

A Few of Our Favorite Things in PE
Meghan Grady 2018 Elementary TOY
Meadow Lark Elementary
Great Falls, MT
meghan_grady@gfps.k12.mt.us

Thank you for participating in my presentation. I hope the following activities will help enhance your HPE classes like it did for me.

I am a huge believer of professional development--never settling and always growing with the help of others. I follow PE Central on Facebook and Twitter and also use YOUTUBE as a resource.

Plickers Magnets (Plagnets)

I first learned about Plagnets from Mike Ginocola on Facebook. This resource is a way for students to self-assess and for you to gather some formative assessments on health topics or physical skills.

Here is how I have it set up in my class:



App on phone

<https://get.plickers.com/>

Plagnets folder (many HPE teachers have formatted their own)

<http://www.physeddepot.com/plickers-magnets-plagnets.html>

Buy magnets from AMAZON.com

https://www.amazon.com/gp/product/B00DACAA6Y/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

Warm-up Idea:

Triangle Dance



Equipment: 3 people

Directions:

- ★ Stand in a triangle formation with two other people and place your hands on each other's shoulders or forearms
- ★ To start, number your group members 1-2-3. #1 will jump in the middle of the triangle while the other two jump to either side of the person in the middle forming a straight line across
- ★ Once you've done this, go back to the original triangle position
- ★ Then, #2 will then jump in the middle while the other two jump to either side
- ★ Then go back to original triangle position
- ★ Finally, #3 will jump in the middle while the other two jump either side
- ★ Keep repeating this sequence

Modifications: For younger ages, try it with 2 people jumping to either side and then back to the starting point. After your groups have had a chance to practice and get the rhythm down, try it with music.

Ultimate Hoop Hop (from PE Central on Facebook)



Ages: All ages enjoy this activity

Equipment: As many hula hoops as you can gather (6-8 teams with 3 beanbags at each starting point).

Directions:

- ★ Divide class into 6 or 8 equal teams depending on how many hula hoops you have
- ★ One person will start hopping through the hula hoop obstacle course from each team
- ★ If 2 classmates meet each other, they rock paper scissors.
- ★ Whoever wins goes on, the person that does not win gets out of the course and goes to the end of their line
- ★ When you do not have a teammate in the obstacle course, the next person in lines starts
- ★ If you make it to the last hula hoop on another team's strand, take a beanbag and put it in your treasure box (Cone by your line)
- ★ The team that collects 8 beanbags first is the winner of that round

Modifications:

- ★ For younger grades, makes 3 different straight rows with only 2 teams going against each other
- ★ Instead of using all hula hoops, alternate between hula hoops and poly spots.

BattleBall (idea from Ben Pirillo on YouTube)



Equipment: Divide gym in half by mats that stand up or a volleyball net with a parachute over it\
20 gator balls or yarn balls for younger ages
20 bowling pins (10 per side)

Directions:

- ★ Divide the class into two teams. Stand the mats up down the middle of the gym so students may not look over them.
- ★ Each team needs 10 bowling pins.
- ★ Each team may set up the bowling pins where they would like to on their side in random areas(not too close to the middle mats or on the perimeter).
- ★ Students throw the balls to the opposite side
- ★ If a student catches a ball, they jog one lap to the opposite team's side on the perimeter of their area and can roll or throw their ball at one of the pins.
- ★ One person can be assigned to guard each pin if they choose
- ★ The game is over when all pins are down on one side

Modifications: Use different size/types of balls for upper/lower grades levels.

For younger grades, focus on throwing form and don't include the catching phase until later in the year.

Gaga Ball (students' favorite)



Equipment: standing mats or 8' tables

2-3 playground balls, gator balls, or jelly balls (any ball that is soft and bounces)

Make mats or tables into an octagon or any shape that will fit your class

Directions:

- ★ Each student start with 1 hand against the wall
- ★ Teacher bounces 1 ball in...on the first bounce students yell "Ga" 2nd bounce "Ga" 3rd bounce "GO"
- ★ Students can then release their hands from the wall and begin playing
- ★ Any student can strike the ball with open or closed hand
- ★ A student can get out 4 different ways:
 1. If a ball strikes you knee or below
 2. If you double hit the ball (If you hit the ball against the wall or another person, it eliminates your previous hit).
 3. If you strike the ball out of the pit or if someone catches the ball that you strike.
 4. If you strike the ball with 2 hands
- ★ Students must stay on their feet at all times- no sliding or diving

You can play 2 types of games- elimination until you have 1 finalist left or continuous where a student who is out can do an exercise and then come back in.

Modifications: Depending on how many students you have, you can add up to 3-4 balls.

If you don't have access to standing mats or tables, use your entire gym. If a student gets eliminated have a designated area to go do an exercise or wait until the next round.