

AMPLIFY PE

**ACTIVITIES THAT TAKE
LEARNING TO THE NEXT LEVEL!**



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NCAAHPERD-SM Convention

Winston-Salem, NC

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Locomotor Castles

created by Mandy Davis (@PE4Mandy)

Equipment Needed: Cups, 2 Dice per group (1 large, 1 small), 1 Locomotor Castle sheet per group, cones.

Activity description: Divide students into groups of 2-3. Each group will need 2 dice: 1 large and 1 small. Each group will start behind a cone on the outside of the play area. On the teachers signal, 1 student from each group will roll the large dice to determine which locomotor skill the group will perform according to the locomotor castles sheet. The student will then roll the small dice to decide how many cones the group shall pass while performing the locomotor movement. After the group performs the locomotor movement and passes the amount of cones on the dice, the roller will retrieve 3 cups. The group will return and the next student will roll the dice. At the end of the activity students will be given one minute to work together to build a cup castle using the cups. The group who builds the tallest castle wins the game.

Spin the Pin Tag

Equipment Needed: Hula Hoops, Bowling Pins, Pool Noodles

Activity description: Divide students into groups of 4-6. Each group will need a Hula Hoop, bowling Pin, and pool noodle. On the teachers signal, one student will spin the pin. When the Pin stops completely, whoever it lands on is deemed the tagger. The tagger will grab the tag stick and attempt to tag one student in their group. Once the tagger tags a student who is in their group, the entire team will return to their hoop, and the student who was tagged spins the pin to restart the game.

Spin It to Win it!

Equipment Needed: Hula Hoops, Bowling Pins

Activity description: Divide students into groups of 2-4. Each group will need a bowling Pin. In the play area, hoops will be scattered in sets of 2, facing each other. On the teachers signal, students take their pins out to a set of 2 hoops where they will face off by spinning their pin against another group of students. The pin must be spun at the same time. The objective of this activity is to spin your groups pin longer than the other groups pin. The team whose pin spins the longest will be deemed the winner, and the team whose pin stops first must run a lap around the outside of the play area. The winning team will find another group to spin against. After finishing their lap, the team that lost will find another team to play.

Spin the Pin Fitness

created by Kevin Tiller (@Phyzedreview) & Casey Kathleen (@MsBarclayPE)

Equipment Needed: Hula Hoops, Bowling Pins, 6 different color dome cones per hoop, spin the Pin Fitness sheets.

Activity description: Divide students into groups of 3-5. Each group will need a hula hoop, 1 bowling pin, and 6 dome cones of different colors. The dome cones will be spread out surrounding the hoop. On the teachers signal, one student will spin the pin. When the pin stops completely, whatever color dome cone it is pointing will determine the exercise students will have to perform according to the Spin the Pin Fitness Sheet. The student will then spin again to determine how long the group must complete the exercise. When finished, the next student in the group will spin the pin to determine the next exercise.



Variations: Project the exercises on with a projector using gifs, or Place exercise cards around the hoop instead of dome cones.

“Time is Rolling”

Equipment needed: Balls, Bowling Pins, Time Cards (:15, :30, :45, 1 hour, ½ hour, ¾ hour) and Clocks.

Activity Description: Time cards will be scattered on one side of the gym. A bowling pin will be placed on top of each time card. Students will be placed in groups of 2-3 and will stand on the opposite end of the gym. Each group will receive a clock. Students will take turns rolling the ball to knock over bowling pins. When a pin is knocked down, students will grab the time card that is underneath, get their ball, and return it to their partner. The game ends when all of the pins have been knocked over. Students will add the time on the timecards that they collected to the clock. The team that collects the most time is the winner.

Variations: Instead of rolling, have students kick or throw.

Lawn Darts

Equipment Needed: 1 Big E Birdie for each group of 2 students, Hula Hoops, Scorecards.

Activity description: Partners stand at opposite hoops, alternating tossing the biggie birdie to land it in the hoop or near the hoop. One partner throws or tosses the biggie birdie from both teams. If the biggie birdie lands in the hoop, and your opponents birdie doesn't, your team earns 3 points. If both teams land the biggie birdie inside of the hoop, the points cancel out and no one scores. If neither of the biggie birdies land in the hoop, the player whose birdie is closest to the hoop earns one point for their team. The game continues until a score of 21 is reached or until the allotted time is up.

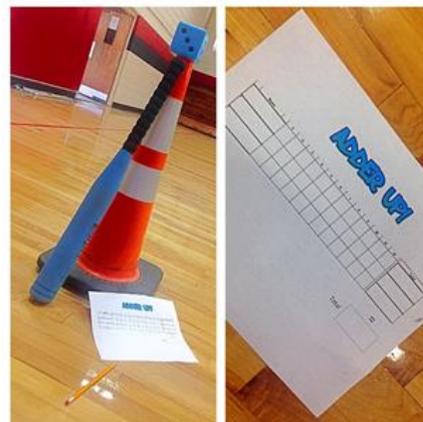


Variations: Have student's overhand throw the Big E birdie or strike it with a paddle/racquet.

ADDER UP

Equipment needed: Cones, 1 dice per 3 students, 1 Adder Up scoresheet per 3 students, pencils, 1 foam baseball bat per 3 students, 1 large traffic cones or batting tee per 3 students.

Activity Description: Divide students into groups of 3. 1 student will be the batter, and will stand at one end of the play area beside the bat and tee/or cone. The fielder will stand at the opposite end of the play area behind a cone. The scorer will stand in a hula hoop behind the fielder. On the teachers signal, the batter will strike a foam dice off of a tee, drop the bat and run to the back of the line, where the scorer is located. The fielder will let the dice roll, look at the number on top, and tell it to the scorer, who will write it on the scoresheet. The fielder will then take the dice to the cone and become the next batter. The scorer will move forward to the cone and become the fielder. The student who accumulates the most points by the end of the game will be deemed the winner. **For grades K-2, I only allow students to strike the dice on my signal, which is a whistle for safety reasons. Remind students that anytime they have a bat in their hands, look around before they swing.



Cooperative Bucket Stack

Equipment Needed: 6 Buckets per team, 1 headband/Yarn tool per team, hula hoops.

Activity description: Divide students into groups of 5 or 6. Each group will need a headband/yarn tool. Scatter buckets throughout the play area. Each group will start on the outside of the play area at a hoop. On the teachers signal, students will travel out together holding the strings of the headband/yarn tool to retrieve a bucket to take back to their hoop to build a 6 bucket pyramid.

Variations: Have one or more student blindfolded.

