

Four Corners

Before you start this quick hitter talk about the word encourage. Does anyone know what it means? What would encouragement sound like? What could it look like? Have each corner in the gym designated by a number 1,2,3,or 4. Students start doing a designated loco-motor movement around the gym when the music plays. When the music stops the students decide to go to a certain number in 5 counts. The teacher then might say 15 Jumping Jacks and then throws the die. Whatever number comes up, that corner gets to do the exercise. If the number is 5 all students do the exercise. If it is a 6 the teacher does the exercise.

Bryg It On

For this game you will need pinnies, hoops, flags of the colors blue, red, yellow and green. (you don't necessarily need the colored flags if you don't have them as long as the teams have the different colored pinnies. Each team has a home base with a matching colored hoop in one corner of the gym. Each teammate wears two color coded flags for their team. The object of the game is to snatch all the flags off of a team designated for your team. Blue snatches red, red snatches yellow, yellow snatches green and green snatches blue. When both of your flags are snatched off you get in the up push up position and a teammate needs to crawl under you to get you back in the game as you grab your lost flags and put them on in your hoop(safe area) and rejoin the game. The winner is the team that gets all the other team in the push up position or play for a certain time limit and you would count each team's total flags to have a winner. If you are crawling under a bridge, no one can grab your flags. When you get out you have 5 counts of freedom so there is no puppy guarding.

Variations: when you get one flag pulled you make the bridge. Just use half the gym but you need to have both flags pulled before going down to bridge position. Then play it on half the gym and when one flag gets pulled you go down to the bridge position.

Picket Fences 3-8

Use four lines to divide your gym width wise about 15ft. apart. Partners hold short ropes to stay connected. They are the taggers. Taggers can only run laterally on their designated lines. Other students try to run past these lines to the safe line. Start with one set of partners at each line. If a person gets tagged they get a short rope and attach to the group that tagged them, thus extending the "fences".

5,6,7,8, by Steps K-12

After the music says time to begin jump on each count 5,6,7,8,
8cts. Grapevine to the right (4cts.) Grapevine left (4cts.)

8cts. Moving forward.. angle step right clap, angle step L clap, angle step right clap,
angle step left clap.

8cts. Slap right hand on right thigh, left hand on left thigh, right hand on right hip and left
hand on left hip, clap hands together two times and point to your head and to your toe

8cts. Walk backward 4 steps, then jump in place 4 times(5,6,7,8,)

Bunny Jump Music - All Shook Up – Elvis

Start with right foot heel to e heel toe

Left foot heel toe heel toe

Jump forward one jump

Jump backward one jump

Jump forward 3 times

Start over

Start in a scattered formation with the entire class, as you jump forward jump toward another person and attach hands on shoulders; continue to attach to other people until the entire class is in one big circle, then change the commands. If you say “back” the jumping sequence is back, forward , back, back, back. If you say “in” the jumping sequence is in,out, in,in,in. If you say the jumping sequence is out, move to the outside of the circle, out, in, out, out, out. One caution, do not call “in” more than two times in a row, otherwise the circle becomes too small.

Allunelul

The first two sequences are step behind sequences moving to the left and right.

Starting with the right foot take one step to the right with the right foot followed by the left foot coming behind the right foot; do this 3 times to the right ending with 2 stomps with the left foot. (keep leading with right foot)

Repeat from the beginning

Part 2

Two steps moving to the right as above but stomp once with left

Two steps to the left and stomp with right

Repeat part 2

Part 3

You are in place doing this next part

These are quick steps

Step right one small step and left touches right

Step left and right touches left

Repeat but stomp with left foot two times

Step left touch right do this two times and stomp two times with right

Entire rhythm starts over

You can do this with a partner standing side by side arms on shoulders, 4 people, or circle the whole class or do boys in a circle and girls in a circle. The touchy part is in the circle where the boys and girls connect.

Rope Jumping-

All tricks are single bounce

Turn rope forward, backward, hop on one foot, skier (feet together side to side)

Bell (feet together move your feet forward and backward)

For day two we review the above and add helicopter (turn rope above head), front straddle, side straddle (jumping jack legs) double under (two turns and one jump)

Day 1 Rhythms/Ropes/Juggling – 5,6,7,8 Day one Ropes Juggling one hand work, one hand two scarves and 30 second timings, columns (one in the middle and one on either side), splits (one on one side two on the other) 30 second timings.

Day 2 Rhythms/Ropes/Juggling – Day 2 test 5,6,7,8. Allunelul, review day one ropes, they will be tested on these the next day, do day two ropes. Juggling review day one and do the cascade, and reverse cascade.

Parachute

The Drag Race

*Drag Race – One squad sits on the front (next to the pullers) of the parachute as the other students pull them across the gym floor to the other side and then another squad gets on. Be careful with this because some of the pullers sometimes trip and get run over by the riders, so be prepared to yell stop if that happens.

Kite Runner - Stagger poly spots in a line about 3 feet apart and have two sets of those poly spots on each side of the gym length wise. Squad one will begin running the parachute over their heads to the opposite side of the gym where the next squad is waiting. The first group will lift it over the second groups head and that group will grab it by the edge and run it to the other side of the gym where the other group is waiting etc.