

A Celebration of Skills, Drills & Thrills: NEW Tricks from the OLD Guy!

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This activity-oriented session is a compilation of games and procedures from the past, present, and future. There will be camouflage fitness drills, Funnoodle challenges, mini-parachute activities, and some crazy critter tricks.

This session is based on the following characteristics of a quality physical education program:

- All students are participating at all times. Students are not standing in lines waiting to participate (i.e. relay races, skill practice).
- There are opportunities for different levels of success for all students rather than elimination-type activities
- Traditional team sports are broken down into small group activities rather than team sports with one ball per class (i.e. kickball, softball).
- Time-limit challenges are used for activities rather than a set number of repetitions, such as a pre-determined number of laps or push-ups.

Designing curriculum with 100% success and 100% participation is a real challenge. Following are several practices to consider when developing lessons or units:

- Plan for success the very first day. Repeat successes.
- Give simple rules.
- Correct one thing at a time.
- Move from strengths to weaknesses.
- Learn from success, not mistakes.
- Maintain HIGH expectations because no one rises to low expectations.
- Encourage students to:
 - Try their guts out!
 - Show BIG TIME manners!
- Provide choices, choices, choices!
 - Positive choices get positive results.
 - Having a choice implies ownership.
 - Taking ownership implies responsibility.
- Choices = Success = Participation
- Remember.....
 - Tell me.....I forget,
 - Show me.....I remember,
 - Involve me.....I understand!

ACTIVITIES:

1. Management Tips
 - Huddle – gathering place
 - Apples – stand
 - Oranges – sit
 - Bananas – scatter
 - Hawaii – lay down & relax
 - FYI...Research shows that if you talk to your students MORE than 90 seconds at any one time, you start to lose them! Get them moving!
 - Teaching Tip: Use a stop watch to time all of your activities instead of assigning a set number of repetitions.

2. “Quick Hands” (Hands always start one on each side of the head)
 - Part 1: Hands go straight down and touch the knees, then come back up to the head.
 - Part 2: Right hand to left knee and back to side of head.
 - Part 3: Left hand to right knee and back to side of head.
 - Part 4: Both hands to opposite knees and back to head.
 - Part 5: Clap, touch knees, then back to head.
 - Part 6: Clap, touch knees, clap, then back to head.
 - Part 7: Clap under right knee, then back to head.
 - Part 8: Clap under left knee, then back to head.
 - Part 9: Clap, then clap under right knee, then back to head.
 - Part 10: Clap, then clap under left knee, then back to head.

3. “Quick Hands with Equipment” (Partners with one bean bag OR mini-critter)
 - Part 1: “Hand-over-Hand Drill”....Partner A is the “dropper” and Partner B is the “catcher.” The “catcher” has one hand, palm-down, with arm extended at waist height. The “dropper” holds the object underneath the “catcher’s” extended hand and gives the cue “ready,” then drops the object. Hands cannot touch.
 - Part 2: “Double Hand-over-Hand Drill...”Catcher” uses both hands at the same time, shoulder width apart. The “dropper” will have an object in each hand and will drop them at the same time, following the “ready” cue. (Do NOT say “go” after “ready.”)

4. “Quick Feet” (Each person with a poly spot)

All drills are for a set time. Start at 10 seconds and lengthen time as students become more conditioned.

 - Part 1: “Skier” Feet together, stand next to spot. Jump sideways on to the spot; jump back to starting position.
 - Part 2: “Bell” Feet together, stand behind spot. Jump forward on to the spot; jump backward to starting position.
 - Part 3: “Double Skier” Feet together, stand next to spot. Jump sideways on to the spot; jump sideways to the far side of the spot; jump back on to the spot; jump back to starting position.

Part 4: “Double Bell” Feet together, stand behind spot. Jump forward on to the spot; jump forward to the far side; jump backward on to the spot, then jump backward to starting position.

Part 5: “Stepper” Feet together, stand behind spot. One foot steps on to the spot, followed by the second foot on to the spot. First steps back off the spot; second foot steps back of the spot to the starting position. (up-up-down-down)

Part 6: “Double Stepper” Feet together, stand behind spot. One foot steps on to the spot, followed by the second foot on to the spot. First steps forward (to the far side); second foot follows to the far side. Repeat moving feet backward. (up-up-up-up-down-down-down-down)

Part 7: “Switches” Start with one foot on the spot and the other foot off the spot. Jump and switch feet. One foot is always on the spot.

Part 8: “Sideways Stepper” Feet together, stand by the spot. Inside foot steps on to the spot, followed by the outside on to the spot. Both feet are now on the spot at the same time. First foot steps off to the far side, followed by the second foot. Repeat back toward starting position. (on-on-over-over-on-on-over-over)

Part 9: Perform above drills on one foot only. Try one drill on the dominant foot, followed by the non-dominant foot. Compare and contrast scores.

Part 10: Perform above drills (Part 1-8) in push-up position, moving hands instead of the feet.

5. Toss & Catching World’s Records (in partners)

(The official World’s Record is 10 catches in 4.62 seconds, tossers standing 5 feet apart)

- Add a mental skill (reciting the alphabet, counting, or multiplication tables) to tossing & catching
- Work on balance by standing on one leg while tossing & catching (Balance World Record is 20 min., 07 seconds with eyes CLOSED! WOW!)
- Pepper....each person with an object; perform a push-pass so objects pass side-by-side at the same time
- Three Person Pepper....Isosceles triangle; 2 objects.
- Three Person Pepper....Straight line formation; 2 objects. Person in middle performs a jump-turn.
- Mental Challenges
 - While performing a physical task such as any of the tossing & catching drills, attempt to verbalize any of these suggested tasks (alphabet, multiplication tables, count backward from 100 by 1’s, by 2’s, by 3’s, etc, younger students sing a song such as “Twinkle, Twinkle Little Star” or “Row, Row, Row Your Boat (in the round), Teacher calls out numbers & have students add/subtract them, etc.)

6. Co-operative Activities

- Up ‘n At’em – Partner ball push-up
- Partner Ball Carries
 - Part 1 –same body parts touching the ball
 - Part 2 – different body parts touching the ball
- Crazy Critter Catching – groups of 3; one tosser, two catchers

7. Continuous Formation Drills (groups of 3)

- Basketball passing
- No bounce rolling
- Octopus bowling
- Back-off bowling
- Back-off throwing
- Soccer kicking with deck tennis ring
- Z-Ball – 1 bounce grounder
- Z-Ball – 1 bounce grounder with retriever facing AWAY from tosser

8. Running Man

- Overhand grip
- Underhand grip
- Partner mixed grip (one over and one under)
- Partners one handed (one over, one under / inside arm or outside arm)
- Balancing on one leg
- Race – one side rolled all the way up in starting position

9. Parachute Activities

- Parachute and numbered octopus
Part 1. Catcher catches flipped octopus by one leg. Team scores the number of points from that particular leg
Part 2. Catcher catches 2 legs (one each hand) and adds (subtracts or multiplies) the total for the team score
- Parachute and numbered worm
Part 1 – catcher catches worm one handed & team scores the number of points where worm is caught (BONUS: head only caught is worth 10 points)
Part 2- two worms for one catcher. Catch a worm in EACH hand and score total points for the team (optional: add, subtract, multiplication)
- Parachute with Foxtail
Part 1 – catcher catches Foxtail and team scores number of points from the particular area caught
Part 2 – student with paddle strikes the Foxtail to a catcher and team scores that number of points indicated from the area caught.
- Parachute with Jumbo Football
Part 1 - Catcher (quarterback) calls signals “ready, down, HIKE!”
Part 2 – A hula hoop holder (goal post) stands between the parachute and the quarterback. Quarterback calls signals and the football must go through the hoop and be caught by the quarterback for the team to score.

10. Camouflage Fitness

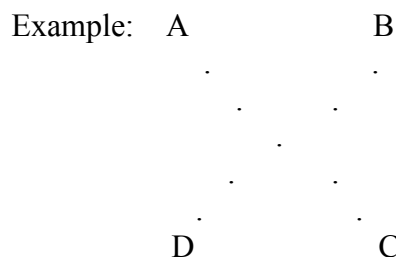
- Magic Hoop Push-Ups – Partners with one hoop; 1 partner in push-up position.
Part 1. Pass hoop hands then feet.
Part 2. Pass hoop feet then hands.
Part 3. Pass hoop hands then feet, then partners switch places
- Scarf Toss Back-Off
Part 1. Partners, each with a scarf, toss their scarf and trade places with each other and catch their partner's scarf. If successful, back-off.
Part 2. Same procedure of tossing and trading places, but on the way across, each partner picks up their "critter," then catches the scarf. If successful, back-off. (Option: Challenge your students by substituting a smaller object such as a bean bag or noodle "slice" instead of the "critter.")

11. Let It Fly – groups of 2 or 4.

- Part 1. Round ball on net. Flip up, let bounce on floor, then catch on net.
- Part 2. Substitute a critter for the ball. Flip critter and catch with no bounce.
- Part 3. Two groups needed / net for each group / 1 shared ball. 1 group flips the ball up, it bounces, then is caught by other group.
- Part 4. Two groups / net for each group / 1 shared ball. This activity will travel across the activity area. Leap frog: The first group flipping the ball, advances to the far side of the catching group. (under, over, or around) The first flippers then become the new catching group.

12. Cow Jumped Through the Moon – Groups of 4 / 1 hula hoop / 1 rubber cow

To begin, each group of 4 stands in a square formation....corner A, corner B, corner C, and corner D. Two students are the hoop tossers facing each other, standing on corners A and C. The other 2 students are the cow throwers, also facing each other, standing on corners B and D.



Hoop is tossed up and over, like the moon rising and setting.

When the hoop is up, the cow is thrown through the hoop.

Switch hoop tossers and cow throwers after set time. The group is successful if the cow goes through the hoop and is caught.

13. Tip Drill – Groups of 3 to 6 / 1 ball

Person with ball tosses ball high to second person, who tips ball up & backward over their head to the 3rd person, who catches the ball, runs to the front and starts the procedure over. The sequence is.... toss, tip, catch. Every time you add more people to your group, you have more tips (Example: with 5 students it would be toss, tip, tip, tip, catch, run to front and start again).

14. Dice (D-12s or D-6) – Partners / 1 dice

- Math tossing and catching-every time the dice is caught, your team (you and partner), score the amount of points your right thumb is on (change fingers as you want).
- Soccer passing/Foot trapping – same procedure as above math drill, but points scored where your partner foot traps the dice.

15. Juggling Scarves

- Toss high/catch low
- Toss high/how many claps/catch low
- Scarf tossing with clapping tricks such as ½ jacks, pop-up push-ups, etc.
- Scarf back-off with partner.....each partner picks up a critter or bean bag in middle
- Scarf back-off with partner.....add basketball dribbling
- Individual with a scarf & basketball...toss scarf with 1 hand while dribbling with the other
- Scarf juggling while in the crab walk position (or other appropriate animal walk positions)
- Cooperative scarf juggling with a partner...stand shoulder to shoulder and use outside hands only to cooperatively juggle the scarf(ves).

16. Deck Tennis Rings (DTR)

- Soccer Drills....use deck tennis rings as indoor soccer balls
 1. Tunnels....1/2 class with DTR; the other ½ scattered around activity area with their feet spread wide to form tunnels. How many different tunnels can the dribblers go through in a set amount of time?
 2. Close the Tunnels....1/2 class with DTR; ½ class as tunnels. Dribblers attempt to close the tunnels as quickly as possible. A tunnel closes when 5 different rings have gone through that tunnel.
- * Toss & Catch Drills (each person has a DTR)
 1. Bull's Eye....Toss the ring with 1 hand; as it comes down, the other hand quickly goes through the ring. How far can you get your hand AND arm through the ring?
 2. Horse Shoes....Standing, drop the DTR with your hands extended in front. Extend 1 leg, as in punting, and catch it with the toes. Repeat with opposite leg.

17. Novel Challenges

- 1 Hand Day....how many different activities can you perform with just 1 hand?
- Dominant Hand Day / Non-Dominant Hand Day
- Backward Day....how many different activities can you perform backward?

- Create a Game Day...bring out all of your equipment; divide class into small groups (4-6); each group creates a game. Now it's "show & tell time" and everyone plays each group's game.

For MORE activities, go to www.usgames.com On the home page, click on "John Thomson Workshops." It may take a couple of minutes to open the file.