



CCEPE 2013

John L. Smith

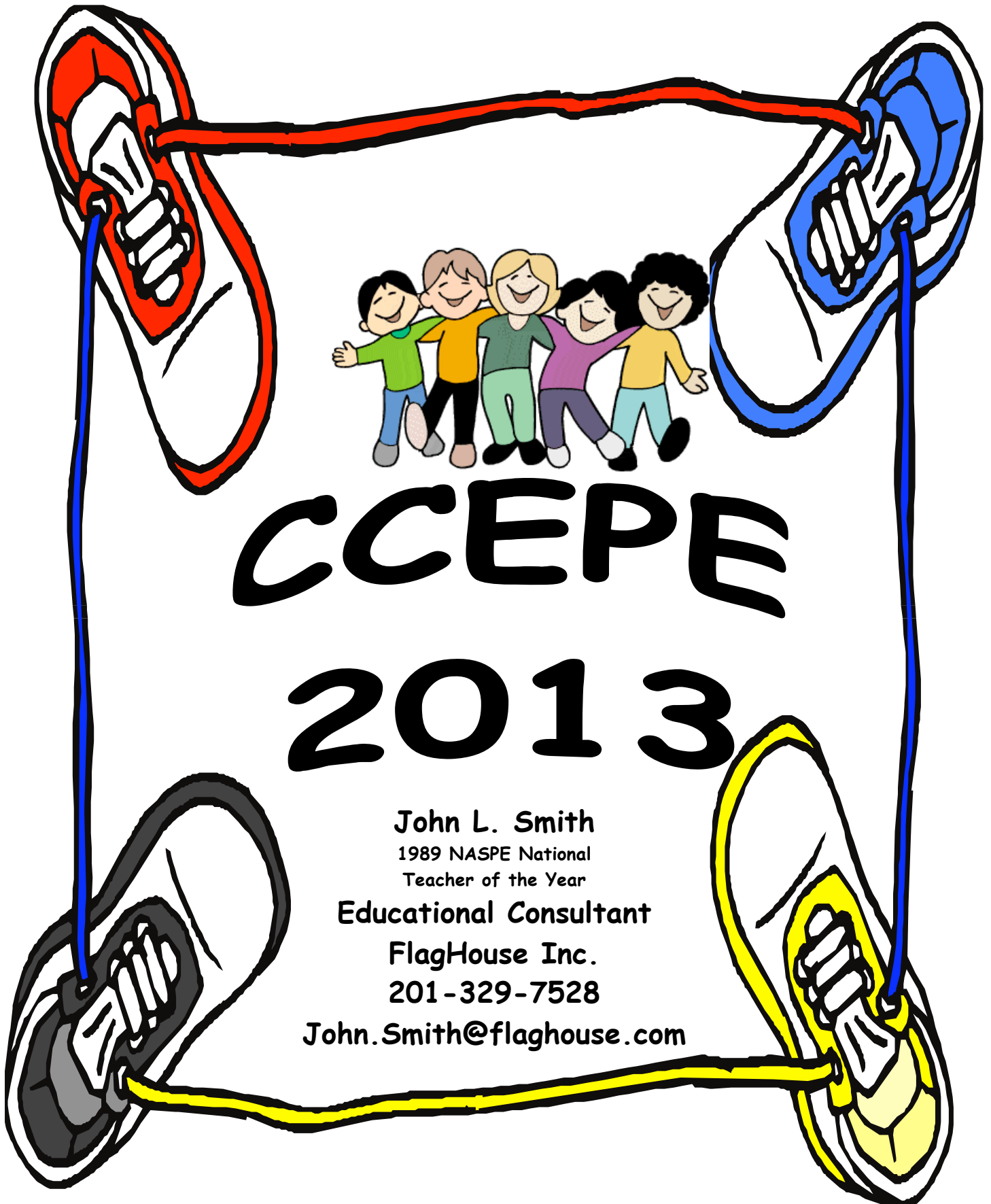
1989 NASPE National
Teacher of the Year

Educational Consultant

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January 2013

2013 CCEPE Participants,

Thank you for inviting me to present at the 2013 CCEPE Oregon Workshop. I am excited to be part of your pursuit of health, fitness, physical activity and life long activity for our nation's youth. You have a big task and you should know that you are not in this alone.

After 40 years of teaching in a K-8 school, I have taken the awesome position as educational consultant for FlagHouse, one of the nations leading distributors of excellent fitness and physical education equipment. It is now my quest to present the best lessons and workshops using the best equipment so that teachers and movement professionals all have the tools to make our youth active, healthy and productive.

Hopefully this handout will give you the outline of the activities and a brief description of each. There are probably several activities that I will not get to and others that I do that are not in this handout. Please contact me at FlagHouse for more information and more activities.

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There are several resources on the FlagHouse site that might help you.

Check out:

- FlagHouse.com for
 - Free Activity Guides
 - Game Rules
 - **The New “Play Well With Others...Be Active Against Bullying!” National Anti-Bullying Awareness Program partnered with NASPE**

Please feel free to contact FlagHouse for all your physical education needs. There is a 10%-20% discount good till the end of the March. Use the code “**workshops**” to receive your discount.

Best wishes and have a great year.

John L. Smith

FlagHouse Educational Consultant

1989 NASPE National Teacher of the Year

2005 National High School Basketball Coach of the Year

It's the Little Things That Count! Small Equipment = BIG Results

John L. Smith,
1989 NASPE Teacher of the Year
Educational Consultant
FlagHouse Inc.

Topics:

- Warm-ups with Pizzas
 - Partner Stretching
 - Tossing
 - Noodle Bits
 - Popping
 - Catching
 - Balancing
 - Fitness
 - Minute to Win It with Buckets
 - Fitness with Shaker Sticks
 - Shaking
 - Stretching
 - Toning
 - Balancing
 - Jumping
 - Quick Feet
 - Timer Tops and Movement Experiences
 - Thera Bands and Half Noodle Upper Body Fitness
 - Routines to music
 - Upper Body Fitness
 - Blasters
 - Foam Reaction Balls
- Music: Pizza Passing

FLAGHOUSE

Passing Pizza Stretching Routines

**Pizzas from Flaghouse Inc. (#10465)
Partners Standing Back to Back**

1. Over and Under Pizza Pass
2. Reverse Over and Under
3. Side to side Pizza Passing
4. Reverse Side to Side Pizza Passing
5. Figure 8 Side to Side Pizza Passing
6. Reverse Side to Side Figure 8 Pizza Passing
7. Extended (step away from partner) Side to Side Figure 8 Pizza Passing
8. Over the Shoulder Pizza Passing
9. One Hand Side to Side Pizza Passing
10. One Hand Opposite Side Pizza Passing

Group Pizza Passing Activities

1. In a row of 3 or more pizza passers, pass the pizzas over heads to the end of the
2. Pass the pizzas through the legs to the end of the line
3. Alternate over and under to the end
4. Pass the pizzas along the right side and back down the left side
5. Pass alternating right and left side, weaving the line
6. Pass the pizza down the line and get to the end before the pizza gets there
7. Pass 2 pizzas over the shoulders at the same time, one down the right and one down the left
8. Pass 2 pizzas along the hips, both at the same time, one down the right and one down the left
9. With each person alternating facing front and back, pass the pizzas down the line alternating over and under
10. Pass several pizzas down the line using your elbows

Pizza Tossing and Pizza Penguin Golf

Spinning Tops Activities

Timer Tops from Flaghouse: 14191

“It’s the Kids That Count!” Spinning Tops (John Smith)

These activities can be done individually or with partners.

Spin the top and:

- Do sit-ups until it stops**
- Do pushups until it stops**
- Do jumping jacks until it stops**
- Hold a stretch until it stops**
- Jog around until it stops**
- Toss and catch a ball until it stops**
- Dribble a ball until it stops**
- Hold a balance until it stops**
- Hop on 1 foot until it stops**
- Line jumps until it stops**

**Spinning Tops
Can You?**

Individually or as a group.....

1. Touch the middle of all 4 walls before the top stops
2. Skip around the perimeter of the room before the top stops
3. Touch all 4 room corners using a different locomotor skill going to each corner before the top stops (run, skip, gallop, hop, slide)
4. Shake hands with 20 people before the top stops
5. Touch North, South, East and West then South, East, North and West before the top stops
6. Travel to each room door using a different direction (forward, backward, sideways) before the top stops
7. Travel to each corner of the room using a different pathway (straight, curve or zig-zag) before the top stops
8. Skip the length of the room forward, backward and sideways before the top stops
9. Do 10 sit-ups, 10 pushups and 10 jumping jacks before the top stops
10. Circle 10 different people before the top stops

**Spinning Tops
Bouncing Ball Activities**

Spin the top and see how many times you can do bouncing ball challenge #1 before the top stops. Then try each activity for one spin of the top each.

Spin the top and:

1. Dribble the ball with your best hand
2. Dribble the ball with your other hand
3. Dribble the ball switching hands
4. Dribble the ball changing levels of the dribble
5. Dribble the ball while jogging
6. Dribble the ball as low as you can
7. Dribble the ball while moving sideways right and left
8. Dribble the ball around your body
9. Dribble the ball between your legs
10. Dribble the ball in a creative routine

**Spinning Tops
Balloon Skill Activities**

Spin the top and see if you can do the following balloon skills until the top stops. Then try each activity for one spin of the top each.

Spin the top and:

1. Keep the balloon up in the air with your hands
2. Tap the balloon between your hands
3. Tap the balloon up with your 10 fingers
4. Keep the balloon up using your elbows
5. Keep the balloon up using your head
6. Kick the balloon up in the air
7. Toss the balloon up and jump up and catch it
8. Keep the balloon up with your hands while moving forward and backward
9. Keep the balloon up using different body parts on each hit
10. Hit the balloon up and do pushups until it comes

John L. Smith, 1989 NASPE/COPEC National TOY
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DYN-O-MITES For Kids

The DYN-O-MITES for kids program was developed by John L. Smith. This explosive program is designed to be used in the gymnasium as well as the classroom. Very little space or equipment is needed to integrate this program right into your school's physical education curriculum. The objectives of the program are:

1. Increase the muscle strength of the students
2. Increase muscle endurance of the students
3. Add more rhythms and dance to the physical education curriculum
4. Improve the flexibility of the students
5. Enhance the overall fitness of the students.

For more information and The Dynamites Booklet containing over 20 routines, contact John Smith
Equipment used: Rep Bands (Latex Free from Flaghouse #30698)

EYE OF THE TIGER - ROCKY 2

Starting position: kneeling

Introduction: Front pulls to the beat

Part 1 Dynaband held vertical right hand up

16 pulls vertical right hand up, 16 pulls vertical left hand up, 32 front pulls

Part 2: Dynaband behind the back for front push outs

8 pushes right hand, 8 pushes left hand, 8 pushes both hands

Part 3: Dynabands under one or both knees

8 right hand curls, 8 left hand curls, 16 2 hand curls

Finish: Front pulls to the beat holding the end beat.

Soul Man

The Blues Brothers Dynamite Routine

By John L. Smith, Ho-Ho-Kus Public School, Ho-Ho-Kus NJ 07432

Introduction: Expanding front pulls

- 8 Front Pulls
 - 8/8 Right/Left Diagonal Pulls
 - 4 Big Front Pulls on "Soul Man" with quick pulls on beats
 - 4/4/4/4 Right/Left Diagonal Pulls
 - 4 Big Front Pulls on "Soul Man" with quick pulls on beats
 - 2/2/2/2/2/2/2/2 Right/Left Diagonal Pulls
 - 4 Big Front Pulls on "Soul Man" with quick pulls on beats
 - 16 Alternating Right/Left Diagonal Pulls
 - 2 Front Expanding Pulls on "YEAH!"
 - 4 Soul Man Over Head Pulls
- Above the Head Pulls*
- 24 Front Pulls
 - 1 Long Ending Pull



Noodle Bits

by Flaghouse #15869

Body Balance

Teams of 2 or 3 players try to balance noodle nuggets on a teammate. Using a circle formation, one partner runs out to the nugget pile and selects 1 nugget to bring back to balance on his teammate (waist and higher). Then returns to the pile to select another to bring back and continues this until the nuggets fall off the teammate. Then they switch jobs and start over.

Weight Lifting with Noodle Nuggets

Teams of 2 or 3 balance nuggets on teammate's hands that are held up in an up ward pushing form. Start with balancing only on one hand and then progress to both hands. Runner goes the nugget pile and select 1 nugget to bring back and balance on the weight lifter. As soon as the nuggets fall the next weight lifter takes the balance position and the activity resumes.

Whopper or Big Mac?

Teams of 2 or 3 players try to make the biggest burger by going to the nugget pile and selecting a nugget to bring back to the burger. The nuggets are placed between one teammate's hands and then another nugget is selected. This continues until the burger is so big that it explodes and the team has to start over with a new burger holder.

Noodle Poppers

These are 1/2 of a 1-2 inch slice of a water noodle.

Popper Activities:

1. Best hand Pop and Catch
2. Other hand Pop and Catch
3. Switching hands Pop and Catch
4. 2 Hand Pop and Catch
5. 2 hand Switching Hands Pop and Catch
6. Pop, Create and Catch: Pop, clap and catch or Pop touch and catch
7. Behind the back pop and catch
8. Under the leg pop and catch
9. Pop one popper with a partner
10. Pop one popper with a partner switching hands
11. Each partner pop 1 to a partner
12. Pop 2 to a partner:
13. Pop 2 to a partner catching in opposite hands
14. Pop 4 with a partner
15. Quick Draw Pop and Catch

Over, Under, Around and Through

A creative movement and fitness activity!

In groups of 3 people, with 2 of the 3 holding hands or wrists, person #3 is the runner. On the signal, the runner:

1. Over the partner's joined hands, runs around the partners, goes under the joined hands, runs around and then steps through the joined hands. The runner must start and end in the same spot. This continues until runners 2 and 1 have finished.
2. Change the order of runners
3. Double the number for each runner
4. Scramble the order (Around, under, over, through)
5. Hold up task cards
6. Rotate the task cards
7. Enter and exit on either side
8. Create the fastest pattern using all the movements
9. Challenge another group
10. Challenge the whole class

Balloon Activities

1. Keep it up with your hand
2. Keep it up with the back of your hand
3. Keep it up with your elbow
4. Keep it up with your shoulder
5. Keep it up with your foot
6. Keep it up with your thumb
7. Keep it up with your head
8. Keep it up with your nose
9. Keep it up with your pinky
10. Keep it up with your knees
11. Keep it up with your fist
12. Keep it up with your arms
13. Hit the balloon as high as you can
14. Hit the balloon as far as you can

Moving and Striking:

1. Walk across the room and keep the balloon up
2. Walk across the room keep the balloon up switching hands
3. Skip and keep balloon up
4. Move backwards and keep balloon up

Partner Activities: (sitting or standing)

1. Hit the balloon back and forth with hands
2. Hit the balloon back and forth with arms
3. Keep 2 balloons up switching balloons each hit

Catching skills:

1. Catch it high
2. Catch it low
3. Clap and catch
4. Turn around and catch
5. Catch it behind you

Number Junior Spots

Walking

- Stepping with right foot
- Stepping with left foot
- Stepping alternating right and left foot
- Double stepping
- Stepping over with right foot
- Stepping over with left foot
-

Little Shaker

Product #15871

Routines:

Whole Lot of Shakin' Goin' On

I Like to Move It

Shake Rattle and Roll

All Shook Up!

Little Shaker Movements

1. **Vertical Right Hand – Front to Back**
2. **Vertical Left Hand – Front to Back**
3. **Vertical Right Hand – Side to Side**
4. **Vertical Left Hand – Side to Side**
5. **Vertical Right Hand – Circular Clockwise**
6. **Vertical Left Hand – Circular Counter Clockwise**
7. **Vertical 2 Hands – Side to Side**
8. **Vertical 2 Hands – Front to Back**
9. **Vertical 2 Hands – Circular Pattern**
10. **Horizontal Right Hand – Palm Up – Up and Down**
11. **Horizontal Left Hand – Palm Up – Up and Down**
12. **Horizontal Right Hand – Palm Up – Front to Back**
13. **Horizontal Left Hand – Palm Up – Front to Back**
14. **Horizontal Right Hand – Palm Down – Up and Down**
15. **Horizontal Left Hand – Palm Down – Up and Down**
16. **Horizontal Right Hand – Palm Up – Front to Back**
17. **Horizontal Left Hand – Palm Up – Front to Back**
18. **Horizontal Right Hand – At Your Side – Up and Down**
19. **Horizontal Left Hand - At Your Side – Up and Down**
20. **Horizontal Right Hand – At Your Side – Side to Side**
21. **Horizontal Left Hand - At Your Side – Side to Side**
22. **Horizontal Right Hand – Front Circular – Palm Up**
23. **Horizontal Left Hand – Front Circular – Palm Down**
24. **Horizontal 2 Hands – Up and Down**
25. **Horizontal 2 Hands – Front and Back**
26. **Horizontal 2 Hands – Circular Pattern**
27. **Holding One End and Wiggling Vertical**
28. **Holding One End and Wiggling Horizontal**

Jumping the Shaker Sticks

1. **Vertical**
2. **Hurdling**
3. **Long Jumps**
4. **Consecutive Jumping**
5. **Group Jumping-synchronized**

Balancing the Shaker Sticks

1. **Vertical on hand**
2. **Horizontal on hand**
3. **Horizontal on head**
4. **Vertical in fingers**
5. **Horizontal on thigh**

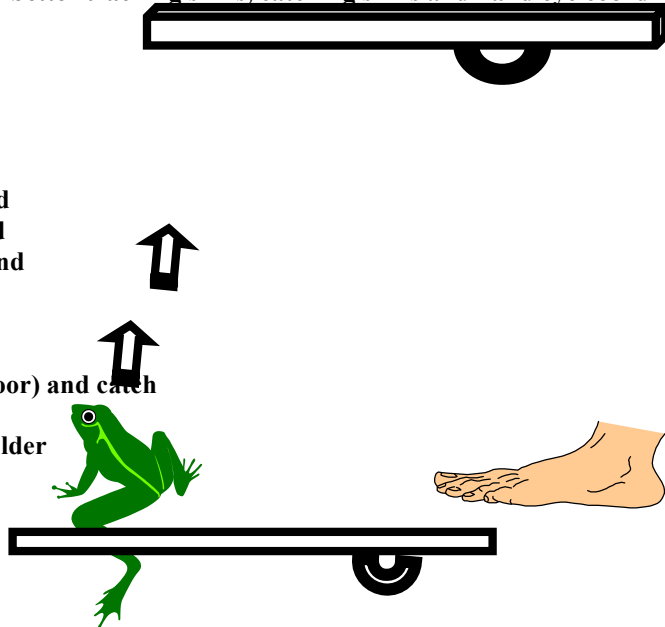
Blasters Stompers and Foot Launchers

These 2' by 6" pieces of 1" wood are the key to many fun and creative catching and moving experiences. The ½ wooden dowel on the bottom causes a lever effected launch of the object when a foot is directed down on the short side. In other words, it blasts off and that's where the fun begins. Different types and styles of catches of the objects (bean bags, balls, chickens or what ever else you can find) excite the students into better tracking skills, catching skills and hand eye coordination.

1.

Stomping and Catching

1. stomp with best foot – catch with 2 hands
2. stomp with other foot – catch with 2 hands
3. stomp with best foot – catch with best hand
4. stomp with other foot – catch with best hand
5. stomp with best foot - catch with other hand
6. stomp with other foot – catch with other hand
7. stomp with best foot – 180 turn and catch
8. stomp with other foot – 180 turn and catch
9. stomp and 360 turn and catch
10. stomp, do a trick (clap, touch nose, touch floor) and catch
11. stomp do 2 or more tricks and catch
12. stomp with the heel and catch over the shoulder
13. stomp 2 objects and catch both
14. stomp 2 objects, turn and catch
15. stomp 2 objects 360 and catch
16. heel stomp 2 and catch



Partner Stomping and Catching

1. partner stomp and other partner catch
2. partner stomp, other partner trick and catch
3. partner stomp and catch, other partner stomp and catch – continue # of catches
4. partner stomp 2 objects and other partner catch both
5. partner stomp 2 objects and each catch one
6. each partner stomp and catch each others object
7. each partner heel stomp and catch the others

Stomping and Striking

1. stomp a strikeable object (ball, bean beg) with right foot and strike with left hand
2. stomp with left foot and strike with left
3. stomp with right and back hand strike with right hand
4. stomp with left and back hand strike with left
5. stomp and strike (with bat, racquet, stick) all of the above challenges

Activities with Half Noodles

- **Up and down: sit and stand**
- **Half up and down**
- **Half group moving – half still**
- **Fast slow up and down**
- **Slow fast any movements**
- **Arm movements like jet wings**
 - **Up and down**
 - **YMCA**
 - **Claps**
 - **Fancy movements: wiggles, shapes**
 - **Up and down both arms front**
 - **Up and down side**
 - **Alternating up and down**
 - **Circles**
 - **Side**
 - **Side alternating**
 - **Backward side**
 - **Claps in front**
 - **Claps front and back**
 - **Hand Jive**
 - **YMCA**
 - **Macarena**
 -
- **Legs**
 - **Side to side: slide**
 - **Side to side walking**
 - **Walking forward**
 - **Walking backwards**
- **Body Movements**
 - **Lean left and right**
 - **Bend forward**
 - **Bend sideways**
 - **Bend backwards**
 - **Twist**
 - **Balance on one leg (**
 - **Scale Balance**
 - **Turning around**
 - **Turning and moving**
 - **Switching places**
 - **Bouncing**
 - **Jumping**
 - **Running in place**
 - **Marching**
 - **The Wave**
 - **Criss Cross Legs**
 - **Jogging**
 - **Head movements**
 - **Hopping**
- **Blinking eyes (lights on and off)**
- **Dance movements**
 - **Disco**
 - **Sprinkler**
 - **Shopping cart**
 - **Car wash**
-
- **Different groups doing different movement with different hand signals**
- **Sports movements**
 - **Basketball sliding**
 - **Soccer kick and goal**
 - **Tennis**
 - **Fitness:**
 - **Sit-ups with arms crossed**
 - **Jumping jacks**
- **Moving to next activity**
- **Stopping (X)**
- **Done (lights off)**

Eye of the Tiger



**Small Sided
Short Time Games
3 on 3 and 4 on 4
One Minute or Less!**

**Physical Education Activities
John L. Smith
Retired Physical Education Teacher
National Presenter
1989 NASPE National Teacher of the Year
Educational Consultant, FlagHouse Inc.**

This very active session will have participants involved in small-sided games with high-energy expenditure, total team involvement, tactical decision-making and opportunities to use skill and strategies. Small-sided games offer teachers and students time to develop team strategy meetings, fast restarts, offense and defense, and game skills. This is not your typical 3 on 3 all play at once games. These are the NJ Lake Conference evening event specials. Great for small areas with large groups!

Games to be offered:

Tchoukball
Team Handball
Volleyball
Floor Hockey
Soccer
Striker
Football
Noodle Hockey

Equipment used in session:

[Tchoukball Game \(Item #13022\)](#)
[TRIAL \(TREE-all\) Team Handball – 8" Dia. \(Item #18144\)](#)
[FLAGHOUSE Oversized Superlight Floater Volleyball - 10" dia \(Item #3849\)](#)
[FLAGHOUSE Softee Hockey Stick \(Item #1797\)](#)
[FLAGHOUSE Series Indoor Soccer Ball - #5 \(Item #1538\)](#)
[FLAGHOUSE Striker with 18" Cones \(Item #14203\)](#)
[CATCH® Football Set \(Item #11418\)](#)
[KEEPERS™ Adult No - Tie Pinnie Set \(Item #12518\)](#)
[PUGG Pop - Up - Goal™ \(#10429\)](#)

For more activity guides visit [Flaghouse.com/activityguides](https://www.flaghouse.com/activityguides)

Small Sided Short Timed Games
3 on 3 and 4 on 4
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Soccer:

This game is played on half or full in-door basketball court with the end walls (height and width adjusted appropriate to age and skill level) as the goals. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.

Equipment: Indoor Soccer Ball, NO-Tie Pinnies, and Cones

Team Handball (Ultimate rules applied)

Two teams play each other on a small team handball court* using Pugg goals as the goals and Ultimate Frisbee rules as guides (no moving when ball is in your hand). A goalie and the defenders can defend the goal area but the offense may not go into the goal area to shoot, retrieve a ball or pass. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.

Equipment: Team Handball, Dino Skin Ball, Pugg Goals, Tape, Pinnies, Trial Ball #1

Floor Hockey

Two teams play floor hockey (no checking, no contact, no goalies) on half or full basketball court. The goal is the end of the court two feet high. Penalties are assessed for high sticks, checking and any other rules you may want to enforce. A penalty puts the player out of that game but may return when their team wins or proceeds through the strategy line to their next game. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.

Equipment: Foam Hockey Sticks, Foam Ball, Pinnies, Cones

Volleyball

Two teams (3 on 3 or 4 on 4) play vs each other in a game in which 3 points wins the game. The winning team stays and the second place team moves to the strategy line. Net and court size are based on skill, age and available room.

Equipment: Floater Volleyball, Nets, Beach ball

Tchoukball

This new and exciting game of passing, throwing and catching challenges all levels of players into thinking new strategies and teamwork. A team scores a point when it throws the ball against either Tchouk and the opposing team does NOT catch it. In the small area games it is best to use Ultimate rules of no dribbling. There is NO DEFENSE on the passing or shooting. The only defense is to catch the ball that is thrown against the Tchouk before it touches the ground outside of the circle. An offensive player may not enter the Tchouk circle to throw a ball. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.

Equipment: Tchoukball goals, team handball type ball, pinnies, floor tape

Striker

Two teams of 3 play together in this striking game, defending their goals while working as a team to score a goal by striking the ball with their hands so it goes under the goal flags of their opponents.

Equipment: Striker goal flags, Dino skin foam ball, cones

Noodle Hockey

Rotating teams of 3 on 3 or 4 on 4 complete in one goal wins games. Players hold noodles on the ends and hit the ball with the curved part of the noodle. The goals are at the ends of the playing area and are the width of the area so goals are scored quickly. The Team scoring the goal stays on the field and plays the new team entering the game. The new team takes the noodles from the team leaving the field and plays the ball first. If neither team scores a goal in 1 minute, both teams exit the field and two new teams enter and play the game.

Equipment needed: 8 water noodles (4 of each color), 7" Dino Skin Ball, 4 cones for goals

End Zone Football

Two teams of 3 or 4 players each compete in a quick passing only game of End Zone Football. The rules of “Ultimate Football” are used: no moving with the ball, ball is moved only by passing, scoring is a ball caught in the end zone, a dropped ball or incomplete pass gives the ball over to the other team.

Equipment needed: Foam football, cones for goals, pinnies,

There are some exciting additions to the games that can make the activities fun and creative for your students:

- Red and Yellow Cards
- Yellow penalty flags
- Red Challenge Flags
- Video Tape Review Area and Covers

60 Second Countdown Activities

Minute to Win It!

John L. Smith
1989 NASPE National TOY
Educational Consultant, FlagHouse Inc.

Individual Events

1. Noodle Bits Over the Head!

Each participant has 12 Noodle Bits and a Multi-Bucket. The challenge is to pop the Noodle Bit over your head and catch it in the bucket held behind your back. You have 60 seconds to catch 6 Noodle Bits in the bucket.

2. Roll 6

The objective is to roll 6 dice at the same time and have all of the numbers 1-6 showing. The participant holds 6 dice, and on the starting signal, rolls all 6 dice across the roll line. This continues until a roll shows all six numbers (1-6) on the same roll.

3. Blast Off

The objective is to heel blast 2 Tossler Scarves over your head and catch both scarves 3 different times. Place 2 Tossler Scarves on the Blaster, heel blast and catch both Tossler Scarves after they come over your head. This must be done 3 times in the 60 seconds.

4. Jump Rope Skills Challenge

The jumper must complete the following jumps without a mistake or stopping in the 60 seconds.

- 10 Forward Turning 2-Foot Jumps
- 10 Forward Turning Right foot Jumps
- 10 Forward Turning Left Foot Jumps
- 10 Backward Turning 2-Foot Jumps
- 10 Backward Turning Right Foot Jumps
- 10 Backward Turning Left Foot Jumps

5. Balloon Bop

The objective is to keep 3 balloons in the air for the 60 seconds. Participant starts by tossing 3 balloons in the air and then must keep them up in the air by striking them with different body parts for the 60 seconds. Any balloon that touches the floor, any other person, another object or is held is considered out of play.

6. Stacker Cups and Ping Pong Balls

The objective is to bounce and catch a ping-pong ball in a stacker cup and then add a cup on top of the ball in the cup and catch another ball in the new cup. This continues until 6 cups and 6 balls are caught in a stack. You may only hold the bottom cup.

7. Double Hula Hut

The objective is to build a double high hula hut in 60 seconds. The hula hut must consist of 11 hoops.

8. Let's Go Spinning

The participant must spin and keep spinning 6 hoops at the same time in a 15'x15' area in the 60 second time period.

Team Events

1. Pizza Flipping “Cheese Side Up!”

Each team member is given a pizza. The team flips the pizzas up in the air all at the same time and the pizzas must all land “Cheese Side Up!” on the floor. You have 60 seconds to accomplish this task.

2. Pedometer Fitness

Divide the team in 2 groups. Each group will do the pedometer fitness activity for 1 minute.

* Put pedometer on your belt. Reset pedometer to 0. When the time starts, move in place anyway you can to record as many “steps” as possible. Switch to the other group as quickly as possible. When each group has their minute done, write down your teams highest 3 scores + your lowest 3 scores to get a team total.

3. Dice Rolling

Divide your team into 3 lines. Each line has a die to roll out past the “Dice Line”. After your roll add the numbers, collect the die and bring it back to your line for the next 3 rollers. Your task is to roll the dice so that you score all of the numbers possible. 3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18. Your score is the total of the different numbers rolled but each roll total can only be counted once. Example: if a 12 is rolled with 4,4,4 and then again with 6,2,6 it only counts once.

4. Hula Hoop Spin Back

Each teammate has a hoop (or share with a teammate). When the minute starts, toss the hoop from your starting line out past the spin back line and spin it back to you past your start line. Only hoops that cross the spin back line and your toss line count as a point. Keep track of your points and add your individual scores together to get your team score. Write team score on score sheet.

7. Team Jump Rope

Divide your team into 2 equal teams. Select 2 turners for each team to turn the ropes for the rest of the team. When time starts, the turners turn the rope for their team trying to get as many consecutive jumps with the whole group at once as in the minute. Count your highest score and multiply it by the # of people that jumped. Then add your 2 team scores together to get your total team score to write down on the score sheet.

8. Multi-Bucket Stacker

Object is to build a tower of 16 Mulit-Buckets, one on top of the other. In this relay style event, the team starts with 18 buckets behind the start line and on the signal moves to the stacking area (10’-15’ away) 2 players at a time each carrying 2 buckets. The team continues this relay until a tower of 16 buckets is created. If the buckets fall, the team my use them to build again without returning them to the starting line.

9. Tchoukball Relay Toss

Divide your team into 2 parts so that one part starts their line tossing at one Tchouk and then goes to the end of the other Tchouk line while the other part tosses at the other Tchouk and then joins line #1. The next person in line will catch your toss! Count the catches made at each Tchouk and add them together for your team score to write on the score sheet.

10. Noodle Bit Popping

Select 4 bucket holders to catch the Noodle Bit Pops. All other teammates will stand outside a 10’ radius circle with the Noodle Bits. When the time starts, take several Noodle Bits and begin popping them into the buckets. Pop the Noodle Bits so that the catchers can catch them in the buckets. The team score is the total # of Noodle Bits caught in the buckets at the end of the minute. You may have a retriever to pick up the Noodle Bits that are not caught and bring them back out of the circle.

11. Timer Top Challenge

The objective it to have 20 Timer Tops spinning at the same time in 20 different places in the room for 10 seconds before the 60 seconds is over.

The Championship Minute to Win It!

Players will lie down on the floor and put Pedometers on the bottom of their feet. When the minute starts they will shake their feet as fast as possible to score as many “steps” as they can in the minute. The team score will be the top 2 scores added to the low 2 scores to get the team total.

FlagHouse Inc. 601 FlagHouse Drive, Hasbrouck Heights, NJ 07604

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Equipment use in this session:

RocketLaunch	10836
Lawn Dice	7049
Multi-Bucket set	14567
Noodle Bits	15869
Tosser Scarves	14743
Jump Ropes Individual 10’	19596
Timer Tops	14191
Balloons	1749
Twirlies	18479
Table Tennis Balls	512
Foam Pizzas	10465
60 Second Countdown Activities Book	18394

Item #

5661	1 Theraband
5662	1 Theraband
8052	2 Noodles
15871	2 Shaker Sticks
14191	3 Timer Tops
11147	3 Hoops
15869	2 Noodle Bits
8052	2 Noodles
1749	Balloons
	Chinese Jump ropes
947	2 bags
14743	4 Tosser Scarves
10465	8 Pizzas
7049	8 Dice
14435	18 Foam Reaction Balls
10836	12 Blasters
11171	6 Critter Bean Bags
39519	2 Alpha spots
18714	2 AB Football
3849	1 Volleyball Floater
18716	6 AB Foan ball
18718	36 AB 3.5 foam ball
10429	1 pugg goals
13022	11 Tchoukball set
18238	12 Jumbo Foam Reaction Balls
19596	1 Jump Ropes
14567	1 Multi Bucket set
18715	12 8 PG Balls