

Beat the Clock, PFA challenge

Purpose of the lesson: To incorporate math into PFA equipment exercises with a focus on cooperation with group members.

Grades: 2-5

Prerequisites: Students must know the safety rules that they use when exercising on PFA

Materials: 7 clip boards with all station names written on a sheet of paper to record the number of exercises completed during class.

Lesson: Students will be split up into 7 equal groups among the PFA exercise station equipment. They will have 3 minutes per station to complete as many exercise as possible in that time period. Station rules are as follows,

Step up -10 step-ups and switch with a group member, continue until time is called. Record your points and add your team's points together

Parallel Bars - Students who arm walk the length of the bars with out touching the ground will receive 10 points for their team, halfway walk marked by *tope* receives 5 points for their team. Switch when a group members foot touches the ground. Record your points and add with previous station points.

Monkey Bars - For each step on the ladder a student can touch with 2 hands until they complete the ladder moving high to low they receive 1 point each. Record your points and add with previous station's points.

Sit-ups, Modified pull-ups and vault - 10 and switch with a group member continue till time is called record your points and add with previous station's points.

Pole Climb - Teachers station, 10 points each for reaching the top of the pole each time or 1 point each second a student holds themselves off the ground while holding onto the pole. Record your points and add with previous station's points.

Have students work in their groups to complete totaling of their teams points. 4 and 5 graders have no trouble working these numbers out where as the 2nd and 3rd graders may need assistance or calculators for their groups work. This activity works extremely well and students love the competition with each group. Your students will not realize that the math is involved. This is my point system I use I suggest changing your point system to best meet your class and grade levels needs.

Teaching ideas: Have students change who is the recorder of the points each station. Encourage cooperation and honesty when counting points. If any point changing is suspected let each group know this leads to team disqualification.

Ready, Set, Hike

Purpose of the Lesson: Warm-up lesson designed to get students moving and increase their heart rate quickly at the beginning of class.

Grades 2-5

Prerequisites: Students must be able to travel without touching anyone and must understand personal space.

Materials: Open space, 4 small nerf balls or gator balls.

Lesson Idea: This warm-up activity is designed for 8 to 10 minutes of fast paced movement. Students will spread out around the gym or marked area on a field. There will be 4 gator balls given to 4 students. On the go signal students that have the ball must throw the ball under their legs and try to hit the others that do not have a ball. If a student is hit they must do 15 jumping jacks and they can then continue playing. If a player has a ball in their hand they can only pivot to get in position to throw the ball. After they release the ball they can continue to move again dodging the other balls that are being thrown. The under the leg throwing or hiking motion is a great way for students to throw without throwing too hard and hurting others.

Teaching ideas: This fast paced game is a great activity when you are discussing pulse rate during heart health month.

Alley Soccer

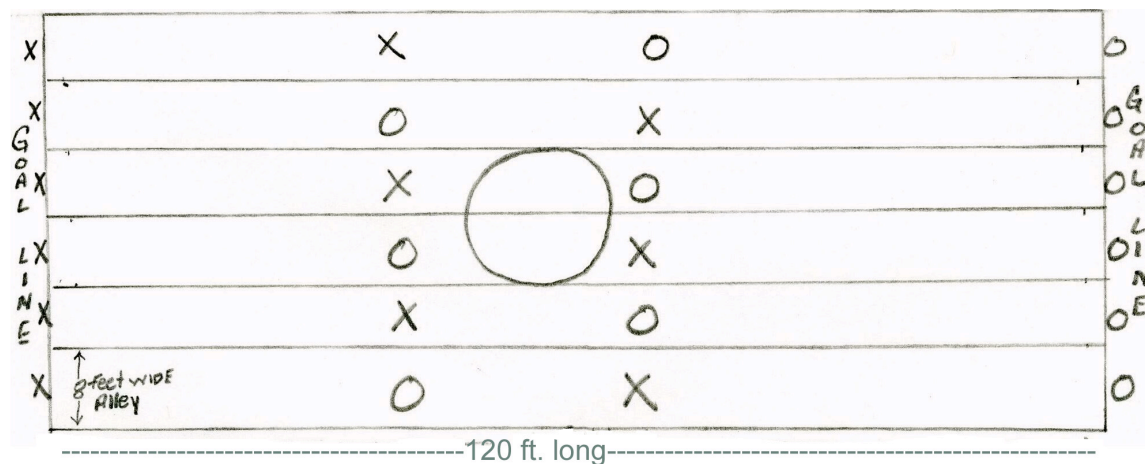
Purpose of the lesson: To allow students to compete in a modified soccer game

Grades: 2-5

Prerequisites: Soccer skills have been taught, passing, dribbling, throw-in, and field awareness

Materials: Field or large gym, athletic field paint or floor tape, cones, soccer ball and colored jerseys to divide students into 2 teams

Lesson: Field preparation and set up. See diagram below.



Students are divided into 2 teams and are put on each end of the alley soccer field. Half of each team are goalies and must stay one step behind the goal line. If a ball is passed between the goalies on the goal line a goal is scored. The soccer ball must go between the line goalies and not over their heads. One player from each team will be placed in a alley and they can run the length of the field but not cross out of their alley, This game prevents the group "swarming bee effect" you get when trying to play regular soccer Only 2 players can go after the ball at a time in an alley. If a ball is kicked out of bounds players on the outside alley throw the ball back into play. Goalies when a goal is scored or a shot is stopped kick or throw the ball back onto the playing field. Goalies rotate from their position to the playing field as well as players rotate to be goalies.

Teaching Ideas: This soccer game allows everyone to get involve and is the safest form of soccer I have found. I spend 1 class period focusing on soccer skills and the skills needed to be successful at this game. I encourage passes from Alley to Alley and even modify the game some by adding the ball must be touched by all teammates in the different alleys before a goal can be made. Setting up the playing field takes time but this activity will be an instant success!!

The 12 Days Of Fitness

Purpose of the lesson: Warm up to music, quick focus on Flexibility and Cardiovascular fitness

Grades: K-5

Prerequisites: Finding personal space and changing body movements to the beat of music

Materials: Open space and Holiday tune, 'The 12 Days of Christmas', White board or Poster board.

Lesson: Write out activities on a poster board or white board for students to follow, Students act out the following fitness song.

On the first day of fitness my coach gave to me:

1. Stork stand balancing (stand on one foot)
2. Scissors crossing (feet apart then cross in front, feet apart then cross behind)
3. Muscle Poses
4. Jumping ropes (imaginary ropes)
5. Hula hoops
6. Kicks to the front
7. Punch the air
8. Jogs in place
9. Side stretches
10. Knee lifts
11. Raise the roofs
12. Jumping jacks

Teaching Ideas: This is a great warm-up activity for all grades. I prefer to use this as my warm-ups during the month of December.