

Education (+) Exercise = The Winning Combination!!

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2008 Southwest District Teacher of the Year!

Educational Games and Activities that will be a hit with students of any Age!!

You won't want to miss this action packed, motivational session!

Warmup (Conditioning): Cupid "Fitness" Shuffle

This is a great line dance for teaching dance and conditioning in physical education and sports! I use this in PE with xertubes, push ups, jump rope, ankle bands...anything you can imagine! With sports teams I use this to train technical skills and make it fun! Music can be downloaded from I-tunes!

Game One: Cage Ball (Flying Changes)

Equipment: (2) small goals, Tseg ball or Softi Ball, Scrimmage vests (2 different colors)

Field setup: Outside field or ½ gym

Directions for Game: The game begins with two teams standing on each end line and one team standing on the sideline. One team throws the ball to the other team and runs to defend. The receiving team catches or picks up the ball and play begins. This game is played with ultimate Frisbee rules! The first team to throw the ball into the goal scores a point! The opposing team runs off the field and the sideline team runs on! The team that scored gets the ball and kicks off (now going in the opposite direction)! Make sure the team on the sideline is paying attention and ready to run onto the field as soon as a goal is scored! Play continues for a pre-determined amount of time!!

Determining the Winner: The team with the most goals...WINS!

Game Two: Eliminator

Equipment: (1) gator ball, Scrimmage Vests

Space: Gym or Soccer Field

Number of teams: 2

Directions: You must mark man-to-man for the entire game. The team with the ball must complete a pass to every team member in order to win the round. When a pass is caught, the player who passed the ball kneels down with their partner. When all players are eliminated, you win the round! If the team drops the ball, everyone stands up and the ball goes to the other team!

FITNESS FOR LIFE REVIEW GAMES

Purpose: To help students learn and apply important health and fitness concepts found in the "Fitness for Life" textbook by Corbin and Lindsey. These games are interactive, fun and keep kids moving while learning! There are six units in the book and I have designed materials and games for each unit. All of these materials are on my curriculum CD that I will sell at the convention for \$10.

Fit of Life Review Game One: Scattergories

Equipment: Xertubes, Jump ropes, step platform, music, gator ball, projector, laptop

Space & Setup: Gym/Setup equipment In roll call lines in the following order...

1-paper, 2-step, 3-gator ball(Russian twists), 4-jump rope, 5-xertube(bicep curls)

Number of teams: 8 lines of 5 people

Directions: First person in line writes as many answers as they can for 1 minute while the team members perform fitness activities. After one minute, rotate forward and the first person goes to the end of the line. Complete two full rotations and then have the entire team go to the paper and try to fill in as many answers as they can for 1 minute. Collect the papers and power point the correct answers. Use this time to discuss information that will be taught in class throughout the semester!

Fit of Life Review Game Two: Bingo Ball Jeopardy

Equipment: (50) numbered tennis balls, (8) small buckets & floor dots, 1-50 number tags in box, Jeopardy Power point board, projector, laptop

Space: Gym

Number of teams: 8

Directions: Place a bucket and floor dot on the sideline of the gym and line each team up behind the buckets. The teacher will have a large bucket of numbered tennis balls and throw them out onto the floor. On the whistle, the first person in line runs and picks up (1) tennis ball and runs back to put it in their team bucket and tag the next teammate. Continue gathering tennis balls until they are all gone! You can use many different skill patterns when collecting the balls (ie: skipping, hopping, back peddling...) You can also have them pick up more than (1) ball at a time or use various equipment to collect the tennis balls (ie: tennis racket, bats, nets...) BE CREATIVE!!

Determining the winner:

Hustle Points: I give hustle points for the most tennis balls collected or highest cumulative score from numbers on tennis balls (cross curriculum – Math)

Knowledge Points: I chose a tag from the number box and the team with that ball gets to try and answer the jeopardy question. If they get it right, they steal the points. If they get it wrong, all the other teams get 10 points. You can also pick two numbers and have two teams compete for the answer! You could also have them add up their highest three tennis balls and the winner picks the question. BE CREATIVE! (cross curriculum-English, Health)

Determining the Winner: At the end of the jeopardy game, the team with the highest score wins!! Have students get back into their roll call lines and remind them that the written test will be next class period!

Fit for Life Review Game Two: Collect and Conquer

Equipment: Signs, Worksheet, Power point from Presentation CD, 26 small orange cones, pencils

Space: Gym or Outdoor field

Number of teams: Assign Partners

Directions: Before class, place the signs on cones and spread out all over the gym or on the field. Give each group one worksheet and pencil and have them write their names on the top. On the whistle, each team must run to the cones and use the signs to answer the questions on the worksheet. The team must always stay together!!

Determining the Winner:

1. Time the activity and the team with the most answers before time expires wins!
2. The first team to find all the answers and bring their worksheet to the teacher wins!

NOTE: All teams must complete the activity in order to get daily participation points.

Concluding the Activity: Have the students get back into their roll call lines and redistribute the worksheets. Review the activity by using my Power point to display the answers. Remind the students that the written test will be next class period!

LINE DANCE: Tonight, Tonight

Grapevine Right, Tap 360, Grapevine Left, Tap 360.

Tap Rt, Tap Lt, Step fwd 2x, Step bwd 2x.

Chest pump right, Kick left across right, Chest pump left, kick right across.

Knee roll right, knee roll left, jump in-out-clap, jump in-out-clap.

Knee roll right, knee roll left, jump in-out-clap, turn $\frac{1}{4}$!

Repeat dance!

FINAL NOTE: All materials, games, and power points that I use in my presentation will be available to purchase on a CD for \$10 at the conclusion of my session! There are so many fun ideas that you can immediately incorporate into your curriculum that will improve the level of learning in the gymnasium!