

PE2 the Max II

Action Packed — 2–8

Objective: The game of **Action Packed** provides a great way to introduce and/or integrate multiple fitness and social activities that will allow students to demonstrate competency in fitness skills, and in the attempts to also enhance persistence, teamwork, and comradery.

Equipment: (Needs are based on a class of 64)

- ✦ Hula hoops (24)
- ✦ Dice (16 or 1 per group of 4)
- ✦ Action Cards (1 copy of each of the 24 action cards; some examples have been provided on page 9. Each activity can be individually written on 3x5 index cards or typed on paper and cut out. I recommend laminating each coded card/paper to make them more durable. New activities can be added to the game at the teacher's discretion).
- ✦ Bucket of jumbo craft sticks or tongue depressor sticks (50-100).
- ✦ Optional: 4 Traffic cones; one inside each team's home base

Procedure: Before classes arrive, place all hula hoops around the perimeter of the gym. Next, place action card 1 in the center of hoop 1, action card 2 in the center of hoop 2, and so on until all 24 action cards are in the center of all 24 hoops. Designate every 6th hoop as the home team. For example, designate hoop 1 as the Orange Team, hoop 7 as the Blue Team, hoop 13 as the Red Team, and hoop 19 as the Green Team (see diagram for set up). **Note:** *the team colors can be changed if these colors are not available.* Finally, place one bucket of sticks in the center of the gym. The object of the game for each team is to make as many trips around the game board as possible in order to earn the most sticks. Instruct students to get into groups of four. Each team of four, with a maxi-

mum of four teams per color, will then be sent to the Orange, Blue, Red, or Green Team's Home Base to sit down and await further instructions.

To Begin: each team, starting from their home base, will roll their die and travel the number of hoops based on their roll. **Note:** *teammates must carry their die with them and also rotate taking turns rolling the die.* Teammates, upon arrival to a hoop, must read the action card inside the hoop and perform that activity. For example, Green Team A arrives at a hoop and has the following action card (See Figure 4):



Figure 4: Example of an Action Card

Each player on Green Team A must step out of the hoop and perform 20 sit ups together before they can roll the die again to advance forward. Note: it is okay if other teams occupy the same hoop and are performing the same action card. Green Team A will continue rolling the die and traveling from hoop to hoop completing the unique action card inside each hoop. The teammate who rolled the die is allowed to go to the center of the gym to collect one stick from the bucket once Green Team A has traveled a complete circle and landed on or passed their original team's home base. Green Team A will continue this process for the entire class period. At the end of class, the team(s) who has earned the most sticks will be declared the "Action Packed Champion(s)."

Stepping up the “Game” in Physical Education

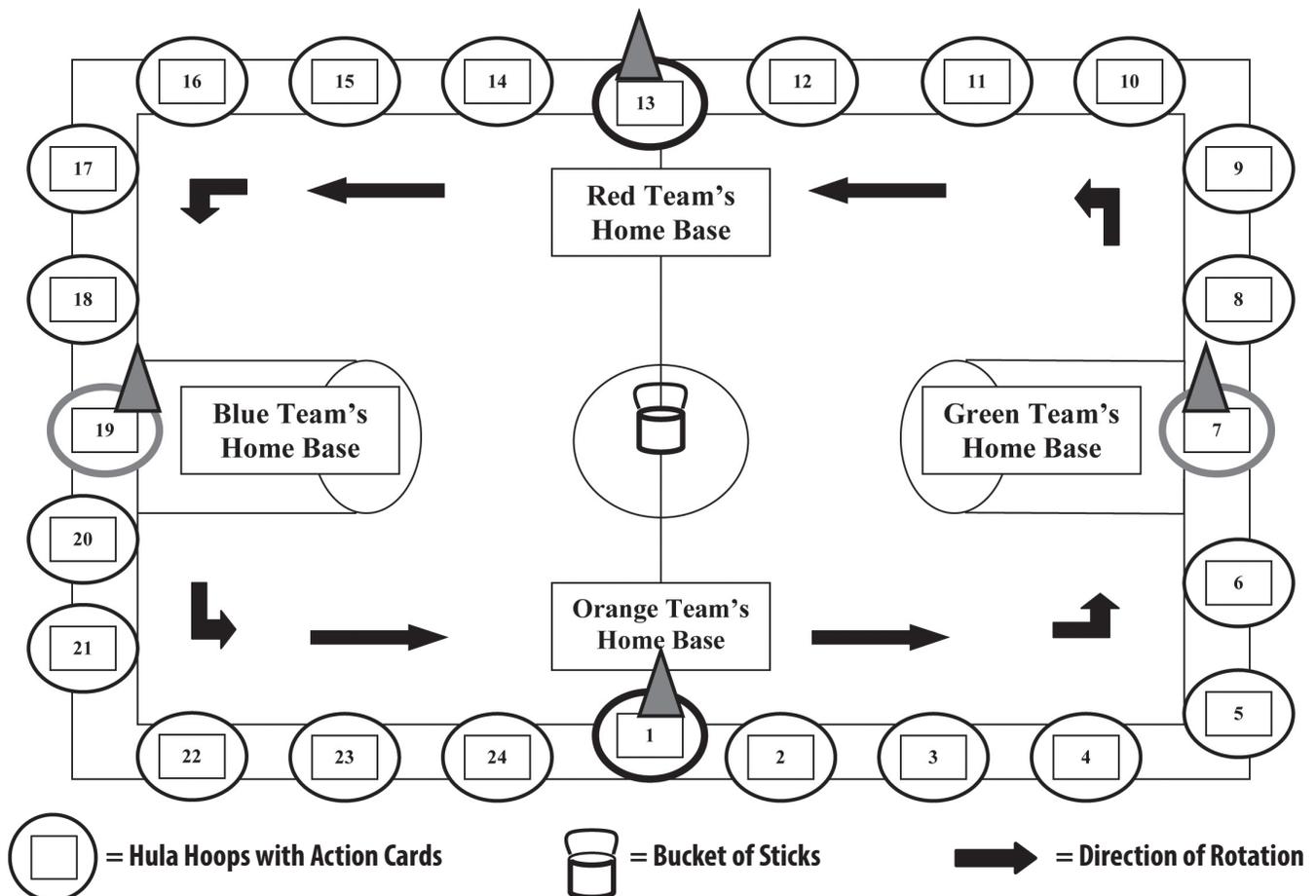
Rules and Safety:

1. Each team must roll their die and travel the number of hoops based on their roll.
2. Teammates must read the action card inside the hoop and perform that activity. Each player must step out of the hoop and perform whatever is stated on the action card before the die can be rolled again.
3. The teammate who rolled the die is allowed to go to the center of the gym to collect one stick from the bucket once a team has traveled a complete circle and landed on or passed their original team’s home base.
4. Teammates who take more than one stick at a time or do not perform what is on the action cards will lose one stick for cheating and/or lack of teamwork

Action Card Examples:

- Card #1: Free Roll
- Card #2: Show some love. Perform 1 Group Hug
- Card #3: Skip 1 lad around gym
- Card #4: Go back 4 places and redo that activity
- Card #5: Go back 5 places and redo that activity
- Card #6: Perform 16 lunges
- Card #7: Grapevine Right then Grapevine Left as a team
- Card #8: Hold hands and perform Ring Around the Rosie
- Card #9: Perform 12 high kicks
- Card #10: Hold hands and sing the ABC song
- Card #11: Perform 10 Mountain Climbers
- Card #12: Great Teamwork! Get 1 Bonus Stick
- Card #13: Free Roll
- Card #14: Perform 12 push ups
- Card #15: Perform 10 push ups
- Card #16: Perform 15 sit ups

Action Packed • Diagram



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Card #17: Free Roll

Card #18: Perform 20 jumping jacks

Card #19: Free Roll

Card #20: Perform 5 group high fives

Card #21: Perform 20 sit ups

Card #22: Jog 2 laps around the gym

Card #23: Perform 15 squats

Card #24: SORRY! Go to your team's home and start over. Do not get a stick.

Variations:

1. Replace the existing Action Cards with any fit-

ness activity or skill that the teacher deems appropriate.

2. Reinforce the learning of other subjects by replacing the existing Action Cards with math problems, health, science, and/or social studies questions.
3. Provide pencils/pens and paper (at the beginning of class) and assign each group 5-15 minutes to collaborate and create action cards to replace the existing cards.