

Short-Sided Games



- NASPE recommends 150 minutes of PE a week which averages to 30 minutes a day
- According to NASPE, only 8% of elementary schools provide daily Physical Education
- NASPE also claims that 12-17% of public elementary schools don't provide daily recess times



- The American Heart Association reports that 22% of schools don't require PE class at all!
- Studies have found that 9 out of 10 teenagers who are inactive as youths are inactive as adults
- In February, 2010, First Lady Michelle Obama introduced the "Let's Move" campaign.



This campaign promotes healthy eating, nutritious school cafeteria foods and **EXERCISE!**

Mrs. Obama emphasizes 60 minutes of *active, vigorous* play daily!

Check out www.LetsMove.gov for more information!



- ***There are four major components of this campaign:***

1. Making healthy choices
2. Provide healthy foods in school
3. Access to healthy, affordable foods
4. **INCREASING PHYSICAL ACTIVITY!**



Now that's what I'm talking about!



MORE PHYSICAL ACTIVITY

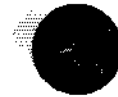
**When? Where? How Long?
How many days a week?**

- The Surgeon General recommends 60 minutes MVPA each day but shows that only 3.8% of schools provide daily PE
- Illinois is the only state that requires daily PE in K-12 grades!



Here's the dilemma:

How do we keep kids active once they do come to PE class?



Short-Sided Games!

Definition:

Short-sided games are games that include more students actively participating during their PE time (s) which will maximize their physical fitness levels and skill learning



Why incorporate Short-Sided Games?

- Students benefit by being more active
- Discipline problems are reduced (students are more active in the game, thus less likely to cause problems!)
- Builds their confidence (repetition of skills)
- Less "standing around" waiting to be involved



Things to keep in mind when adapting games:

- Safety concerns should be the first priority
- You will need to change your mind set to think of ways to expand the games and be willing to work with students in new ways
- Space should be conducive to learning
- Enough equipment should be available to be successful
- Games should be age-appropriate



- Established class procedures should be in place so students can work more independently
- Focus on specific skill development (i.e. eye-hand coordination, eye-foot coordination, etc.) but use different games simultaneously
- Offer a variety of physical activity

Make it fun!



With a little imagination, here are a few ideas:

- **Relays:** Use less students on each team and make them participate in the activity for a longer period of time

Examples: **Suicide Relay:** Set up more cones and the team will have a harder workout

Get & Go Relay: Make the time limit longer, have them run or ride a scooter, etc.



Junk Relay: Longer period of time, specify a certain item teams must retrieve and have these items mixed up in milk crates

Got the idea? 😊

Games:

- Examples:

Sneak A Ball: Add more teams, less players, longer time limit, more balls

Hot Potato Tag: Play with teams, more balls, short period of time out



Make It & Take It: Instead of only having two teams, have six or eight teams with less players

Recycle: Divide the gym into fourths and have four "recycle bins" set up with plenty of balls to recycle!



Sink the Ship: Use eight mats with less players/ teams compete against the teams on the other side of the gym

Don't Get Caught: Students who are "caught" just stay out until the music starts again. Have the class move around the gym with various locomotor movements.

Tag Games: When out, have those students participate at a station for one or two minutes (Jump Rope, Hoop Jumps, etc.)

NEED MORE EQUIPMENT?

- Yes, in most Short-Sided Games more equipment may be needed

Here are few ideas if there are budget constraints:

- Fund Raisers
- Donations from parents or community partners (Tennis clubs may donate used tennis balls)