

# Winning Activities: Great for incorporating SEL

## 1.) Activity: Passing Warm-Up

National Standards: 1, 4

Set-up: Works with any activity that requires passing (ultimate Frisbee, soccer, basketball, football, etc); use a large area

Description:

- Students partner up and begin passing (give students key points for skill development).
- On your signal, the person without the object is it, must chase and tag partner.
  - If tagged, you can have partner spin 3 times and become it
- Don't let them run too long, give signal again and they start passing again

Variations: Five passes and find a new partner. How many people can you pass with for a 2 minute period.

## 2.) Activity: Launch

National Standards: 1, 2, 4, 5

Set-up: Three cones in a line, 10 feet apart at one end of the gym or field, throwing objects at the center cone (works great with Frisbees).

Description:

- One thrower at the center cone.
- Students are paired up (works best if students pair up with some of similar skill level)
- Partners stand across from each other on outside cones.
- Thrower says "ready, LAUNCH!!" and one set of pairs runs down the gym/field
- Thrower releases the object and the two partners must each try to catch it
- KEY: discuss safety precautions/rules (example: no contact, you can only jump up and reach)
- Set up multiple "run-ways" to decrease waiting time

## 3.) Activity: In Plain Sight

National Standards: 4, 5

Set-up: Large circle (15 feet diameter) with a variety of equipment spread throughout randomly. Make sure students can walk through without touching any equipment. Also need a pen.

- Students spread out around the circle and face out
- Tell students you will hide the pen among the equipment. It will ALWAYS be fully or partially visible. They have to find it. They may walk through the area, but they must not touch anything. When they find it, they go back to the outside of the circle. SILENT. Don't give away where the pen is!!!
- Round 1: hide the pen in a very open spot
- Round 2: hide it next to something
- Round 3: hide it partially under something
- Round 4: hide it next to your ear!

## 4.) Activity: 2v2 Keep Away (Grids)

National Standards: 1, 2

Set-up: Use as much space as you can, make a grid using cones (example: 3 cones by 4 cones, 20 ft by 20 ft between cones, makes 6 large boxes or grids).

- 4 students per grid, any object can be used

- 2v2 keep away
- 5 passes = 1 pt
- If your team scores, other team gets object
- CAN run w/ object
- Interception, score, dropped pass, caught out of bounds = other team gets object

Variations: can't run w/ object; switch object; more passes; less passes; time limit on holding object

### 5.) Activity: Pass-Go

**National Standards: 1, 2, 3**

Set-up: 1 Court or field (inside or outside), game jerseys, any object you can throw far, 3 or 4 teams

- 2 teams play at a time, start off on opposite ends
- Throw-off or kick-off object to start
- Whoever catches may run with it as far as they want
- When tagged they must stop running and then pass the object to a teammate
- Interception, dropped pass, caught out of bounds = other team gets object
  - If you run it out of bounds you keep it! Just have to pass it in from sideline
- Score by running or throwing into end-zone
- HERE'S HOW IT BECOMES STANDARD 3!!!
  - Have 3 activities ready to go on the sideline: one strength activity, one cardio activity, and one flexibility activity
  - \*\*\*\*be creative, don't make them look like the fitness test!\*\*\*
  - Team(s) that are out pick a station to work at
  - As soon as a team scores, the team that's out jumps on the other side!
  - Actually, this can be used with any invasion activity!

### 6.) Activity: Not Your Grandma's Rock Paper Scissors

**National Standards: 4, 5**

Set-up: No equipment necessary; can be done indoors or outdoors!

- First have students practice 1 common Rock/Paper/Scissor format
  - Example: hit open palm 4 times while saying, "Rock, paper, scissors, shoot" and on the 4<sup>th</sup> hit (the word "shoot") present your choice
- Brain Compatible
  - Hands and legs must coordinate.
  - Legs together with a slight squat (like chair pose in yoga) = rock
  - Front split = scissors
  - Side split = paper
- Biggest Fan
  - When someone wins, the other person becomes their biggest fan and cheers them on.
  - This continues with the fan base becoming larger and larger until only 2 people are left and they each have a big crowd cheering them on!
- Super Stretch
  - This requires balance
  - Opponents front toes are touching and their back toe is touching their front heel (all feet are connected)
  - If you win a hand, lift up your front foot and move it behind your other foot (it now becomes your back foot, touching your front heel)
  - If you lose, you must slide your front foot forward until it touches your opponents new front toe