

Music & Movement-The Health M & M's,

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King James- Nothing But Net

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Music: Space Jam-Quad City DJs or Basketball by Little Bow Wow

Equipment: One hula hoop for each group of three people and one soft ball, pinnies may be used as well, if necessary.

Formation: Partners or small groups of 3-4

How to Play: Working with a partner, have one person hold a hula hoop and another person attempts to dunk their ball. Try shooting different types of shots. Use groups of three and perform alley-oop shots. Try to invent creative dunks such as the ones that you see on TV or in sports arenas.

Variations: Play two vs. two, three vs. two, etc.

King James on the Move- the Hoop holders move about the space

Add additional balls-Dunk & Go.....pick up the nearest ball and do it again

One on Three Kickball (Chip Candy)

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Music: “Born To Run” by Bruce Springsteen or “Centerfield” by John Fogerty

Equipment: Two Sets of Penguin spots 1-6 or two bases for each group of 4-5 students. (Preferably different colors) and one dinoskin ball, or a softer ball for younger classes. (Preferably the same color as the bases)

Formation: Groups of 4 children with enough space to set up 5 or 6 games at one time.

How to Play: The batter may choose to kick a stationary ball or have the pitcher pitch it to them. The batter kicks the ball into play and begins running from base to base (Home to the Pitcher's Mound and continues to run until every fielder has caught the ball. Then the last player will relay the ball to the

catcher who tags home plate and shouts “OUT!” The batter scores a run for every base touched. The players then rotate to assume a new position and the next batter is up.

Rotation: 1. The Catcher becomes the batter. 2. The batter becomes the pitcher 3. Pitcher becomes the outfielder 4. Outfielder becomes the catcher.

Organization: Occasionally one may need to play this game as a one on four-game should space preclude the additional game. Two bases are set up to include home plate and a pitcher’s mound about 10-15 yards apart or less if needed. The players will take one of the four positions: Outfield, Pitcher, Batter, and Catcher. Note: Use two outfielders if needed for a group of five.

Rules: 1. The fielders may not run with the ball. They must throw it in. 2. The fielders must all catch the ball before throwing home. (This forces them to work on the double-play pivot or the outfielder-infielder relay.) 3. Three strikes and you are out! (Foul balls are all strikes, even on the third strike. 4. A ball caught in the air (Pop-Fly) is still in play it is not an out!

Variations: This game can be played as wiffleball, soccer, football, Frisbee, lacrosse, etc.

American Gladiators

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Music: Indiana Jones & The Temple Of Doom

Equipment: Hampers Purchased from the Dollar Store, or Clean Garbage Cans to be used as Basketball Nets. Dinoskin Balls, Basketballs

Formation: Two vs. Two, Two vs. Three or Three vs. Three

How to Play: Play “Rock Paper Scissors” to determine which team begins in possession of the ball. Teammates must pass the ball to attempt to score a goal by tossing the ball into the hamper without having the ball intercepted by the opposing team. Players may not touch or grab the other team. No Basketball pressing allowed. Players must pass the ball to their team and move toward the goal without fouling the other team players. If the opponents intercept the ball near the Hamper they must take it back as in Half-Court Basketball and start the game anew.

Variation: Play the game using two hampers as in Full-court Basketball

**Add the Basketballs to include Dribbling Skills. No Double Dribble or traveling allowed

West African Jumping Game

National Standard: Standard 5- The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Music: African Big Noise

Equipment: None

How to Play: ***Choose a new partner or have the teacher designate the partners. Each partner needs to choose either “The Same” or “Different” Begin by having both partners Jump and Chant with both feet together while counting the numbers of each jump: One, two, three four, five, **SIX**. When they say the number SIX they must place one foot sticking out in front of them (without kicking their partner) If your foot and your partner’s foot are near each other (Pointing toward your Partner’s foot) that signifies that the person who chose “The Same” is the successful one. If their feet are not pointing toward each other than the person who chose “Different” is the successful one and receives a point

Jellyfish vs. Crabs (Kevin Tiller)

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Music: “Under The Sea”

Equipment: Several 6’ Parachutes

How to Play: Four students hold onto a 6 ft. Parachute and attempt to catch other students who are moving on a Gym Scooter or traveling in a Crab or Bear crawl position. Once they get caught they move to another parachute and wait (Jogging in Place) until 3 more people get caught and then this new Jellyfish attempts to catch other Crabs.

Caution: Please do not jam the Parachute down on the head of the crabs to prevent neck injuries

Variation: If one gets caught they must perform a specific activity, e.g. Jog around the gym one time the return to the game.

Roller Ball (Chip Candy)

Equipment Needed: Foam Reaction Balls

Music: Proud Mary by CCR

How To Play: Choose two teams and place them in front of the lines on each side or end of the gym. Give each team the same number of foam reaction or Foam Z balls. On the signal roll the balls towards the other team's line. Keep them near the floor and do not throw the ball up high. Each ball passing the line legally counts as a point for the opposing team. Players may not lie down on the floor to block the balls.

Drop 21

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Music:

Equipment: FlagHouse Jumbo Reaction Ball Item #18238
or FlagHouse Foam Z Balls Item # 14435

Formation: Partners

How to Play: Find a new partner. One partner will toss a Foam Reaction Ball about the height of a Basketball Rim and let it drop to the floor. (Do not throw it down!) When it bounces the other player may catch it on the first bounce if they wish or wait until it bounces more than once. The catcher will receive one point for each bounce. (E.g. If the ball bounces 3 times the catcher will receive 3 points.) The first player to receive 21 points is the winner. These balls do not always bounce straight since they have bumps on them. Therefore, it may be wise to only let them bounce a few times since they tend to take crazy bounces after a few times. If one misses the ball they receive zero points.

Roller Ball (Chip Candy)

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the balls.

Mr./Ms. Grinch Tag

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Music: “You’re A Mean One Mr. Grinch”

Equipment: Long Water Noodles

Formation: Scatter

How to Play: Choose one or two students to be Mr. Grinch. They will hold two water Noodles by the one end and keep the other ends close to the floor. They attempt to catch others by tagging (trapping) their legs “**gently**” with the noodles. Once you are tagged Mr. Grinch will drop the Noodles on the floor and you become the new “IT” Mr/Ms Grinch

Note: The objective for using two Noodles is to emphasize tagging, so as not to swing them around like a baseball bat or a Fly Swatter.

Caution: Do Not Smack other players with the Noodles. Keep the ends of the Noodles close to the floor at all times while traveling

Variation: Play the game in small groups of six players or play the game as Addition Tag.

Superheroes (Don Puckett)

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Music Needed: Sabre Dance

Equipment Needed: One Alphabet Spot for each player and one small Bullying Awareness Ball. If you use an alphabet spot it’s easier to recall where your space is located when you return with a ball

Formation: Scatter

How to Play: Each person begins in a personal space with their Alpha Spot on the floor And one small ball on their spot. On the signal, when the music begins Each person attempts to gather more balls by traveling over to someone else’s spot and borrowing their ball and bringing it back to their own spot. When a player has acquired three balls on their plate they must freeze and hold their hands up in the air. When they do this they are one of the winners of the game and no one else Is allowed to remove any of their collection. Continue playing for a minute or two and see if there are more than one successful player by the end of the game.

Partner Noodles

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Music: Jump by the Pointer Sisters

Equipment Needed: Pool Noodles

How to Play: Find a “new” partner. Trade jobs after a few trials so that each partner has a turn with each activity.

1. Partner #1 holds the noodle low and then Partner #2 jumps or leaps over it. If they are successful raise it a little bit higher. Continue.
2. Hold it at an angle from waist to toes. Over or under.
3. Place your hands on the other side first then move your feet over.
4. Hold about chest level for Limbo then lower and lower.
5. Partner #1 holds the noodle low and walks toward Partner #2 then Partner #2 Jumps/leaps over the noodle.
6. Partner #1 runs and holds the noodle down low like a Ninja
7. Partner #1 can choose to hold it low or high and Partner #2 has to jump or duck. Be safe, you're next.
8. Partner #1 turns in a slow circle and when the noodle arrives Partner #2 will jump over it. Ask your partner if you can go faster or slower for the next few attempts.
9. Wiggle the noodle like a snake. Try not to get bitten.
10. Move the noodle back and forth towards your partner then away from them. Partner must decide when to start their move over the noodle.

Small Group Challenges- Groups of three or four

Large Group Challenges. One partner remains in space and the other partner travels towards other noodles.

Name: _____

Oodles of Noodles (from PE Central)

1. Jump over your noodle that is placed on the floor_____
2. Do a “Fancy” Jump over the Noodle. _____
3. Hop over Noodle. (On one foot) _____
4. Leap over the Noodle (Start on one foot-Land on the other foot._____
5. Place your hands on the floor next to the Noodle and transfer your weight by moving your feet to the opposite side._____
6. Carry your Noodle around the gym or space. When the music stops freeze straddling it._____
7. Make a Bridge over your Noodle. Feet on one side and hands on the other side_____
8. Pose as a statue, a guitar player, baseball player or as a giant “Smiley Face” ☺
9. Move through the jungle like an elephant. _____
10. Move like a dinosaur with a long tail..._____
11. Move like a snake._____
12. Move like a unicorn._____
13. Find a safe place and shoot your Noodle up into the air like a rocket. Try to catch it as it falls back to earth._____
14. be an airplane or a helicopter._____
15. Ride it like a horse galloping around the gym or space._____

Shake the Snake-(Original Idea is From “The New Games Book”)

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Music: “Catch Us If You Can” by the Dave Clark Five

Formation: Scatter

Equipment: Pieces of Cut Yarn or Parachute Cord. Cut them in different lengths. Some 6’, 7’, 8’, 9’ and 10’. The faster players may choose to take a longer cord.

How to Play: Start the game using a Power-Walk. **Not running.** Change the locomotor movements as you see fit. **If the players have good spatial awareness and you have a large enough space allow Running** One Half of the players have a piece of cord and half do not. The players with the cords are the **Shakers** and the players without the cords are the **Stompers**. The shakers move about the space while keeping the other end of the cord on the floor/ground trying to evade the **Stompers**. If the **Stomper** stomps on your cord you are caught and must give the cord to the **Stomper** who now becomes the new **Shaker**. You trade jobs

Jumbo Reaction Balls Activity Guide from FlagHouse

<https://www.flaghouse.com/Images/Content/ActivityGuides/JumboReactionBall.pdf>

The Middle

National Standard: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity.

Music: “The Middle” by Maren Morris

Formation: Partners

How to Play: Start at opposite ends of the floor and Meet in the Middle of the floor and then perform a skill that the teacher calls out **e.g.** High Five, Swing your partner, Do Si Do and the move back to your line. Change locomotor movements. Perform an exercise in the middle

Walk The Dinosaur

National Standards:

Standard 3- The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity.

Standard 5- The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Music Needed: “Walk the Dinosaur” by Was Not Was

Formation: Contra line facing a partner

A. Slide three steps toward one wall and clap

Slide three steps towards the opposite wall and clap

Repeat step A

B. Three-step turn toward one wall and clap

Three step turn toward the opposite wall and clap

Repeat step

C. Walk around your partner and back to your original position holding right hands 8 counts. Repeat holding left hands 8 counts

D. High five turn around your partner and back to your original position

using right hand. Repeat using left hand and **repeat dance from the beginning**

Variation: Add Do-Si-Do, See Saw and other square dance calls.

SHAPE America- National PE Standards

Standard 1-The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2- The physically literate individual applies knowledge of concepts, principles strategies and tactics related to movement and performance.

Standard 3- The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity.

Standard 4-The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5- The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.