

# **EWEC**

Richland, WA  
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## **Physical Education Workshop---Part 3**

Cooperative Activities / Homemade Equipment

Presented by:

**Fun P.E. Guy**

Dennis Stands

[funpeguy@gmail.com](mailto:funpeguy@gmail.com)

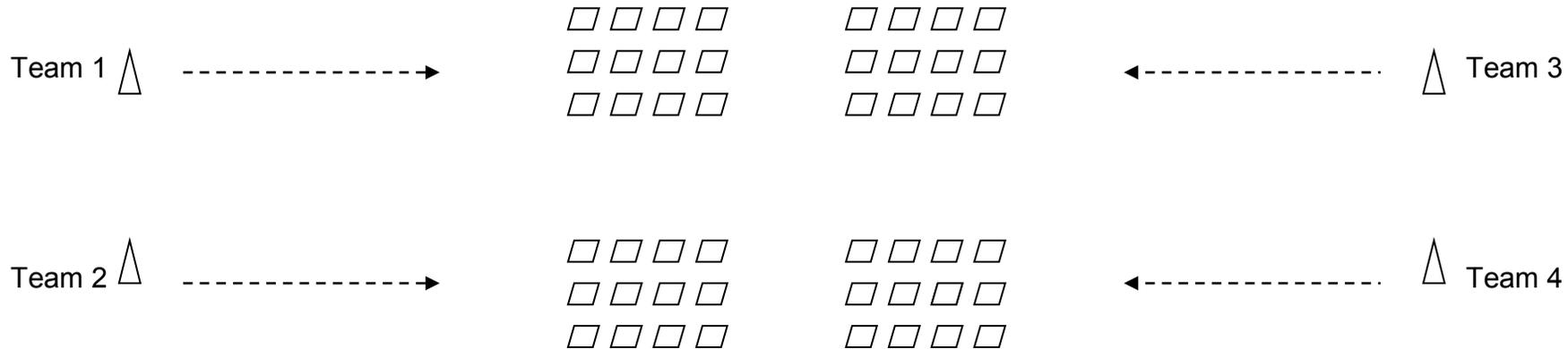
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# AEROBIC MATCH

- A. EQUIPMENT: Set of memory game cards and cone for each team.
- B. SKILLS: Memorization; teamwork; aerobic exercise.
- C. OBJECTIVE: Match pairs of cards and be the first team to match all pairs
- D. CARD CATEGORY EXAMPLES & AGE APPROPRIATE TOPICS:
  - 1. Upper Case/Lower Case (R/r)
  - 7. States/Capitols (Idaho/Boise)
  - 2. Adult/Young – (Cow/Calf)
  - 8. Number/Words (5/Five)
  - 3. Color Spot/Name of Color (red/color spot)
  - 9. Contractions (will not/won't)
  - 4. CVC (consonant, vowel, consonant) (bed/picture)
  - 10. Sport/Equipment & Terms (hat trick, goalie, puck/hockey)
  - 5. Math Equations (5x7+4/39)
  - 11. Heads of Govt. (Sec. of Defense/picture)
  - 6. Common Metaphors (happy as a/clam)
  - 12. Famous Sites in US (Statue of Liberty/New York)

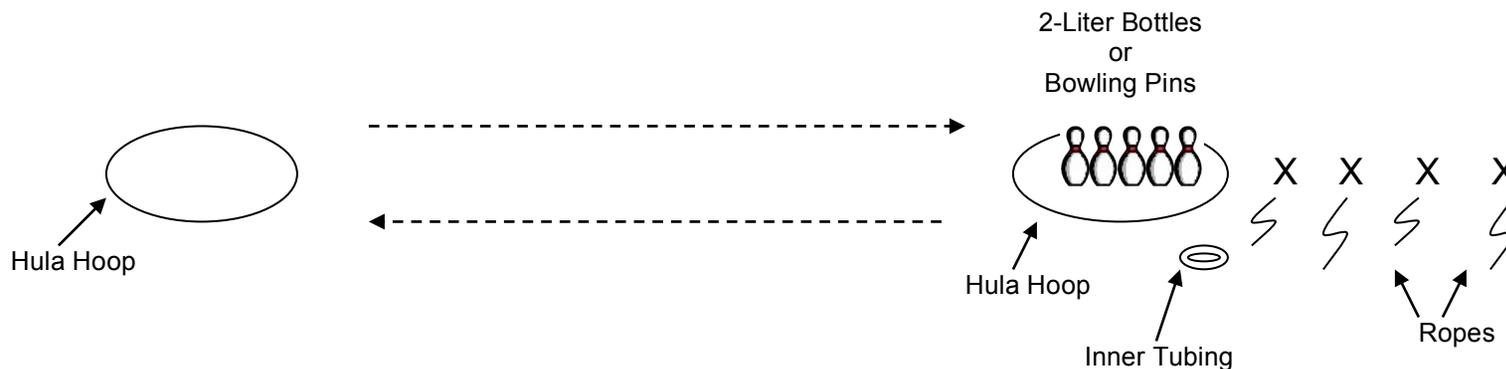


## RULES:

- 7. All players start behind their teams' cone.
- 8. All players run down to cards, and the first player for each team turns over two cards.
- 9. If the cards match, they remain face up. Players run back around cone and return for second player to pick up two cards.
- 10. If cards do not match, they are turned face down, and all players run back and around their cone and back to cards.
- 11. Next player turns over two cards. If no match, return cards face down, and again all players run back around their cone and back to cards again.
- 12. First team to get all cards face up wins!

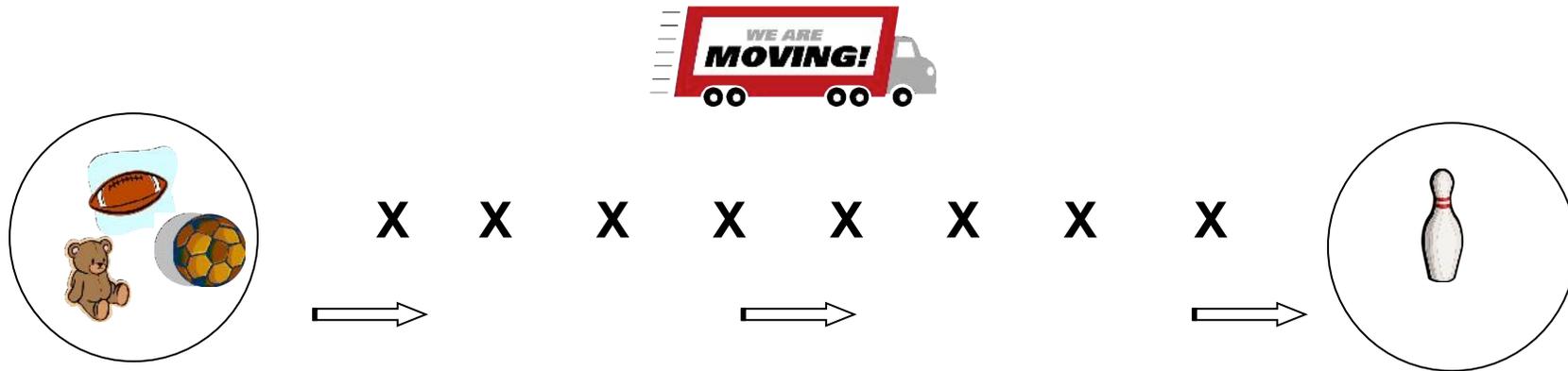
# TOXIC WASTE

- A. **EQUIPMENT:** 2 hula hoops per group; 5-7 bowling pins or 2-liter bottles per group; 6 foot long piece of rope for each person; 1 piece of bicycle innertubing per group.
- B. **SKILLS:** Cardiovascular (running); cooperation; teamwork and competition.
- C. **DESCRIPTION:** Divide the class into groups of 4 or 5. Each group lines up behind one of the hula hoops on the endline. On your signal each person will string one end of their rope through the piece of innertubing and then hold each end of their rope. They will then work together to pull on their rope and open the tubing. Once the tubing is open they must place it over the top of a pin (nuclear waste) without touching the pin. When the tubing is on the pin they will transfer the pin to the dump site (other hoop) and again work together to open the tubing and allow the pin to drop out safely into the hoop without tipping over (spilling the waste) the pin. If at any time a pin is to fall, or is touched, they must start all over with all pins at the beginning. There will be a time limit to see how many pins they can successfully get to the dump site within that time. If a team is able to get all of them dumped safely with time left, they may begin again and continue until time is up.
- D. **SAFETY POINTS:** Clear gym of objects not involved in game play; make sure the rope that is used is not too rough on hands for continual pulling.
- E. **VARIATIONS:**
1. Have groups with only one hoop. They must transfer to other people's hoops and try to have the least amount of pins when time is up. If they spill in someone else's hoop they take all that were spilled back to their hoop.
  2. Do not give rules on how to transport...only that they are not to touch the pins and all must be involved in the transporting process.



# MOVING DAY

- A. EQUIPMENT: 2 hula hoops for every team; various pieces of equipment/items (each team has the same kind and number).
- B. SKILLS: Teamwork; balance; core muscle strength.
- C. DESCRIPTION: Teams will be moving items from one hula hoop to another. This works best with 7-10 players per team. The team sits in a row, one behind the other, facing the hoops with all the items. They spread out, leaving plenty of room between each other. The front player will be picking up an item and passing it down the line. Each player in line must hold the item before passing it on.
- D. RULES:
1. The item may not be touched with arms or hands.
  2. Item must be picked up and passed using feet.
  3. The last player in line must place the item in the second hoop.
  4. If the item touched the floor in transit, it is brought back to the hoop where it started.
- E. SAFETY:



## INDIVIDUAL STRENGTH/ COOPERATIVE ROPES

- A. **EQUIPMENT:** Five to six feet of rope; two pieces of garden hose, each cut four to six inches long; athletic tape; lighter stick to burn ends of rope when cut.
- B. **SKILLS:** Developing strength and flexibility; cooperation; learning muscle groups.
- C. **DESCRIPTION:** A piece of rope (five to six ft.) with two handles (garden hose), makes a piece of equipment that can be used for a wide variety of PE activities. The rope must be strong enough, and connected well enough, so that it will not break or come undone when used (see photos). When wrapping the handles with tape, it's helpful to have another person hold the rope handle in place.
- D. **SAFETY:**
  - 1. Always test the rope and connections before using.
  - 2. When used for "tug-o-war", players NEVER let go of their end of the rope when pulling.

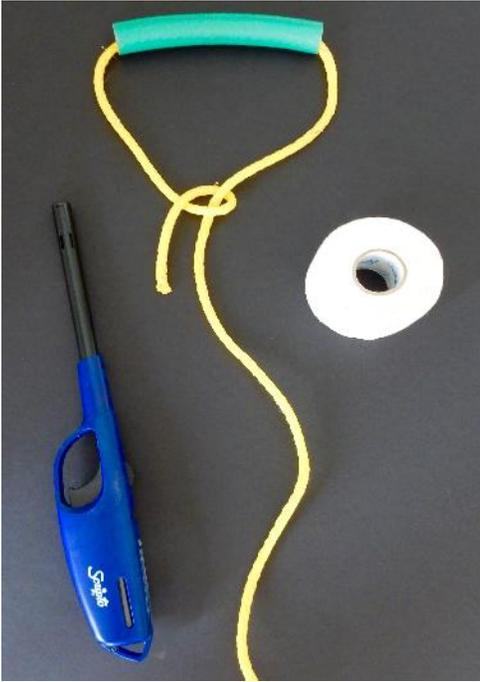
## SOME WAYS OF USING HOMEMADE ROPES

**STRETCHING:** Working by themselves, or, with a partner, the ropes can be used to help increase the range of motion. Individuals must be careful to not pull too hard, especially when working with a partner.

**ISOMETRIC:** These ropes work great for this type of exercise, where individuals hold a position, using maximum strength for a short period of time (two to three seconds). Many of the muscle groups can be worked in this way.

**GAMES OF STRENGTH:** Tug-o-war between two players. Tug-o-war between four players.

**COOPERATIVE:** Players, holding one or both handles of the rope, work together during the task.

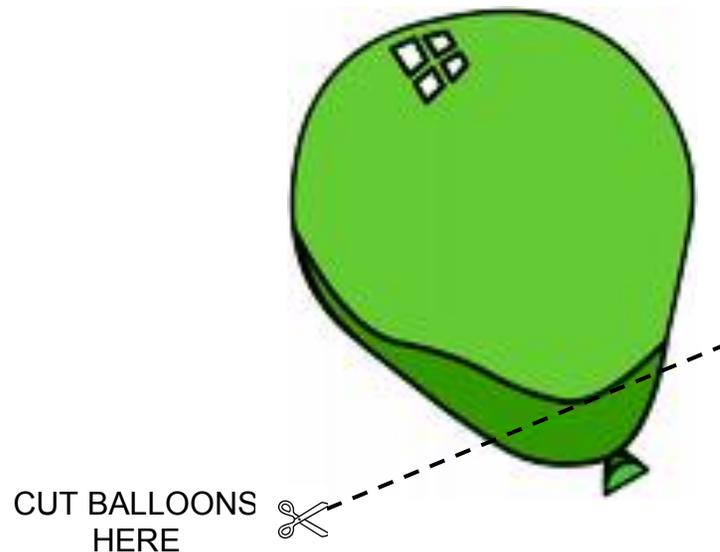


## THREE JUGGLE BAGS

A. EQUIPMENT: Rice; measuring cup; scissors; 3 sandwich bags (not zip lock); 6 balloons (3 colors – 9"-10" size).

B. DIRECTIONS:

1. Cut the necks off the 6 balloons.
2. Put an equal amount of rice in all three bags. The size will depend on the age and size of the user. Twist to get as much air out as possible.
3. Stuff the rice bag into one balloon. Stuff this into the second balloon of the same color, being sure to cover the exposed baggie. This is much easier with a partner. Repeat for the next two bags.



## BATTING TEES

- A. MATERIALS NEEDED: 2-liter bottle with cap; sand or cat litter; 1" diameter PVC pipe; insulation tubing; duct tape; sand paper.
- B. HOW TO MAKE: Fill a 2 liter bottle 1/3 full with sand. Over the cap, attach the PVC pipe to the bottle. Slide half the insulation tube over the PVC pipe leaving the top part flexible. The ball is placed on the top, flexible part of the insulation tubing.
1. A 10' PVC pipe cut in 15" lengths will make 8 tees.
  2. A 6' insulation tube cut in 9" lengths will also make 8 tees. This tubing needs to be wrapped for added strength.
  3. Assuming the bottles, tape, sand or cat litter are nearly free, the total cost of construction for each batting tee is about 35 cents.

Note: Carry a bottle cap with you to the hardware store to make sure you get the correct size pipe and tube. Pipe should fit snug with the cap, and the tube snug over the pipe.



