

**FlagHouse Educational Services**

**FlagHouse Inc.**

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John L. Smith, Educational Consultant

**Let It Foam, Let It Foam**

**Noodles, Noodles and More Noodles or Oodles of Noodles: Activities with Water Noodles**

Presenter: John L. Smith, Physical Education Teacher, Retired Teacher, 1989 NASPE National Elementary Physical Education Teacher of the Year. Educational Consultant FlagHouse Inc.

This is an active participation session presenting creative activities and games that include water noodles or parts of noodles. Full noodles, half noodles, noodle bits and slices will be used in creative activities for individual learning situations and group activities. Combining foam balls with noodles is an excellent way of creating great learning experiences.

Activities will include:

* Three on a Tree Tag
* Noodle Bits
* Noodles Slices
* Noodle Hockey
* Tossing and Catching
* Jumping Noodles
* Noodle and Ball Activities
* Noodle Balancing
* Pizza Passing
* Jumbo Reaction Balls

Equipment:

* [Water Noodle Set - Set of 24 (Item # 8052)](http://www.flaghouse.com/Water-Noodle-Set-Set-of-24-item-8052)
* [FLAGHOUSE DINO SKIN™ - Medium Bounce - Coated Foam Ball Set - 7'' dia (Item # 1911)](http://www.flaghouse.com/FLAGHOUSE-DINO-SKIN-Medium-Bounce-Coated-Foam-Ball-Set-7-dia-item-1911)
* [Noodle Bits (Item # 15869)](http://www.flaghouse.com/Noodle-Bits-item-15869)
* [Noodle Slices (Item # 17748)](http://www.flaghouse.com/Noodle-Slices-item-17748)
* Jumbo Reaction Balls #18239
* Small Foam Reaction Balls #14435
* Half Noodles (Item # To be Announced)

**Visit:** [**FlagHouse.com/activityguides**](file:///%5C%5Capp_expedition%5Cjsmith%5CWorkshops%5CNassau%20Zone%202015%5CFlagHouse.com%5Cactivityguides) **for free lesson plans**

[**Flaghouse.com.bullying/awareness**](file:///%5C%5Capp_expedition%5Cjsmith%5CWorkshops%5CNassau%20Zone%202015%5CFlaghouse.com.bullying%5Cawareness) **for bullying awareness lessons plansNoodles, Numbers, Letters and Other Activities**

John L. Smith

1989 NASPE National Teacher of the Year

Primary Lesson using long water noodles

Activities:

1. Balance noodles horizontally on head side to side
2. Balance noodles horizontally on head front to back
3. Balance noodle on nose horizontal
4. Balance noodle on shoulder front to back (right and left)
5. Balance noodle on knees (right and left)
6. Balance noodle vertically on hand
7. Blast off noodle holding with one hand and pushing up with other hand
8. Shake noodle horizontally with 2 hands
9. Shake noodle horizontally with 1 hand (right and left)
10. Shake noodle vertically with 2 hands
11. Shake noodle vertically with 1 hand (right and left)
12. Make noodle into a “U” shape in front of you and clap it
13. Make noodle into a “U” shape in front of you and scissor it top and bottom
14. Make the noodle into the following numbers:
	1. 1
	2. 3
	3. 6
	4. 7
	5. 8
	6. 9
15. Make the noodle into the following letters:
	1. C
	2. G
	3. I
	4. J
	5. L
	6. M
	7. N
	8. O
	9. P
	10. S
	11. U
	12. V
	13. W
	14. Y
	15. Z
16. With a partner make the noodles into the following numbers:
	1. 3
	2. 4
	3. 6
	4. 8
	5. 9
	6. 10
	7. 11
	8. 17
	9. 18
	10. 19
	11. 20
	12. 21
17. With a partner make the following mathematical signs:
	1. +
	2. =
	3. –
	4. <
	5. >
	6. X
18. With a partner make an addition problem
19. With a partner make a subtraction problem
20. With a partner make the noodles into the following letters:
	1. B
	2. D
	3. F
	4. H
	5. K
	6. L
	7. M
	8. N
	9. P
	10. Q
	11. R
	12. S
	13. T
	14. U
	15. V
	16. W
	17. X
	18. Y
	19. Z
21. Holding the noodle at both ends, jump rope the noodle
22. Hold the noodle in the middle and see how far you can throw it
23. Make a “U” with the noodle so both ends touch the ground and crawl through it
24. Make a “O” with the noodle and have your partner climb through it
25. Turn the noodle like a helicopter above your head

**Noodle Slices**

**See Flaghouse.com/activityguides for more activities**

**These Noodle Slices are made of 1 inch cut pieces of water noodles.**

**Noodle Slices Activities: Place a large amount of Noodle Slices in the center of the activity area. Partners take turns going into the area to pick up 1 or 2 slices and return to their group to continue the activity.**

1. **Balance slices on a partner. Groups of 3 with 2 partners going into the middle to retrieve the slices bring them back and balance them on partner #3. This continues until the balanced slices fall. Then change the balance partner.**
2. **Slices Sandwich: 2 partners place 1 slice between their hands. The third partner retrieves 2 more slices and places them between the hands. This continues until the slices fall. Then another partner becomes the retriever.**
3. **Noodle Slices Muscle Building: Partners 1 and 2 going into the activity area and retrieve 1 slice each. They return and build biceps on partner #3. This continues until the bicep falls. A new partner then becomes the muscle.**
4. **Weight Lifting Slices: Just like Noodle Slices Muscle Building except the Slices Weight Lifter must hold their hands up like they are doing a bench press or a lift and jerk.**

**Noodle Bits**

**See Flaghouse.com/activityguides for more activities**

**These are ½ of a 1-2 inch slice of a water noodle.**

**Popper Activities:**

1. **Best hand Pop and Catch**
2. **Other hand Pop and Catch**
3. **Switching hands Pop and Catch**
4. **2 Hand Pop and Catch**
5. **2 hand Switching Hands Pop and Catch**
6. **Pop, Create and Catch: Pop, clap and catch or Pop touch and catch**
7. **Behind the back pop and catch**
8. **Under the leg pop and catch**
9. **Pop one popper with a partner**
10. **Pop one popper with a partner switching hands**
11. **Each partner pop 1 to a partner**
12. **Pop 2 to a partner:**
13. **Pop 2 to a partner catching in opposite hands**
14. **Pop 4 with a partner**
15. **Quick Draw Pop and Catch**

**Noodle Bits Pop in the Back Tag**

**Each player has a Noodle Bit and tries to score 1 point by popping it off of another player’s back. The player scores 2 points or 5 points if they catch the rebound off the back.**

OODLES OF NOODLES

**Things to do with long foam water noodles.**

**John L. Smith**

**Individual Tasks:**

1. **Toss and catch up straight**
2. **Toss and catch at different parts of noodle**
3. **Throw for distance**
4. **Balance tasks: body parts, moving, horizontal and vertical**
5. **Jumping tasks**
6. **Foot flip for height**

**Partner Tasks:**

1. **Partner toss and catch sequence**
* **Toss and catch**
* **Toss up and catch**
* **Toss and catch different parts**
* **Toss at same time and catch**
1. **Form a circle with noodle and roll it**
2. **Hold on ends with different body parts with partners**
* **head**
* **belly**
* **shoulder**
* **back**
* **butt**
* **foot**
1. **Hold on ends with body parts and move**
2. **Balance on different body parts**
3. **Connect and hold different ways**
4. **Jumping tasks**
5. **Hold a ball on 2 tubes**
6. **Roll ball on tubes**
7. **Connect tubes: ball on tubes and roll it from end to end**
8. **Toss a ball with 2 tubes**
9. **Form a large circle, roll it, go through it**
10. **Form a connected shape using connectors**
11. **How high can you get a stack?**
12. **Connected arch balance**
13. **Larger connect arch balance**
14. **Connected swirl**
15. **People ring toss**
16. **Balloon bop**
17. **Limbo**

**Group Tasks: Noodles**

1. **Toss a ball to another group**
2. **Roll a ball down a long connected set of tubes – roller coaster**
3. **Roll a partner to a different area with tubes under (bring a mat and rope)**
4. **Form a large circle, roll it, how many can get through it**
5. **Jump the snake**
6. **Circle mover: connected with large # of people in circle**
7. **Form a + and make it move around in a circle**

Noodle Hockey

**Noodle Hockey**

**Noodle Hockey is a very active safe game that is played using water noodles and 7” coated foam balls. Goals (cones) are set up at each end of the game area. Each team has a different color noodle and goalies have a third color. Goals are scored when the ball is hit with the noodle between the cones below the height of the goalies waist. Games can be timed or rotated when a certain number of goals are scored.**

**Simple Rules:**

* **Noodles must be held with one hand on each end of the noodle**
* **Goals are approximately 15 feet wide**
* **Penalties for holding, hitting and unsportsmanlike play are 1-2 minutes out of game**
* **No kicking of the ball is allowed**
* **Use multiple balls for faster games is permitted and recommended**

**Half Noodle Activities**

John L. Smith

1989 NASPE National Teacher of the Year

FlagHouse Educational Consultant

Fitness:

• Horizontal

Pull ends towards you into circle

Pull ends towards you into an "A"

Pull ends towards you into and "A" and clap it

Push ends away from you into a circle

Push ends away from you into an "A"

Push ends away from you into an "A" and clap

Pull right end towards you and left end away from you into a "J" shape

Pull left end towards you and right end away from you down into "J"

Pull right side up into a "J"

Pull left side up into a backwards "J"

Pull right side up over the left into an "S"

Pull left side up over right into a backwards "S"

Push right side away from body into a horizontal "S"

Push left side away from body into a horizontal backwards "S"

Bicycle forwards

Bicycle backwards

Push up into a "horseshoe" shape and pump it fast with left and right

Invert into a "horseshoe" shape and pump it fast with left and right

Change from "horseshoe" to inverted "horseshoe" slow

Change from "horseshoe" to inverted "horseshoe" fast

Push ends towards each other without bending noodle

• Vertical

Pull down into circle

Pull down into an "A"

Pull down into and "A" and clap it

Push up into a circle

Push up into an inverted "A"

Push up into an inverted "A" and clap

Pull right side down into an inverted "J"

Pull left side down into an inverted "J"

Pull right side up into a "J"

Pull left side up into a backwards "J"

Pull right side up over the left into an "S"

Pull left side up over right into a backwards "S"

Push right side away from body into a horizontal "S"

Push left side away from body into a horizontal backwards "S"

Bicycle forwards

Bicycle backwards

Push up into a "horseshoe" shape and pump it fast with left and right

Invert into a "horseshoe" shape and pump it fast with left and right

Change from "horseshoe" to inverted "horseshoe" slow

Change from "horseshoe" to inverted "horseshoe" fast

Push ends towards each other without bending noodle

**The Eye of the Tiger!**

**Half Noodle Upper Body Fitness Routine**

**Half Noodle Fitness Weight Lifting!**

* Push out
* Lift up
* Curls: 2 arms
* Curls 1 arm
* Bicycle by turning ends in alternating circles: forward and backward

Giant Foam Deck Rings:

 Toss and Catch:

* 2 hands
* 1 hand (right and left)
* Toss back as you catch it
* Unicorn, Elephant, Shark, Dolphin
* Rows of Catching and Throwing
* Star Wars catching on full noodles