**Corner Tag**

**Purpose of Activity:**

To elevate students' heart rates.

**Materials Needed:**

Eight hula hoops, four foam balls, pinnies for four different teams, cones.

**Description of Idea**

Set up cones so that the playing area is divided into **four different areas**. Divide students into four different groups. Give each team a foam ball to place in a hula hoop in one of the four corners of the gym. Each team also has a hula hoop placed nearby on the sidelines as a place for tagged players.

On the "go" signal students try to **steal** the other three team's balls and bring them back to their own hula hoop. When a student is in another team's territory (quarter of the playing area), they can be tagged by any member of that team and sent to that team's side hula hoop for tagged players. Students are **safe** inside the hula hoop. Students can get free again by having another member of their own team go to the hula hoop and, taking their hand, move back to their territory. They must go back to their territory first before returning to the game. Challenge teams to get all four balls in their hula hoop.

**The Hungry Snake**

Materials: Up to 40 objects – balls, yarn balls, bean bags or small cones. Also 2 ball bags or light garbage cans if possible.

The gym is split in two and the class is divided into two teams (2 snakes). The objects (trash) are spread out around the gym with an even number of objects (trash) on each side.

The class is lined up in two straight lines behind the leaders (head of snake). The rest of the students are connected by holding the person’s shirt or shoulders in front of them (body of the snake). The last student in each line will be holding the ball bag or garbage can (stomach).

The snake must travel around the gym in a single file being guided by the head of the snake. The head of the snake picks up as many pieces of trash as possible and passes the trash through every person in line all the way to the stomach. The last person in line then puts the trash in the stomach.

Which ever team has the most trash in the stomach at the end is the winner.

Variations: The teacher only allows use of left hand, only can pass under legs or garbage can only be collected for a certain amount of time.

Modifications: Allow different students to lead the snake, make sure the trash is being passed through the entire body or add music for excitement.

**Protect the Castle**

7 soft balls, 10 cones, 7 other various targets

 Procedure: Mark out a large circle of cones about 8-10m wide Place the soft balls around the outside of the circle Put targets in the middle that can be knocked down - e.g. tall cones, pins, stumps Have everyone stand around the outside of the circle Choose 4-6 kids to stand in the middle of the circle around the targets Targets = castle | kids in the middle = knights | balls = rocks

Goal: Protect the castle Tracking with movement behind the ball, and throwing at difficult targets

 1. On “GO”, the kids on the outside throw the balls (‘rocks’) to try and knock over the targets (‘castle’) in the middle

 2. The kids (knights) in the middle defend the castle by and the balls - Throwers must be behind/outside the circle before they are allowed to throw the balls in

 3. The round keeps going until all the targets have been knocked over (or after 3-4 minutes)

4. Play multiple rounds with different defenders in the middle

**Dog Catcher**

Purpose of Activity:

To teach students about chasing and fleeing.

Activity cues:

Chasing Cues: Chasing is moving quickly to catch up, tag, or overtake a moving object or person.

Move quickly

Keep eye on their middle (waist) if chasing a person.

Be ready to make quick changes of direction

Fleeing Cues: Fleeing is moving quickly away from a pursuing object or person

Move quickly

Use quick changes of direction (right, left, forward, sideways)

Change speeds (medium, fast, slow) and pathways (curved, zig-zap, straight). This may keep pursuer off guard

Use fakes (pretend to go one way but go the other) to keep pursuer away

Materials Needed:

6 Poly spots, 6-10 beanbags, 4 cones, 2 blue vest, and 2 red vests.

Description of Idea

This is a fun activity that allows the teacher to teach Chasing and Fleeing. Make sure you have demonstrated and practiced the cues before doing this lesson.

NOTE: It is really important that you do not have the kids run to start with this idea. Use walking first and then try skipping or other easier and slower locomotor movements.

Set Up

~ Use the 4 cones to make the dog pound at one end of the gym.

~ Spread out the dog houses (Poly spots) throughout the play area.

~ Spread out the dog bones (bean bags) throughout the play area.

~ Select 2 dog catchers (Taggers) and give them the blue vest and 2 cats (helpers) the red vest.

Description

The dogs and cats are spread out in the park (playing area) and the dog catchers start in the pound. On the signal the dog catchers try to catch all of the dogs who have escaped from the dog pound and are playing in the park. When a dog is being chased he/she can hide in a dog house. When a dog is hiding in a dog house the dog catcher has to go try to catch another dog. When the dog sees the dog catcher trying to catch another dog he/she has to leave the dog house.

The dog catchers cannot guard the dog houses or pound. If a dog is caught he/she has to go to the dog pound until his/her friend the cat brings him/her a dog bone. Once the dog has "eaten" the dog bone he/she can escape from the dog pound bringing the dog bone out of the dog pound with him/her and placing it back in the park. The dog catchers have to many dogs to catch so they do not have time to chase the cats. The dogs and cats are friends so the dogs do not chase the cats.

After a few minutes change dog catchers, cats and empty the dog pound.

**Fitness Tag**

Equipment:

* Cones

Set up:Separate the gym into four sections using different colored cones. Each section will be a different exercise zone.

* Zone One ( ***red cones***): Each child performs twenty jumping jacks in order to pass through this zone.
* Zone Two ( ***blue cones***): Each child hops on one leg back and forth over a line twenty times.
* Zone Three ( ***yellow cones***): Each child hops over a ladder of lines on the floor.
* Zone Four ( ***green cones***): Each child performs X jumps with both feet before passing through this zone.

*Have a sign at each zone with a picture demonstrating the action.*

Modifications:

* Add different exercises after the appropriate lessons are taught in class.

Objective:

* Each child chases their partner around the gym in order to tag them as “it”. If they run into a zone, they need to do the zone’s exercise before they are allowed to run away from their chaser. While one child is in one zone, it is possible for their chaser to be in a different zone.
* Fitness Tag should be used as a quick and fun warm-up or even a cool-down exercise.

**MONSTER BALL**

### Procedure / Equipment

* One large Exercise Ball, Kin-ball or Cageball
* A bunch of gatorskin balls or any soft balls safe for throwing
* Divide students up into 2 teams and have students sit on their team’s side of the large square or circle in the middle of the gym facing toward the other team

### Description:

On the command students will attempt to throw the small ball at the Monster Ball in order to make it move.  Their goal is to try and get the Monster ball to cross the line on the opposing team’s side of the square/circle/line.  If the Monster Ball rolls outside of the designated area – the opposing team’s side will receive one point.  Play to a specific number of points or for most points within a time limit.

If you do not have a center circle or center square in your gym or playing space, you can create an area with poly spots, cones, long jump ropes or floor tape.

Dump out all the small balls and have students pick up 2 balls and line up on their lines before the giving the signal for the game to begin.

### Game Rules:

* You may go ANYWHERE to get a ball
* You must be OUTSIDE of the square (or middle area) to throw the ball
	+ If you throw from inside the square, sit out for that round or suffer a penalty
		- Examples of Penalties: Hop on one foot 50 times, count 60 seconds on the wall, Throw left handed for the rest of the game
* Not Allowed:
	+ Blocking balls with your body (standing in front of the Monster Ball)
	+ Touching the Monster Ball – 1 point for opposing team if anybody touches the Monster Ball
* 1 point for opposing team when the Monster Ball crosses the line

After playing a few rounds, bring student’s in and discuss strategies before playing the next round.

**Basketball Shooting Stations**

**TSWK:**

Prior practice in proper shooting form (B.E.E.F. or whatever else you teach for form).
Also, prior practice in passing and dribbling would be good

**Materials Needed:**

Ideally 6 basketball hoops, 4 mats, 5 long jump ropes, 5 cones, 15 polyspots, 22 basketballs.

**Procedure**

Students will be split into groups to rotate between shooting stations.

Station 1:
Scatter polyspots around a basketball hoop. Students can pick a spot that they want to try and shoot from. If they make the shot, they remove that spot to a bucket. If you have colored spots or different shapes, make the ones farther out worth more points for a challenge. See if the group can remove all of the spots as a group.

Station 2:
Cones are staggered leading away from the hoop. Students start at the back of the cones and dribble between the cones and then shoot a lay up. Get your rebound and give the ball to the next student in line.

Station 3:
Lay down 5 long jump ropes parallel with the free throw line starting close to the hoop spaced out a few feet each. Students take a shot behind the first rope. If you make it, you move to the next rope back. If you miss, you try again from the same rope. Try to get all the way to the back rope.

Station 4:
Stagger polyspots in a zig zag formation leading away from the hoop. Each student stands on a spot. The student on the far spot passed the basketball to the student down the line, they pass it to the next person and so on until it gets to the last student on the spot. They take a shot at the hoop. The student who shot then starts at the back spot and the other students move to the spot that they had just passed to.

Station 5:
First student shoots from behind the free throw line. If they make it, the next student shoots. If they miss it, they run to get the rebound and stop where they grab the ball. The other students line up behind that student in a row towards the basket. They pass the ball over their heads to the next person until the ball gets to the last student and that student shoots at the hoop.

**Assessment Ideas:**

Have the students check off each others form using a basketball shooting cue sheet

**Duration 3-4 days / 20-30 minutes**

**Materials Needed:**

Ideally 6 basketball hoops, 4 mats, 5 long jump ropes, 5 cones, 15 polyspots, 22 basketballs.

**Procedure**

Students will be split into groups to rotate between shooting stations.

Station 1:
Scatter polyspots around a basketball hoop. Students can pick a spot that they want to try and shoot from. If they make the shot, they remove that spot to a bucket. If you have colored spots or different shapes, make the ones farther out worth more points for a challenge. See if the group can remove all of the spots as a group.

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