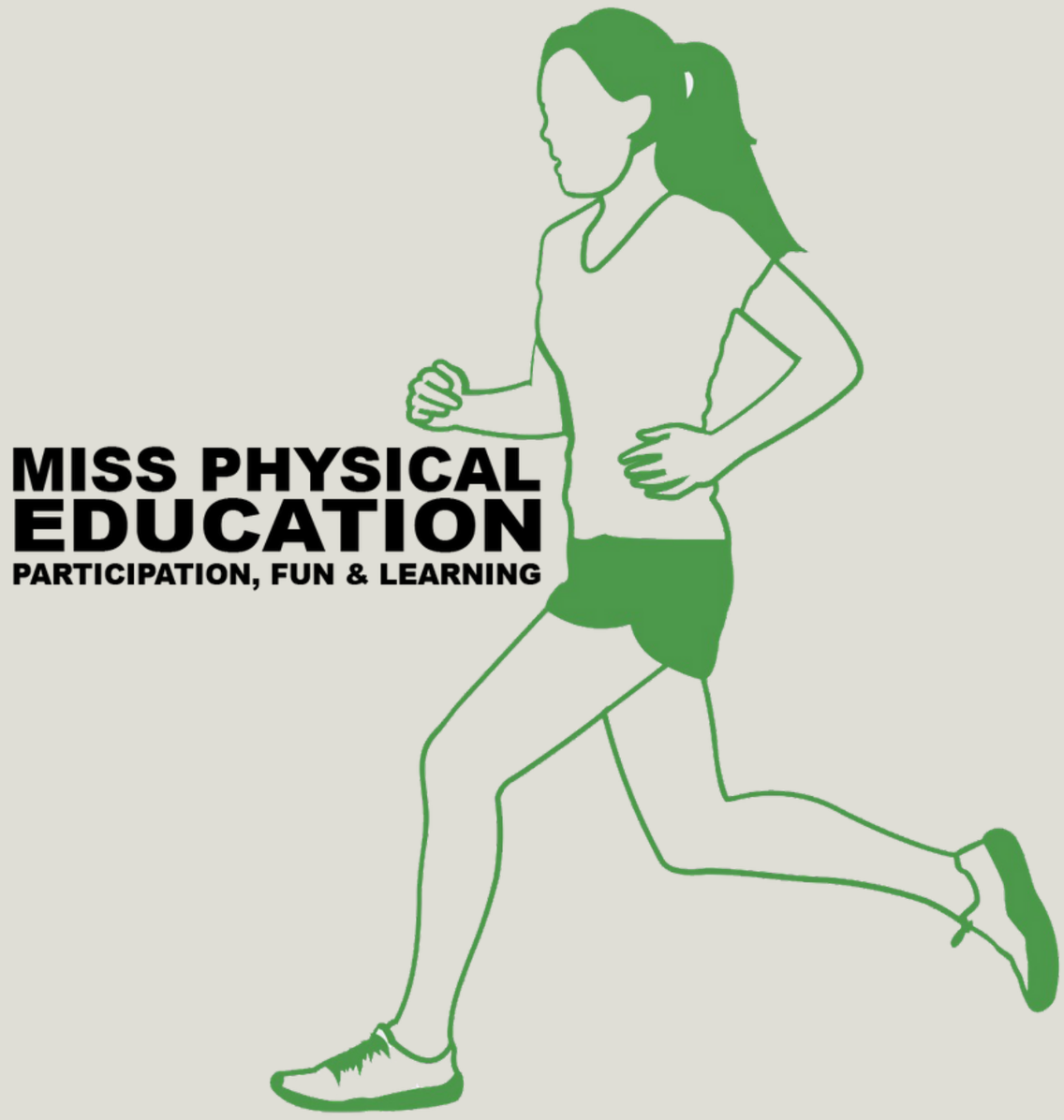

Miss Physical Education

Board Games

A different way to learn.

for all ages.

@cpola17

Christina Polatajko 2016

About Miss Physical Education

Christina Polatajko

I am a life long learner who is very passionate about making a difference not only towards student learning, but also towards teacher development. My background is Primary Physical Education and ICT. I am a huge believer to ensure all students have equal opportunity to learn and to create their own learning journey. My job as an educator is to guide the learners and to provide them the best opportunity to succeed.

Every day I am inspired by other educators to create my own teaching and learning experiences. Creating this ebook I was inspired by many well known educators around the world. Jarrod Robinson (@mrrobbo), Andy Hair (@MrHairPhysEd), Dale Sidebottom (@DaleSidebottom), Daniel Zito (@mrdzito) and many more including the #aussiephysed team.

I hope I inspire you to become the best educator that you can be. Our job is to make a difference - How do you make a difference with your teaching and learning?

Purpose of this ebook

This ebook is all about learning and discovery in different ways. I have collated some of our favourite games and adapted some physical activities into every game.

Allow students to play these games freely and adapt any rules they suggest to add.

This ebook allows students to learn differently and explore in their own ways. Give them a board game below and allow them to work through solutions and be independent when required.

This ebook could also be used for adapted P.E, small group focus or as a whole class focus. It is critical we engage our students in different ways.

Modify these games to your students needs or allow your students to adapt to their own learning needs and see what they can come up with.

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Start

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Snakes & Ladders

10 Push ups

10 Squats

Throw and catch 10 times

Pick your own exercise.

10 lunges

Go back 3 spots.

10 Seconds Plank.

Jump on the spot 20 times.

Move 2 spots down

Pick your own exercise.

Climb the ladder

1 lap of the court.

10 Sit Ups.

Go Back 2 spots.

5 Burpees.

5 Jump Squats.

10 Side to side jumps.

Finish

Students form groups of 2-3. One student at a time rolls a dice and moves around the course. First student to reach the end wins.

Don't have the equipment? Print off the template and students perform the exercises on the side.

Create the course using rubber stepping stones or cones. Place the skill or exercise task near the stones/cones. Allow students to adapt their own rules.

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Twister

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20 Star Jumps

20 Lunges

20 Squats

20 Sit Ups

Play Twister with the normal rules. Before students move onto the coloured spots, they must perform the exercise first.

Roll the time

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12
10Squats

1
Pick your own exercise

2
Throw and catch 10 times

3
10 Side Crunches

4
Rest

5
10 Sit Ups

6
10Squats

7
10 Seconds Running

8
10 Jumping Lunges

9
10 Seconds Hopping

10
10 Star Jumps

11
Rest

Each group receives two dices. Roll both dices at the same time. Add the numbers (which will equal as the big hand). For example 5+6 = 11 Roll again, add the numbers 4 + 3= 7 (which will equal the small hand). The time equals to 11:35.
Firstly the student reads the time out loud and then performs both exercises.

Create a round clock using cones - draw the clock with the exercises on a whiteboard for students to see.

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Memory Game

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Write your own Health or P.E words on separate paper. Place the underneath each cone, ensuring you double up on your words. Students will be grouped and one student per group begins to match some words. Once the group has found a match, they must identify the word and it's meaning. Students can also elaborate by demonstrating the word they found. For example bean bag - the group may show the other groups what they can do with a bean bag.

Bean bags

Racquet

Hoop

Basketball

Food Groups

Cricket Bat

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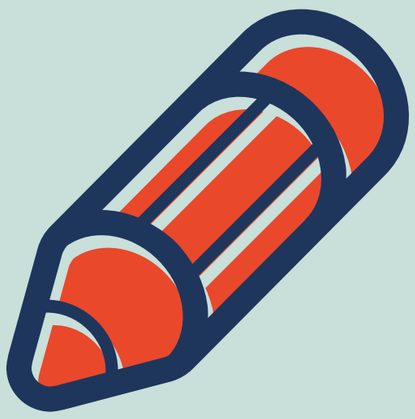

Sportionary – Pictionary

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Great game for a wet weather program.

Students to work in pairs.

1 student will draw and the other student will guess what their partner is drawing. The picture must be sport related, you may set the topic for example, student's can only draw equipment.

They have 30 seconds to guess their drawing (you may want to adjust the time for your student needs.

If they guess correctly within the time frame, the group receives a point. If they don't guess it right or run out of time, they must complete a physical challenge of their choice.

Variation: Students can also perform or demonstrated what their drawing means. For example if they drew a basketball, the group will demonstrated what they can do with a basketball.

First group that reaches to 5 points, wins.

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Golden Monopoly

10 Lunges

20 Star Jumps

Jail

Two teams, one team is the kicking team and the other team is the fielding team.

Kicking team - one student kicks the ball from 'Go' then runs around the monopoly area (cones) and must make it back to 'Go' before the fielding team yells out 'Stop'. If the fielding team yells out 'Stop', the kicker must go to the nearest 'Street' to complete their challenge. The kicker then waits there until the 'Golden Child' who is the last kicker saves them. If a student lands in jail they cannot be saved.

Go back 2 spots

20 Squats

Fielding team - fielders are scattered across the court. Once the ball has been kicked the team must make 3 passes before the can shoot the ball into the ring. If they get the ball into the ring the fielding team yells out 'Stop'.

What is the Golden Child? - The Golden Child is the last person on the kicking team. They are responsible of collecting all the students who did not make it back to 'Go'. As they run past a student that student will run with the Golden Child to try and make it back safely.

10 Seconds of running

5 Push Ups

GO

Connect 4 Basketball

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Form two teams and teams begin on each side of the of the court. Place a set of connect 4 game in the middle. One student per team dribbles the ball to the hoop to completes a lay up. If they get the ball in they can place a counter and begin their connect 4. If a student misses the lay up they can not place a counter. Teams that make a lay up can place their counters where ever. First team to make a connect 4, wins.

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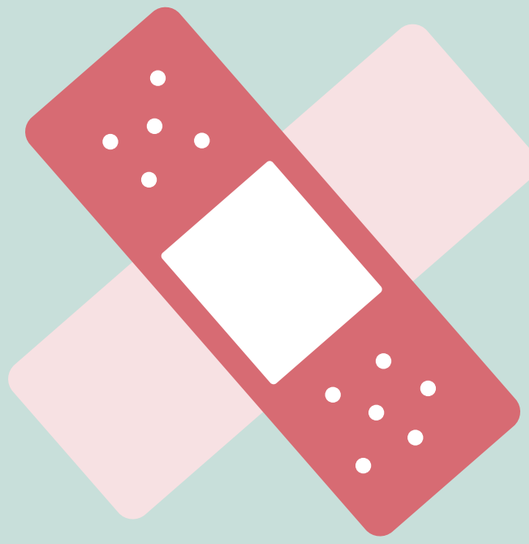
Anatomy Operation



Create an obstacle course that is suitable for your students.

In preparation for this game you'll need to cut the images below and stick them onto the wall or whiteboard. Make enough copies for your groups. Or create your images and body.

Students form their own groups to complete this challenge.

One student at a time begins the course, if the student touches or bumps into the equipment they stop. They then must go to the human body (A3 poster, which could be placed on a whiteboard or wall). The student must pick an organ or muscle group and place it correctly onto the body. Groups can suggest where to put it correctly.

The students continue the course until the body is completed with the correct organs and muscles. There is no winner, as a whole class, discuss about their findings.

Anatomy Operation – Body Parts

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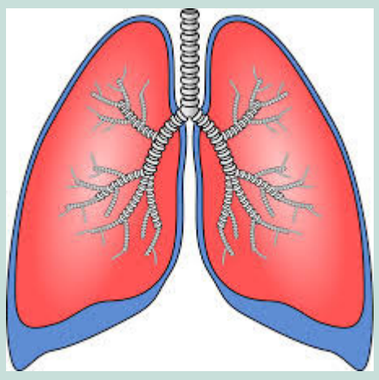

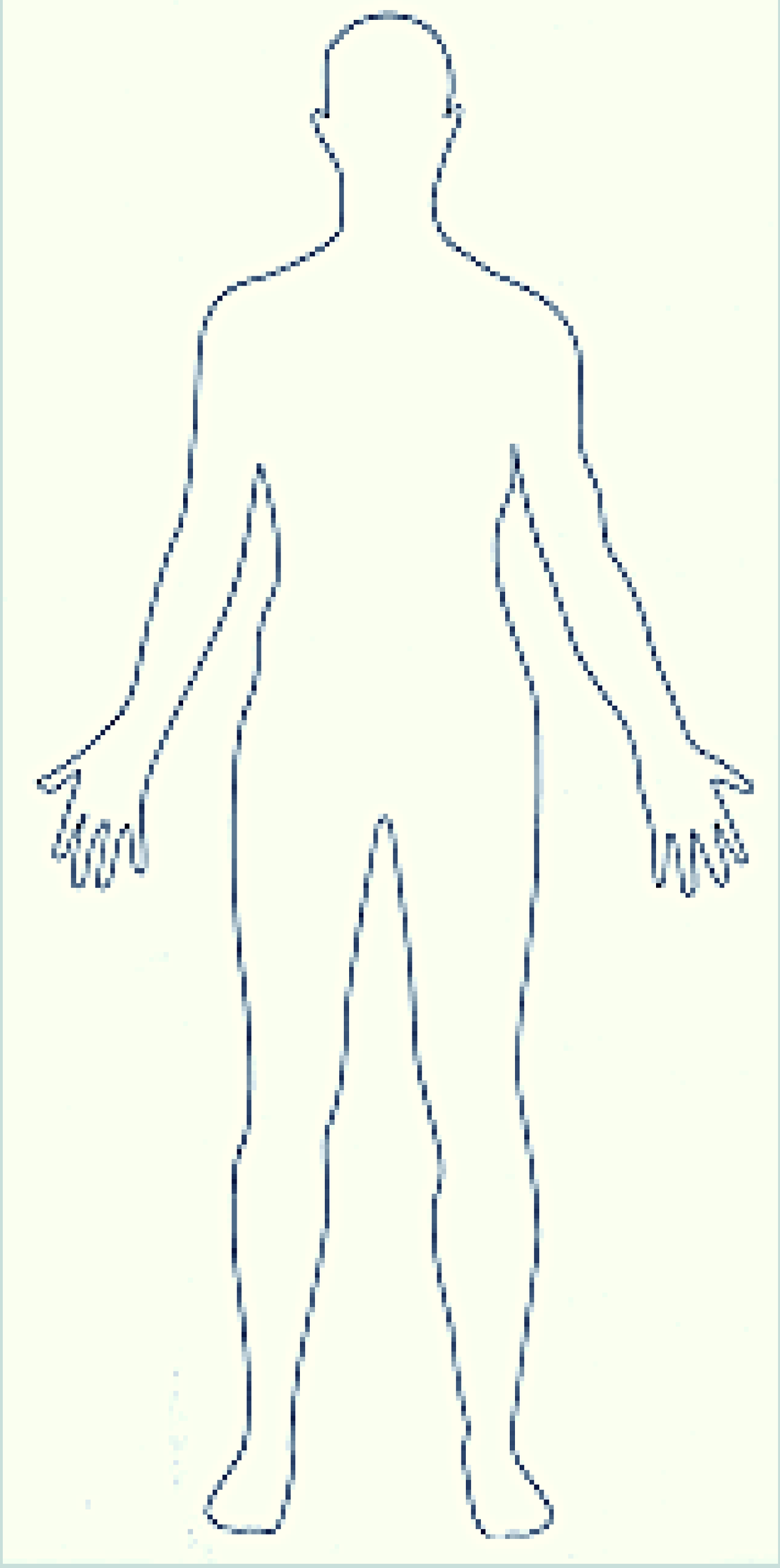

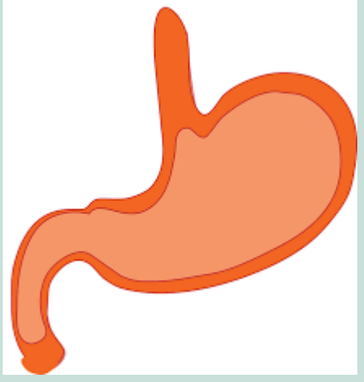

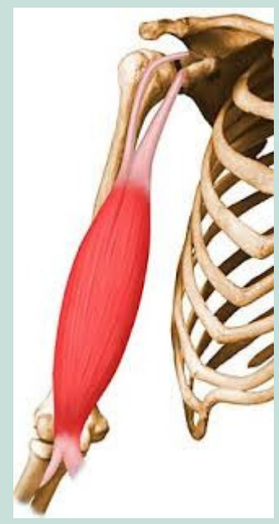

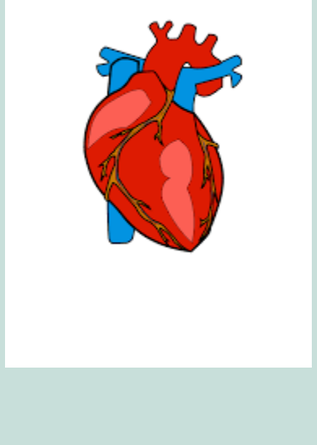

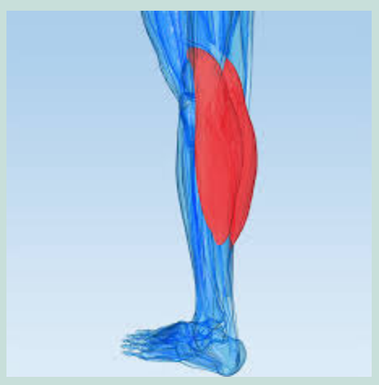

Add any extra body organs or parts relevant to your teaching.

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Guess Who in Sports?

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It's time to guess your favourite and inspiring sport heroes.

Students pick a card, they then must guess their partners sports hero.

Students can only ask 1 question at a time and must be a yes or no response. First student to guess it right, wins.

Get your students to create their own game and include their own sport heroes.

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