EWEC
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Physical Education Workshop---Part 2

Rhythmic Activities / Sports Skills

Presented by:

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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.

\[ \text{Diagram showing the drill sequence} \]
CARD AND CORNER SOCCER

A. EQUIPMENT: Five nerf soccer balls; three to four decks of playing cards; eight cones for goals; sashes/pinnies for four teams; polyspots to identify the goalie box.

B. SKILLS: Soccer skills (dribbling, trapping, defending); teamwork; adding numbers.

C. DESCRIPTION: The playing area is set up with four goals placed in the corners and polyspots used to identify the goalie zone. Each team as one goalie but no other designated defenders. A team attempts to score against any of the other three teams. When a goal is scored, that player collects a playing card from the teacher. When all cards have been taken (or a given time limit is reached), teams will add up their score.

D. RULES:
1. When using cones as a goal, the ball must pass between them, g and not higher than the cone to count as a goal. (No high kicks).
2. Each team begins with one ball, and another is placed at the center of the playing area. Once the game begins, any player can go after the ball.
3. The goalie is the only player allowed to retrieve the ball in the goalie zone. No other player is ever allowed in the player zone.
4. When a player scores a goal, they collect a card from the teacher. A player can only collect one card at a time.
5. A player cannot score two consecutive goals against the same team.
6. Play does not stop when a goal is scored.
7. Every few minutes, stop all play and change goalies for all teams. Players keep their cards.
8. When play ends, teams gather and count their cards.
   a) K-3th count each individual card as one point.
   b) 4th-High School count face values (Ace=1; face cards=10; jokers=15).
SURFIN’ SAFARI
By: Beach Boys

FORMATION: Dancers are all facing the front (teacher).
SKILLS: Demonstrating rhythm to music.

Let’s go surfin’ now - surfing motion with left foot forward
Everybody’s leaving now - surfing motion with right foot forward
Come on and safari with me - swimming motion (right arm, left arm)
(Come on and safari with me) - plug nose and jump into water

Early in the morning we’ll be startin’ out - free dance or exercise activity
Some honeys will be coming along
We’re loading up our woody
With our boards inside
And headin’ out singing our song

Come on baby wait and see - tap hands on thighs two times, clap hands two times, hand jive two times
Yes I’m gonna take you surfin’ with me - hot potato two times, hitchhiker two times right and two times left
Come along baby wait and see - *repeat
Yes I’m gonna take you surfin’ with me - *repeat

At Huntington and Malibu - free dance or exercise activity
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

Come on baby wait and see - tap hands on thighs two times, clap hands two times, hand jive two times
Yes I’m gonna take you surfin’ with me - hot potato two times, hitchhiker two times right and two times left
Come along baby wait and see - *repeat
Yes I’m gonna take you surfin’ with me - *repeat
Let’s go surfin’ now
Everybody’s leaving now
Come on and safari with me
(Come on and safari with me)

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

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

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

With me
Surfin’ safari
With me
Surfin’ safari
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