

**EXTREME**

# CREATIVITY

**#PHYSED ACTIVITIES THAT WILL  
BLOW YOUR MIND!**



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NCAAHPERD-SM CONVENTION

Winston Salem, North Carolina

**Friday**, November 2 • 7:30am - 8:20am



# Clean the FRONT Yard

**Equipment needed:** Scarves, Several pieces of JARU Fake dog poop (purchased from dollar general), Poly Spots, and Cones.

**Activity description:** Divide students into two teams. Each student will need a scarf. Each team will begin on opposite ends of the playing area. Cones will be placed down the center of the playing area dividing it into two sides. Poly spots with JARU poop on top will be scattered on each side throughout the playing area. On the teachers signal, students will race to pick up a fake poop on their side of the playing area (front yard) using their scarf, and move it to an open poly spot on the opposite teams side of the playing area (front yard). At the end of the activity, students will return to their starting line. The team that has the least poop in their front yard will be deemed the winner.

**Variations:** If you don't have fake poop, use bean bags.

# Stinky Feet

**Equipment Needed:** 3 or more "Prankz Fun" Mega Poop (purchased from five below) or → <https://www.amazon.com/Prankz-Fun-Mega-Poop-Prank/dp/B07CN6W6JM>

**Activity description:** Select 3 or more students to be "It". On the teachers signal, have the students move throughout the general space. The students who are "it" will kick the mega poop with inside of foot to make it slide across the floor attempting to hit someone's foot/feet with the poop.

If a student's foot is hit with a mega poop, that student performs 10 reps of previously determined (or student choice) exercise before rejoining the game.

# Dice Jam

**Equipment needed:** Garden Tubs, Foam Dice.

**Activity description:** Partners stand at opposite Tubs, alternating tossing/throwing & and deflecting a Dice into the tub. One partner throws or tosses the dice and the other partner attempts to redirect it into the tub. After both partners complete one throw each, the dice is passed to the opposing team. The game continues alternating team turns until a score of 21 is reached or until the allotted time is up. (Played Similar to Kan Jam)

# Loose Change

**Equipment needed:** Hula Hoops, Large Play coins (pennies, nickels, dimes, and quarters) (regular play coins work as well), buckets.

**Set up:** Students will be divided into groups of 3 and will stand on one end of the playing area. Coins will be scattered on the opposite end of the playing area. Each team will need a hula hoop, and a bucket to place collected coins in.

**Activity description:** Students will take turns rolling their team's hula hoop, trying to get the hoop to land on the play money coins scattered at the opposite end of the play area. Whichever coins the hoop lands on, students will retrieve the coins and take them back to their teams bucket. Students are only allowed to collect coins that are fully inside of the hula hoop. When all the coins are collected, or at the end of the allotted time, students will add up the change that their team collected. The team that accumulates the most change will be deemed the winner.

**Variations:**

Instead of using play coins, used play money bills for younger students.

# Strikers vs. Dribblers

**Equipment needed:** Basketballs, foam baseballs or small gator skin balls, baseball bats, large traffic cones or batting tees, cones.

**Activity description:** Divide students into groups of 3. 1 student will be the Striker, and will stand at one end of the play area beside the bat and tee. The dribbler will stand at the opposite end of the play area behind a cone with a basketball. A cone will be placed mid-way for students to use for running to score. On the teachers signal, the striker will strike the ball off of the tee, drop the bat and run back and forth between the Tee and the midway cone to score points. The fielder will dribble to field the ball, and return it to the tee while dribbling as fast as possible and yell STOP! The striker will then become the dribbler, and the dribbler will become the striker. The student who accumulates the most points by the end of the game will be deemed the winner.

**Variations:** Give strikers a variety of balls to choose from.

# The Superbowl

**Equipment needed:** 1 bowling Pin, Balls, and Flag belts.

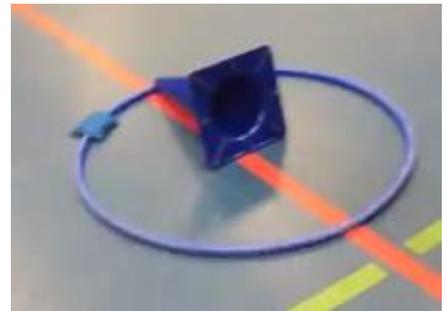
**Activity description:** Students will line up with their balls on one end of the playing area. Each student will need a flag belt. One student will be selected to be the defender. The defender will stand on the opposite end of the playing area. A bowling pin will be placed in the middle of the playing area on top of a poly spot. On the teachers signal, students will roll their balls in an attempt to knock over the bowling pin. Once the pin falls, rollers will attempt to retrieve their ball and return to the end line that they rolled from. Rollers are not allowed to leave until the pin falls. When the pin falls, the defender will rush to set the pin up, and afterwards attempt to pull a rollers flag belt. The defender can only pull a flag of a roller with a ball. If a rollers flag belt is pulled they will become the new defender.

**Variations:** Instead of rolling, students can throw or kick. You can add more bowling pins and defenders. Instead of using flag belts, students can play by tagging, or use scarves as flags.

## CONE hole

**Equipment needed:** Cones, Hula Hoops, Bean Bags, Buckets, and Noodle Bits.

**Set up:** Divide students into teams of 2. Each team will have a hula hoop and a cone that is lying flat inside of the hoop. Across from each team will be their opponent with a hula hoop and a cone that is also lying flat. Distribute 1 bean bag for every two teams. Behind each teams hoop should be a bucket with 8 noodle bits inside.



**Activity description:** On the teachers signal, students will begin tossing the beanbag back and forth towards the opponent's cone in an attempt to make the beanbag land inside of the cone or inside of the hula hoop. If the beanbag lands inside the cone, then the student who tossed it will run to retrieve 3 noodle bits from the opposing teams bucket. If the beanbag lands in the hoop, the student who tossed it will run to retrieve 1 beanbag from the opposing teams bucket.