

Waves of New Ideas

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This high-energy session features the New Socci Games in a thematic ocean unit. Here you will see some traditional games with a totally different concept. The thematic units are designed to help students make the necessary academic connections from the classroom to the gym. These thematic units give students the opportunity to experience motivating activities that promote teamwork, increase students' skill in eye-hand and eye foot coordination, while integrating music, language art and art into the physical education setting.

Students started by reading books on ocean life in their classrooms. Each individual then had an art and craft lesson where they made sea life animals, which was directed by the classroom teacher. In the gym, students listen to such songs as, Down By The Bay. The song has animal moves, for example, "Have you ever seen a frog walking his dog"? Each child began to move, their own way, as if they were frogs, walking their dogs.

Next, we implemented these concepts into activity stations promoting cardiorespiratory fitness; identifying the FITT guidelines for children 5 to 12. I have found that students benefit when given a variety of modalities that reach their strength, often noted as (Learning Styles)!

Some of the highlights will be:

(Thematic Socci Games)

- Volleyball with Ollie, the Octopus & Stella, the Star
- Team handball
- Stop Ball
- Lacrosse
- Frisbee Golf

(Thematic Stations)

- Octopus' Garden, Octopus toss
- Scooters (Yellow Submarine)
- Tinikling (Wave jumping)
- Bowling (Penguin Bowling)
- Go Fishing (Fish for your exercise)

Thematic Games:

Volleyball with Ollie the octopus & Stella the Star

Equipment: Four mini parachutes, Ollie the Octopus, Stella the Star, two Socci Goals and a few poly spots.

Each team has two parachutes, one team has Ollie and a Socci Goal, the other team has Sella and a Socci Goal. Each team will try to pass their Sea Animal at the poly spot, (pond) to their teammates by lifting the parachute up and tossing their Sea Animal in the air to their teammate's parachute. The team that passes their Sea Animal at each spot, (pond) and lands their Sea Animal in the Grab Pot, (Socci Goal) first, wins a point!

Each team must have a minimum of three successful passes before their team can score their Sea Animal into the socci goal, (Crab Pot).

Tips:

- Stress cooperation and communication
- Stress high passes
- Pass at the poly spots
- Spread the poly spots out

Thematic Socci Team Handball

Thematic Socci Team Handball is similar to basketball, only the players must pass the Penguin or Octopus down the court to at least three different players. A player is allowed to take one step and must pass the sea animal after three seconds. A goal is made when the penguin or octopus lands inside the Socci goal. A goalie player is optional. (***APE Modify***), have players move on scooters.

Stress:

- Throwing with opposition
- (Offense) Passing to different players
- (Defense) Hands up and move around the court

Thematic Socci Stop Ball

1. The runner throws the crab out into the field and runs around the bases and stops when they hear the word "CRAB POT".
2. After the crab is caught, by an outfield player, all the outfielders will line up behind the player with the crab.
3. Outfield players will pass the crab over one player's head and under the next player's legs until the crab gets to the last player in line.
4. The last player in line with the crab will throw it into the crab pot, "Socci Net". The outfield team then yells, "CRAB POT"!
5. A point is given to the team with the runner for every base that is touched.

Thematic Socci Lacrosse

Socci Lacrosse has similar rules to the basic Lacrosse or STXball.

1. Using the lacrosse stick, the crab has to be passed successfully to three different players on the same team before a scored can be made. A point is scored when the crab is thrown into the crab pot, (Socci goal).
2. It is a non-contact sport.
3. Goalies are optional.

Tips:

- Stress cooperation and communication
- Stress high passes
- Pass at the poly spots
- Spread the poly spots out

Frisbee Golf

Frisbee Golf is similar to team handball. The players must toss the Frisbee successfully to three different teammates before it can be scored in the Socci Goal.

Stress:

- (Offense) Throwing to different players
- (Defense) Hands up and move around the court
- Correct throwing techniques

Thematic Stations:

Students rotate to the various stations. When the music is on the students are active in their station. When the music is off, students stop, listen for direction and rotate. Thematic music: Yellow Submarine, Down by the Bay, Octopus's Garden and more!

- Octopus' Garden, Octopus toss

Students stand at their fishing hole, (poly spot) and throw their Octopus into the crab pot.

Tips:

- Stress proper throwing technique
- Move the poly spots around to vary the distance to the socci goal.

Scooters (Yellow Submarine)

Students get in their submarine bases, (squads). Each student will move on their yellow submarine, (scooters) to the fishing hole, (poly spot) in front of their squad. Student will get out of their submarine, (scooter) and stand on their fishing hole, (poly spot) and throw a piece of fish into the crab pot, (Socci Goal).

Tips:

- Stress proper throwing technique
- Change the variety of fish
- When fishing hole is empty, the teacher will have the students count all the fish.
- Compare and contrast, Example: How many of each fish? Which fishing hole had more of a variety of fish, etc?

Tinikling

Tinikling is one of the best rhythm games, an offshoot of the Filipino dances. It is excellent for improving coordination and timing. I attached ocean waves made out of paper to the tinikling sticks. The students jump in and out of the waves.

Penguin Bowling

Students roll a bowling ball and try to knock down rubber penguins. The penguins replaced the traditional bowling pins.

Go Fishing for your Exercise

Using the Socci Goals, students will put their fishing rod into the Socci Goal and hook up a fish. The fishing hook and fish both have a magnet. On the other side of the fish are names and pictures of exercises. Example: Jumping Jacks.

Tips:

- Spread out poly spots for an area for students to have their own personal space.
- Students can make their own fish and write up their own exercise.
- Fishing rods can be made from a variety of materials: Bamboo, sticks