SHAPE America

TOY talk TUESDAY

Brought to you by the Teacher of the Year Partner Network

SPARK™ WELLNESS TRAINING SPECIALISTS GOPHER G-W PUBLISHER

Little or No Equipment Activities for In-Person Physical Distancing and Virtual Settings

SHAPE America TOY talk TUESDAY
Brought to you by the Teacher of the Year Partner Network
SPARK WELLNESS GOPHER G-W

Sally Schulte
2019 Central District Elementary Physical Education Teacher of the Year
Green Tree Elementary in Wentzville, MO

Courtney Teatro
2017 Southwest District Elementary Physical Education Teacher of the Year
Stevenson Elementary in Mesa, AZ

Up, Down, Stomp, Clap

SHAPE America TOY talk TUESDAY
Brought to you by the Teacher of the Year Partner Network
SPARK WELLNESS GOPHER G-W

Asphalt Green REP RECESS ENHANCEMENT PROGRAM

REP GAME: UP, DOWN, STOMP, CLAP

ASPHALT GREEN | JAN 05, 2016

Keep active inside by playing an indoor Recess Enhancement Program (REP) game! All it takes to play Up, Down, Stomp, Clap is a willingness to join the fun!

DOWNLOAD RULES

Who: Grades K-8

Players: 10+

Time: 10+ minutes

Where: Auditorium, cafeteria, classroom, gymnasium, hallway, library, playground

Equipment: None

HOW TO PLAY:

- Everyone, pick a seat. You will do a lot of moving but you will not move from your seats.
- A designated leader gives a series of commands for players to follow. When the leader says:

- UP, raise your arms up.
- DOWN, put your arms down
- STOMP, stomp your feet once.
- CLAP, clap once.

- Listen very carefully because in the next round gets harder.
- Round 2: UP and DOWN are opposites.
- Round 3: UP and DOWN and STOMP and CLAP are opposites.

SHAPE America

Conductor

Activity: Conductor (from laurieslittlemonkies.blogspot.com)

SHAPE Standards: 1, 4, and 5

Equipment needed: 4 different colored hula hoops

How to play: Students can stay on their spots or spread out and keep personal space. Each hoop represents a movement. (Ex: green = sit and spin, red = stomp, blue = clap, purple = lay down). The teacher will stand in the hoop(s) and the students will do the action. Try each color by itself, and then stand/use hands to make students try multiple movements at a time.

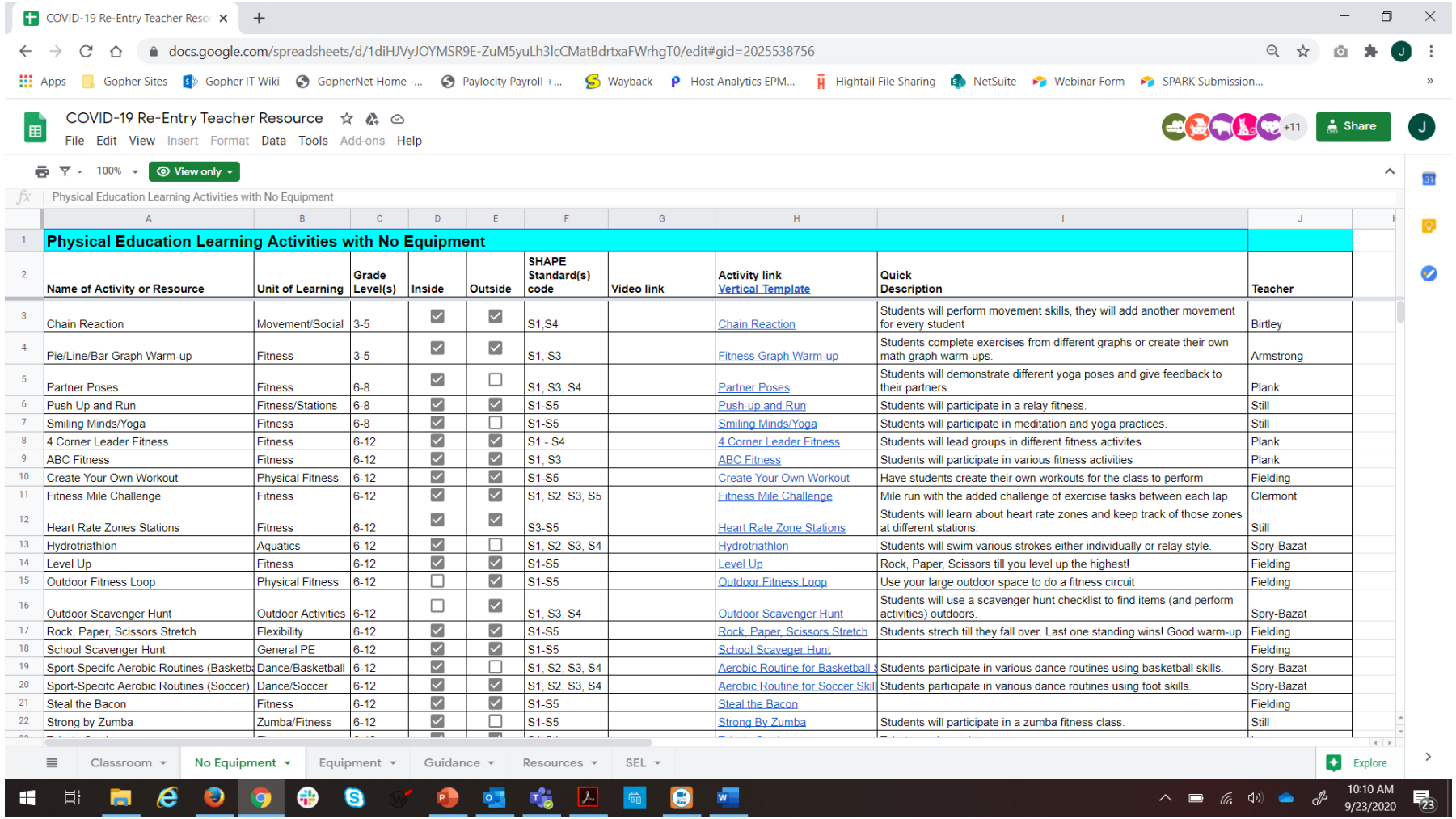
Modifications:
- add more hoops
- change movements depending on skills covered
- have students break up into small groups and have multiple conductors
- if not enough hoops use poly spots
- if outside use chalk to mark circles

https://twitter.com/Salsmagoo/status/1040066650811322369?s=20

Simon Says

https://twitter.com/Coach_Maytham/status/1308089942833274886?s=20

MOReady Doc



COVID-19 Re-Entry Teacher Reso

docs.google.com/spreadsheets/d/1diHJVyJOYMSR9E-ZuM5yuLh3lcCMatBdrtxaFWrhgT0/edit#gid=2025538756

Apps | Gopher Sites | Gopher IT Wiki | GopherNet Home -... | Paylocity Payroll +... | Wayback | Host Analytics EPM... | Hightail File Sharing | NetSuite | Webinar Form | SPARK Submission...

COVID-19 Re-Entry Teacher Resource

File Edit View Insert Format Data Tools Add-ons Help

Share

100% View only

Physical Education Learning Activities with No Equipment

Physical Education Learning Activities with No Equipment									
Name of Activity or Resource	Unit of Learning	Grade Level(s)	Inside	Outside	SHAPE Standard(s) code	Video link	Activity link Vertical Template	Quick Description	Teacher
Chain Reaction	Movement/Social	3-5	☑	☑	S1,S4		Chain Reaction	Students will perform movement skills, they will add another movement for every student	Birtley
Pie/Line/Bar Graph Warm-up	Fitness	3-5	☑	☑	S1, S3		Fitness Graph Warm-up	Students complete exercises from different graphs or create their own math graph warm-ups.	Armstrong
Partner Poses	Fitness	6-8	☑	☐	S1, S3, S4		Partner Poses	Students will demonstrate different yoga poses and give feedback to their partners.	Plank
Push Up and Run	Fitness/Stations	6-8	☑	☑	S1-S5		Push-up and Run	Students will participate in a relay fitness.	Still
Smiling Minds/Yoga	Fitness	6-8	☑	☐	S1-S5		Smiling Minds/Yoga	Students will participate in meditation and yoga practices.	Still
4 Corner Leader Fitness	Fitness	6-12	☑	☑	S1 - S4		4 Corner Leader Fitness	Students will lead groups in different fitness activites	Plank
ABC Fitness	Fitness	6-12	☑	☑	S1, S3		ABC Fitness	Students will participate in various fitness activities	Plank
Create Your Own Workout	Physical Fitness	6-12	☑	☑	S1-S5		Create Your Own Workout	Have students create their own workouts for the class to perform	Fielding
Fitness Mile Challenge	Fitness	6-12	☑	☑	S1, S2, S3, S5		Fitness Mile Challenge	Mile run with the added challenge of exercise tasks between each lap	Clermont
Heart Rate Zones Stations	Fitness	6-12	☑	☑	S3-S5		Heart Rate Zone Stations	Students will learn about heart rate zones and keep track of those zones at different stations.	Still
Hydrotriathlon	Aquatics	6-12	☑	☐	S1, S2, S3, S4		Hydrotriathlon	Students will swim various strokes either individually or relay style.	Spry-Bazat
Level Up	Fitness	6-12	☑	☑	S1-S5		Level Up	Rock, Paper, Scissors till you level up the highest!	Fielding
Outdoor Fitness Loop	Physical Fitness	6-12	☐	☑	S1-S5		Outdoor Fitness Loop	Use your large outdoor space to do a fitness circuit	Fielding
Outdoor Scavenger Hunt	Outdoor Activities	6-12	☐	☑	S1, S3, S4		Outdoor Scavenger Hunt	Students will use a scavenger hunt checklist to find items (and perform activities) outdoors.	Spry-Bazat
Rock, Paper, Scissors Stretch	Flexibility	6-12	☑	☑	S1-S5		Rock, Paper, Scissors Stretch	Students strech till they fall over. Last one standing wins! Good warm-up.	Fielding
School Scavenger Hunt	General PE	6-12	☑	☑	S1-S5		School Scaveger Hunt		Fielding
Sport-Specifc Aerobic Routines (Basketb	Dance/Basketball	6-12	☑	☐	S1, S2, S3, S4		Aerobic Routine for Basketball S	Students participate in various dance routines using basketball skills.	Spry-Bazat
Sport-Specifc Aerobic Routines (Soccer)	Dance/Soccer	6-12	☑	☑	S1, S2, S3, S4		Aerobic Routine for Soccer Skill	Students participate in various dance routines using foot skills.	Spry-Bazat
Steal the Bacon	Fitness	6-12	☑	☑	S1-S5		Steal the Bacon		Fielding
Strong by Zumba	Zumba/Fitness	6-12	☑	☐	S1-S5		Strong By Zumba	Students will participate in a zumba fitness class.	Still

Classroom | No Equipment | Equipment | Guidance | Resources | SEL | Explore

10:10 AM 9/23/2020

Little to No Equipment Activities

SEL Activities:
Star Breathing
Safe Space Assignment
Deep Breathing
Shake it Off
Time Machine
Building Patience
Making Choices
Bell Breathing
Square Breathing

Introduction Activities:
Move & Freeze
Move and Assume Shape
Locomotor Movement & Freeze
Magic Number Challenges
Bend, Stretch, & Shake
Combination Movements
European Running
Secret Movement
Move & Manipulate

Fitness:
Teacher Leader
Astronaut Fitness
Fitness Challenges
Exercise To Music

https://www.dynamicpeasap.com/

Little to No Equipment Activities

SHAPE America TOY talk TUESDAY
Brought to you by the Teacher of the Year Partner Network
SPARK WELLNESS GOPHER G-W

Lesson Focus:
Orientation
Movement Skills and Concepts
Balance, Stretching, Strength and Relaxation
Sock Ball Activities
Balancing Activities
Rhythms
Individual Game activities (K-3)
Chair Aerobics (4-6)
Juggling (tissue, Paper towel or grocery bags)

Game:
Move & Freeze
Change Sides
Airplanes
Countdown
Shavasana
Hot Potato
One Step
Keep it Floating
Move and Perform Challenge

SHAPE America

TOY talk TUESDAY

Brought to you by the Teacher of the Year Partner Network

SPARK · WELLNESS TRAINING SPECIALISTS · GOPHER · G-W PUBLISHER

Find more episodes and resources:

shapeamerica.org/ToyTalks