



Big Group, Small Space

TAHPERD 2019

Activities adapted or modified from:

- *No Gym? No Sweat!* Jenna White & Courtney Teatro, SHAPE America Tampa 2019
- *Small Sided Games = BIG Results* Guilford County Schools-Greensboro NC, SHAPE America Tampa 2019
- OPEN Curriculum, US Games
- SPARK Curriculum, Gopher Sport

My teaching philosophy cornerstones:

- Move as many students as you can, as safely as you can, as much as you can
 - Achieved through established and consistent routines and cues, clear boundaries, clear expectations, organized materials and conflict resolution solutions
- Choices, choices, choices
 - Warning! Side effects include: opportunities for success, safe risk taking, learning/trying/enjoying something new, autonomy, ownership of the experience and learning outcome, increased engagement, positive and supportive classroom climate

One Rule...

Take what works
Modify or innovate what doesn't



Pass Tag



Equipment: Juggling Scarves (1 per pair), Music

Grouping: Pairs

How to Play: Partners find self space and begin tossing and catching a scarf while the music is playing. When the music stops, the player with the object is “it” and tries to tag the to other player. If successful, the tagger yells “Gotcha” and drops the scarf. The tagged player must pick it up and try to tag their partner. When the music comes back on, throwing resumes. Change the locomotor skill often (speed walking, skipping, hopping, frog jumps, seal walk, hopscotch, side-slide, etc).

+ Skill: Play with balloons for volleying or deck rings for foot passing. For really small spaces – play “knee tag.”

UNO WILD

Equipment: Uno, Cones, Shoulder Folders, Exercise Cards

Grouping: Groups of 4-5

How to Play: Using only the number cards in the deck, each player draws a card. The team then moves to the activity card that matches the HIGH CARD's color. Add up the sum of the team's cards and perform that many reps of the exercise on the card. Discard. Draw. Repeat.

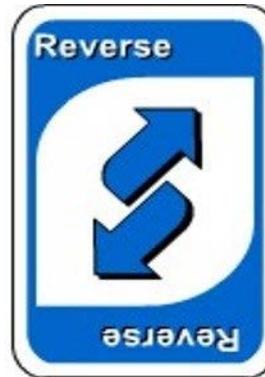
Modification: Multiply the low card & the high card, then add the other cards.

+ Fitness: Use all cards in the deck! A "WILD" card trumps all other cards and allows that person to pick an exercise for their team to perform. A "SKIP" card beats all # cards and requires the entire team to skip two laps around the playing area OR entitles that player to skip the exercise. A "REVERSE" card means the entire team must skip one lap backwards around the playing area OR the lowest card wins the round (whichever makes sense for your space). A "DRAW +2 or +4" card means the team draws extra cards for extra reps!

UNO WILD + FITNESS



Beats all other cards – holder gets to choose any exercise for his/her group!



Reverse Card – reverses play so the low card is the winner **OR** the whole team skips backward one lap.



Skip card - allows holder to skip the exercise **OR** have the whole team skip 1 lap around the playing area



Draw 2 or 4 – draw designated # of cards to increase reps!

Rock, Paper, Scissors Baseball



Equipment: Cones, Shoulder Folders, Exercise Cards, Mats
Grouping: Random, 1v1

How to Play: Set up 4 corners (bases), each with a mat, a cone and an exercise card. All students will start at home base and will complete the designated exercise while playing RPS against a partner. Students only play once unless there is a tie. The winner moves to the next base and finds a new partner to play. The object of the game is to make it back to home base to score a run. The goal is to score as many runs as possible in the allotted time. Optional – add outs (3 losses = strikeout = perform a power up exercise OR create teams to compete and keep score.

+ Fitness: Create two diamonds, a minor league and a major league park. All students start in the minor leagues and after scoring a certain # of runs, they graduate to the major leagues. In the major leagues, if you strikeout and must go back to the minor leagues and restart.

Head, Shoulders, Knees and Cone



Equipment: Cones
Grouping: Partners

How to Play: Partners stand face to face in a squat position, cone on the ground between them. Teacher calls out a body part, students use both hands to touch that body part on themselves. When the teacher says cone, students reach to grab the cone before their partner. The partner who wins the cone stays, the other travels to a new partner!

+ Skill: Assign a locomotor skill for traveling, winner does jumping jacks until a new partner comes and both assume the ready position

Grab it!

Equipment: Beanbag Critters (1 per pair), Music

Grouping: Pairs



How to Play: Partners sit criss-cross facing one another with an object on the floor between them. When the music is on, students must keep their hands on their knees. When the music goes off, they try to grab the object. If they lose, they stay seated. If they win, they take the object and move to another partner who is seated on the floor. If they both grab it at the same time – rock, paper, scissors. Keep the game moving at a quick pace! Focus on sportsmanship, winning with class, losing with dignity and understanding failure is part of success. Everyone will win and everyone will lose if you play long enough.

+ Fitness: Play in a variety of positions – push up (one handed or two), crab, v-sit, jumping jacks, cross jacks, ski jumps, squats, etc.

Guard the Castle

Equipment: A block, beanbag, or cone

Grouping: Small groups (approx. 4 per group)

How to Play: One student is in the center of a 5x5 square with the object on the floor, others remain outside the square. The outside students try to take the object from the center. The middle student guards the object by tagging the invaders. If a student is tagged, do 5 jumping jacks to resume play. If successful, switch places with the middle guard.

+ Skill: Change skill to perform when tagged. If tagged 3 times, go to a different group. Middle student protects a cone or ball and outside players try to knock over/move the target by kicking or throwing a chosen manipulative (in a larger space)

Straddle Ball

Equipment: Cones (optional), Gator skin ball (1 per group)

Grouping: Teams of 6-8



How to Play: Form a circle of players with cones between each player to make “goals.” If you do not have cones, just form a circle with players feet touching. Each player chooses an exercise to be. One player starts by rolling the ball into the circle. Other players must strike the ball with their hands to try to score a goal by knocking the ball past another player, through their goal. The ball must stay on or near the ground while in play. If the ball goes through a player’s goal, he/she must retrieve it and jog one lap around the playing area while everyone else performs that person’s exercise. The person who scored the goal gets a point. If a player hits it out of the circle in the air, it’s a point for everyone else. The first player to 5 wins and moves to another group.

+ Skill: Play with a larger, slower moving object for younger students and a smaller, faster moving object for older students. Add in short handled implements like pickle ball paddles to work on striking skills.



Districts and schools in Tennessee will exemplify excellence and equity such that all students are equipped with the knowledge and skills to successfully embark on their chosen path in life.

Excellence | Optimism | Judgment | Courage | Teamwork