warm-up (e.g. brisk walk, slow jog, skip, hop).

TEACHING SUGGESTIONS:

1. For safety, all students should throw and retrieve at the same time.
2. Don't worry which bean bag you retrieve.

VARIATIONS:

1. Repeat the activity but have students throw with the non-dominant hand.
2. Designate type of throw.
3. Place distance markers for students to try to exceed.



NAME OF ACTIVITY: Hoop Jump

GRADE LEVEL: K-2

EQUIPMENT: 1 hoop/student, music

SKILLS EMPHASIZED: locomotor skills, jumping and landing, general and self space awareness

ORGANIZATION:

1. Hoops scattered throughout the area. Each student standing in a hoop.

DESCRIPTION:

1. When music starts, students leave hoop and move around activity area, avoiding hoops. Teacher calls out locomotor skill to be used.
2. When music stops, students find a nearby hoop and jump in and out of the hoop using a teacher designated pattern.
 - 2 foot takeoff, 1 foot landing.
 - 2 foot takeoff, 2 foot landing.
 - 1 foot takeoff, same foot (hop).
 - 1 foot takeoff, other foot (leap).
 - 1 foot takeoff, 2 foot landing.



NAME OF ACTIVITY: Hoop Challenges

GRADE LEVEL: K-2

EQUIPMENT: 1 hoop per student, boundaries

SKILLS EMPHASIZED: spatial concepts, tossing, catching and spinning hoop

ORGANIZATION:

1. Students scattered in personal space within a 20 x 20 yd. activity area, each with hoop.

DESCRIPTION:

1. Students follow teacher directions with their own hoop flat on the ground:
 - Balance on one foot inside your hoop, now the other foot.
 - Hop on one foot inside the hoop, then out, in, out, etc. How many times in 15 seconds?
 - Hop around outside the hoop one 'lap,' other direction, backward, other foot.
 - Jump (2 feet) in and out of hoop forward and back, sideways out and in.
 - Jump in and out of hoop all the way around - saying the alphabet.
 - Leap over hoop and back - counting.
 - Find your own way to travel around the hoop.
 - Go from one side to the other by taking your weight on your hands inside the hoop (like a cartwheel).
 - Balance on and walk around the hoop. Try not to touch the ground.
 - Make a bridge over your hoop, try a different way.



NAME OF ACTIVITY: Hoop Challenges (*continued*)

2. Students follow teacher directions with their own hoop:
 - Roll hoop with hand and follow it around area. Now try doing one lap around boundaries. Try the other hand.
 - Hold hoop up over head like a big halo and let go without letting it touch your body.
 - What machine can you invent with your hoop?
 - Toss hoop in the air so you can catch it.
 - Hold hoop in front of you and spin it like a coin. How many times can you run around it before it stops spinning?
 - Find a partner and roll one hoop back and forth. Add the second hoop, and roll 2 in opposite directions to each other.
 - Roll the hoop with a reverse spin to make it come back to you (boomerang). can you climb through it? Catch it on your arm?

TEACHING SUGGESTIONS:

1. Have students continue with each activity until you feel they are ready to move on. Don't stay with any one too long, or students will become bored.
2. Every few minutes have all students change to a new hoop.

VARIATIONS:

1. Encourage students to create new ways to go around and through and over the hoop while it is on the ground.



NAME OF ACTIVITY: Come And Get It

GRADE LEVEL: 3-5

EQUIPMENT: 1 soccer ball per 2 students, 4 cones

SKILLS EMPHASIZED: dribbling, ball control, tackling

ORGANIZATION:

1. Divide students into 2 teams.
2. Designate 3 parallel lines 15-20 yds. apart (see diagram on card #368).
3. Place the balls on the middle line.
4. Team members stand facing the balls side by side on their respective line.

DESCRIPTION:

1. On the command "Come and get it," all students run to the center line, attempt to get a ball, and dribble it back to their line. They may not kick it.
2. Students left without a soccer ball attempt to legally take 1 from a member of the other team and dribble it back to their line.
3. Students who reach their line with a ball are considered "safe."
4. Direct students to dribble the balls back to the center and then repeat the game.

TEACHING SUGGESTIONS:

1. For safety, have students move slowly at first (walk).
2. Encourage students to control the ball.
3. "Keep your body between the ball and your opponent."



NAME OF ACTIVITY: Fruit Salad

GRADE LEVEL: 2

EQUIPMENT: 1 towel, mat or hoop/student

SKILLS EMPHASIZED: crawling, walking

ORGANIZATION:

1. Students are seated on the floor in a circle on a towel, mat or in a plastic hoop.
2. Designate 1 student as "It" to sit in the center of the circle.
3. Give all students a fruit name: Banana, Strawberry, Pineapple, Kiwi, Orange (or your own).
4. Designate the locomotor movement to be used.

DESCRIPTION:

1. "It" calls out a fruit.
2. On the command "Go" from the teacher, students of that fruit exchange places, using the designated locomotor movement.
3. While they are up, the "It" tries to occupy an open space. The student left without a space is now "It."
4. When "Fruit Salad" is called, everyone must exchange places.*

TEACHING SUGGESTIONS:

1. Require that the exercises be done in unison and all team members count out loud together. The teacher is the judge of this. If either rule is violated, the exercise leader at that time must go back and begin again.
2. It is not necessary that the exercise task cards for each team be identical.



NAME OF ACTIVITY: Bag It!

GRADE LEVEL: 3-5

EQUIPMENT: 1 cone, 4 beanbags

SKILLS EMPHASIZED: walking, hopping, crawling, passing, teamwork

ORGANIZATION:

1. Seat students on the floor (or at desks) in 4 rows forming a square. Each row forms a team.
2. Place a cone in the center of the square.
3. Give the player on the left end of each row a beanbag.
4. Designate an appropriate locomotor movement (e.g. hopping, walking, sliding) to be used.

DESCRIPTION:

1. On signal, the player with the beanbag travels to the cone using a designated locomotor movement, touches the cone, and continues toward his/her team's right end seat/desk.
2. In the meantime, all players on the team have scooted over 1 seat to the left.
3. When the player with the beanbag gets to the open seat, the beanbag is passed under 1 leg by each player down the row of seats.
4. Keep playing until all 4 rows have been rotated and the lead-off players are back in their original place.

VARIATIONS:

1. Before players can scoot 1 seat to the left, they must perform 10 repetitions of an exercise (e.g. jog in place, knee lifts).
2. Vary how the beanbag must be passed (e.g. both legs, behind the back).
3. Require players to balance the beanbag on a body part while moving to the cone.



NAME OF ACTIVITY: The Snake Trail/Double Circle/X

GRADE LEVEL: K-2

EQUIPMENT: 5-12 cones or desks, 1 whistle (optional), music (optional)

SKILLS EMPHASIZED: walking, jogging, galloping, hopping, marching, skipping

ORGANIZATION:

1. Select 1 of the 3 pattern cards for continuous movement in limited space.
2. Arrange cones if necessary.
3. Arrange students in selected formation.
4. Tell students in which direction to move.

DESCRIPTION:

1. On signal, students begin to walk in the selected pattern.
2. On signal, the movement changes to a:
 - a. Fast walk
 - b. March
 - c. Jog
 - d. Locomotor movement of the teacher's choice (e.g. skipping, galloping, hopping).



NAME OF ACTIVITY: Non-Elimination "Simon Says"

GRADE LEVEL: K-5

EQUIPMENT: none

SKILLS EMPHASIZED: various locomotor movements (e.g. walking, hopping, jumping jacks), coordination

ORGANIZATION:

1. Divide students into 2-4 groups.
2. Assign a leader to each group.
3. Space groups around the room.
4. Designate a locomotor movement to be used when changing to a new group.

DESCRIPTION:

1. The leader performs various locomotor movements or exercises (e.g. jumping jacks, stretches) by saying "Simon Says" to cue students to imitate the movement.
2. If the leader does not say "Simon Says" and students move, students go to a new group.
3. After a designated time, rotate the leaders and change the designated locomotor movement.



NAME OF ACTIVITY: Sock It To Me

GRADE LEVEL: K-2

EQUIPMENT: 1 rolled up sock, yarnball or loosely knotted fabric strip per student

SKILLS EMPHASIZED: throwing, catching

ORGANIZATION:

1. Set up a rectangular or square activity area with a center line.
2. Divide the class into 2 teams. Each team spreads out on their side of the activity area and stands facing the center line.

DESCRIPTION:

1. On the signal, students throw their socks on the other team's side of the line.
2. Socks may be picked up from the floor and thrown as often as desired. Before throwing a sock, the student must perform 2 push-ups or 2 bent knee sit-ups.
3. The game continues to a time limit. The team with the least socks on their side may earn a point.

TEACHING SUGGESTIONS:

1. Be sure area is clear of equipment, and/or other obstacles before socks are thrown.
2. The object is to have as few socks remaining on your team's side when time runs out. The object is not to throw socks directly at the opposing team members.