

EWEC

Richland, WA
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Physical Education Workshop---Part 2

Rhythmic Activities / Sports Skills

Presented by:

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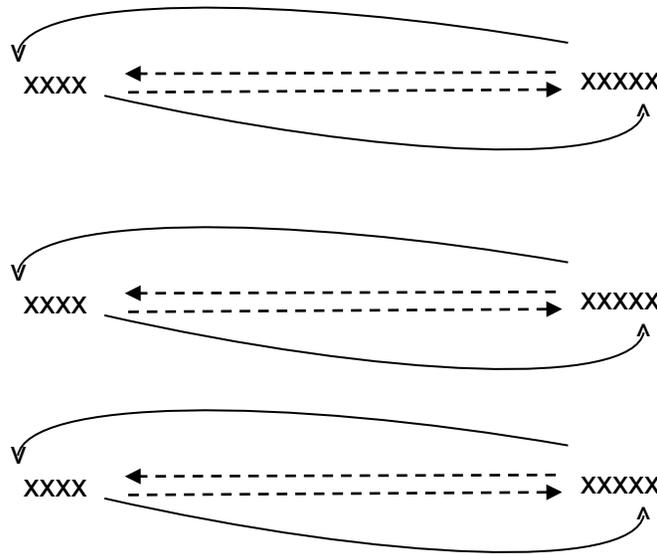
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PEEL OFF

- A. EQUIPMENT: One ball (basketball, football, soccer ball, softball, volleyball, etc.) or Frisbee per group.
- B. SKILLS: Passing, throwing, catching, hitting, fielding, setting.
- C. DESCRIPTION: A simple, multi-sport, skill development activity. Groups of eight to twelve divide into two lines facing each other.
- D. RULES:
1. The first player in one line begins the drill by throwing (passing, rolling, hitting, etc.) the ball to the first player in the opposite line.
 2. After throwing (passing, rolling, hitting, etc.) the ball, the player leaves to the right and runs to the end of the opposite line.
 3. The player receiving the ball then returns it to the front player in the opposite line and immediately leaves to the right, and runs to the end of the opposite line. The rotation continues until the drill is stopped.
- E. SAFETY: Players always go to their right side after making a pass. Passer should always make eye contact with the receiver. Players waiting in line must stay alert.



SURFIN' SAFARI

By: Beach Boys

FORMATION: Dancers are all facing the front (teacher).

SKILLS: Demonstrating rhythm to music.

Let's go surfin' now
Everybody's leaving now
Come on and safari with me
(Come on and safari with me)

-surfing motion with left foot forward
-surfing motion with right foot forward
-swimming motion (right arm, left arm)
-plug nose and jump into water

Early in the morning we'll be startin' out
Some honeys will be coming along
We're loading up our woody
With our boards inside
And headin' out singing our song

-free dance or exercise activity

Come on baby wait and see
Yes I'm gonna take you surfin' with me
Come along baby wait and see
Yes I'm gonna take you surfin' with me

-tap hands on thighs two times, clap hands two times, hand jive two times
-hot potato two times, hitchhiker two times right and two times left
-*repeat
-*repeat

Let's go surfin' now
Everybody's leaving now
Come on and safari with me
(Come on and safari with me)

-surfing motion with left foot forward
-surfing motion with right foot forward
-swimming motion (right arm, left arm)
-plug nose and jump into water

At Huntington and Malibu
They're shooting the pier
At Rincon they're walking the nose
We're going on safari to the islands this year
So if you're coming get ready to go

-free dance or exercise activity

Come on baby wait and see
Yes I'm gonna take you surfin' with me
Come along baby wait and see
Yes I'm gonna take you surfin' with me

-tap hands on thighs two times, clap hands two times, hand jive two times
-hot potato two times, hitchhiker two times right and two times left
-*repeat
-*repeat

Let's go surfin' now
Everybody's leaving now
Come on and safari with me
(Come on and safari with me)

-surfing motion with left foot forward
-surfing motion with right foot forward
-swimming motion (right arm, left arm)
-plug nose and jump into water

They're anglin' in Laguna in Cerro Azul
They're kickin' out in Dohini too
I tell you surfing's mighty wild
It's getting bigger everyday
From Hawaii to the shores of Peru

-free dance or exercise activity

Come on baby wait and see
Yes I'm gonna take you surfin' with me
Come along baby wait and see
Yes I'm gonna take you surfin' with me

-tap hands on thighs two times, clap hands two times, hand jive two times
-hot potato two times, hitchhiker two times right and two times left
-*repeat
-*repeat

Let's go surfin' now
Everybody's leaving now
Come on and safari with me
(Come on and safari with me)

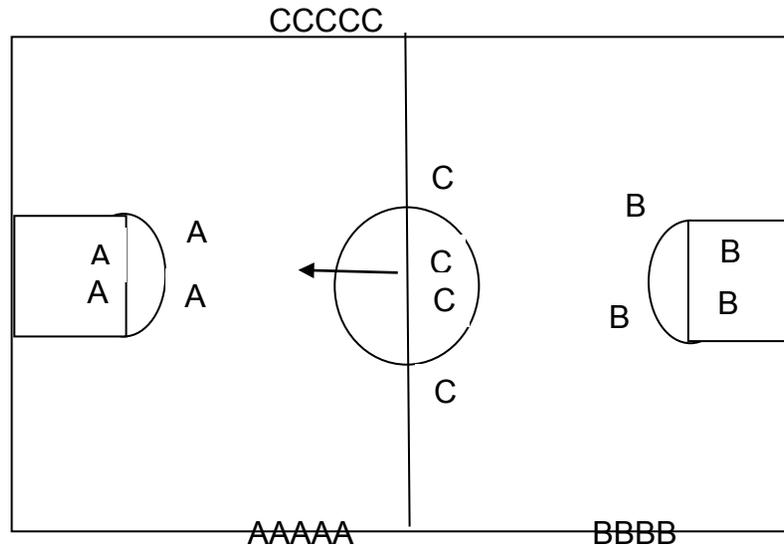
-surfing motion with left foot forward
-surfing motion with right foot forward
-swimming motion (right arm, left arm)
-plug nose and jump into water

With me
Surfin' safari
With me
Surfin' safari

-free dance or exercise activity

THREE TEAM BASKETBALL

- A. EQUIPMENT: One or more basketball courts; one basketball per court; sashes/pinnies for three different teams (A-B-C).
- B. SKILLS: Basketball skills (dribbling, shooting, passing, rebounding, defense).
- C. DESCRIPTION: Team A sets up for defense under one basket, and Team B the other. Team C begins with the ball at center court, and will try to score a basket against Team A. If they are successful, they maintain control of the ball and move toward the other end to play Team B. However, if Team C does not score a basket by the second shot, or loses control of the ball in any way, Team A takes control of the ball and will move toward the other end to play Team B. Team C stays behind to play defense.
- D. RULES:
 - 1. The offense has a maximum of two shots to make a basket. If they do, they maintain control of the ball.
 - 2. A player is not allowed to make two baskets in a row for their team.
 - 3. A ball going out of bounds is awarded to the defense.
 - 4. A defensive foul on the shooter is considered a made basket.
 - 5. An offensive foul is a turnover to the defense.
- E. VARIATIONS: If playing on more than one court, all players can participate at the same time in multiple games. If only one court is available, a time limit can be placed on each round before rotating in three new teams. Each team consists of three to five players.
- F. SAFETY:



5-6-7-8 BEST OF STEPS

EQUIPMENT: CD player or Ipod; "5,6,7,8 Best of Steps"

STEPS:

1. 4 jumps in place (count 5-6-7-8)
2. Grapevine right (count 1-2-3-4) then grapevine left (count 5-6-7-8)
3. Moving forward – right slide, left slide, right slide, left slide
4. Clap thighs twice, clap hands twice, raise the roof four times (raising hands in air)
5. 2 steps backward with right foot
6. REPEAT