

EWEC

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Physical Education Workshop---Part 1

Warm-up / Cool Down / Large Group Games

Presented by:

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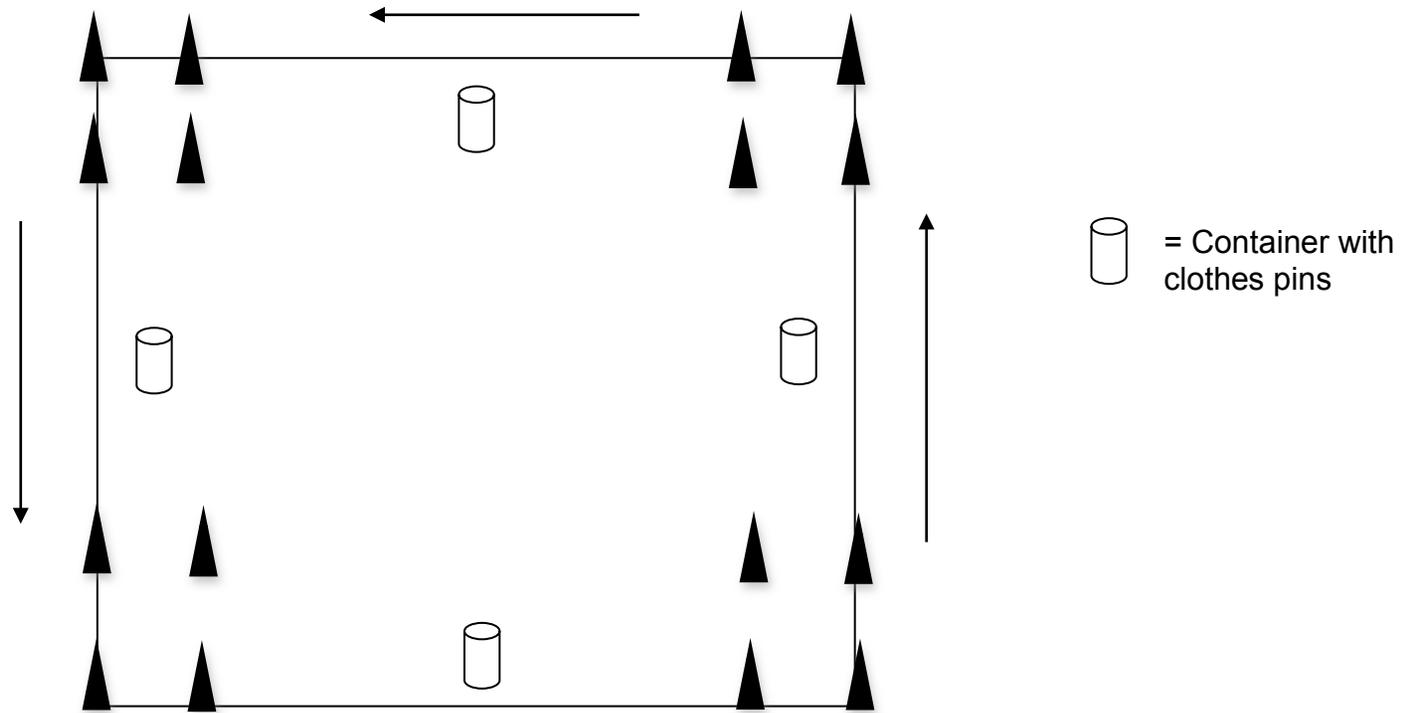
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FOUR CORNERS ROCK/PAPER/SCISSORS

- A. EQUIPMENT: Four containers with clothes pins; sixteen cones; music (optional).
- B. SKILLS: Running, cooperation, directional terms.
- C. DESCRIPTION: Four cones are set up as a square in each corner of the playing area. Between each square of cones, there is a container filled with clothes pins. The object is to collect as many clothes pins as possible during the allotted time.
- D. RULES:
1. All players go to one of the four corners and stand inside the box outlined by the cones.
 2. When play begins, they find anyone inside the box to play a game of R/P/S.
 3. The winner runs to the next box in the direction they have been given.
 4. As they pass the container of clothes pins, they take one, attach it to their clothing and move to the next box.
 5. A player may not advance unless they win the game of R/P/S.
- E. SAFETY:



ONE MINUTE NOODLE HOCKEY

- A. EQUIPMENT: 4 large cones, 8 (4 of one color, 4 of another) long pool noodles, dodge ball.
- B. SKILLS: Striking, strategy, teamwork, aerobic fitness, agility.
- C. DESCRIPTION: One team attempts to be the first to strike the ball into the goal.
- D. SAFETY POINTS: One hand on each end of the noodle, striking only the ball.

RULES:

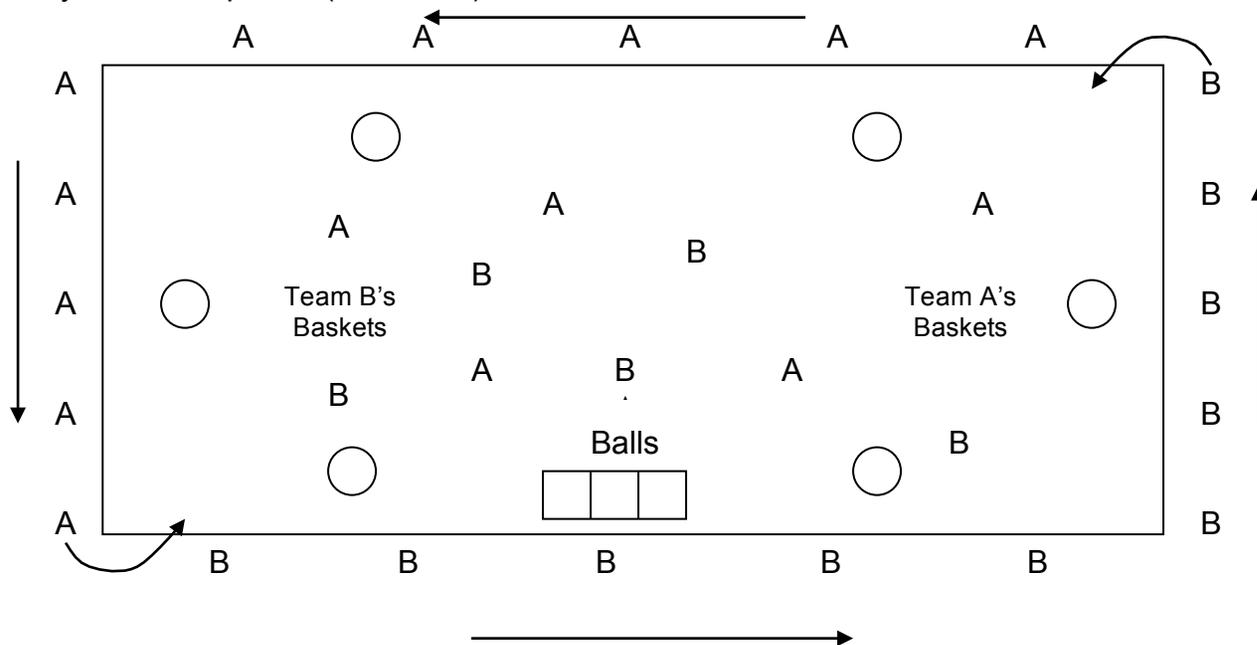
1. Four players on each team with two cones at each end (to make 10 foot wide goals).
2. Teacher tosses the ball into the middle of the playing area to begin the game.
3. Players holding the noodle with a hand on each end of the same noodle to make a U-shape, work together to strike the ball into the opposing team's goal in **under one minute**.
4. Scoring team stays on the court.
5. The team that did not score, sets their noodles down and exits to the end of the line.
6. The next group comes up, picks up the noodles and the next game begins.
7. If there is no point in one minute, everyone puts the noodles on the court and eight new players come into the playing area.

CONTINUOUS WALL BALL

- A. EQUIPMENT: For each wall ball court: one playground ball; one to three cones or polyspots to use as an “out” spot.
- B. SKILLS: Agility; hand-eye coordination; ball control.
- C. DESCRIPTION: any numbers of players can participate in this game. Players form a line. The first player begins the game with a serve, and immediately runs to the end of the line. The second player must make a play on the ball as it comes off the wall, and quickly runs to the end of the line. Play continues as each player makes one play on the ball. Players stay in the game until they make an error. When an error is made, that player goes to one of the “out” spots located off the court. The next player in line begins the game with a serve. If only one “out” spot is used, the next player out of the game bumps the waiting player back into the game.
- D. RULES:
 - 1. Ball must hit the ground once before hitting the wall.
 - 2. Ball can only be hit with forearms or closed fist. (No open hands-optional).
 - 3. Ball cannot be caught or held.
 - 4. After the ball hits the wall, it can be played in the air, or after it hits the ground, one time.
 - 5. A ball that lands on the line is playable. Lines are in.
 - 6. A player returning to the game from the “out” box always goes to the end of the line.
- E. SAFETY:

TRI-FECTA

- A. **EQUIPMENT:** 5 soft easy to throw balls, ties for 6 basketball nets, container/milk crates for balls, sashes/pinnies for two teams.
- B. **SKILLS:** Teamwork, passing, throwing, guarding opponents.
- C. **DESCRIPTION:** Each team has 5 players on the court. All other players from both teams line the perimeter. The object is to score one ball in each of your teams three baskets. 3 baskets wins the game. Before the game begins, tie off each net for the six baskets being used so the ball cannot pass through. This helps teams see which baskets they have already made. Place the container/crates of balls along the sideline, accessible to both teams.
- D. **RULES:**
1. Game begins with one team getting the ball (rock/paper/scissors).
 2. Player with the ball has 3 options: a) run. b) pass. c) shoot.
 3. If player is tagged with the ball, they must stop and now have 2 options: a) pass, b) shoot.
 4. Player may pass to any teammate including those lining the perimeter.
 5. Perimeter players may only pass the ball.
 6. Defense may block shots and steal passes, but may not double team any player with the ball.
 7. When a team scores a goal, other team immediately runs by the container/crates and takes a new ball. Play does not stop.
 8. When a team has one ball in each of their three hoops, the game is over.
 9. Five new players for each team rotate into the game from the endline.
- E. **VARIATION:** Play for a time period (4 minutes). Team with most baskets wins that round.



SHOES

A. EQUIPMENT: None

B. SKILLS: Luck.

C. DESCRIPTION: Students form a circle, facing each other. When the teacher calls, “Shoes!” students bend their heads towards their shoes and close their eyes. A moment later the teacher calls, “Up!” and the students must turn to look towards the eyes of ONE other person in the circle (students have to keep their eyes on that person). If two people are looking at each other, they both die – falling out of the circle dramatically. Teacher repeats “Shoes!” and “Up!” The last student standing is the winner. The diameter of the circle will need to be decreased as the game progresses.

SAFETY POINTS: Tell students to be careful when acting out their death.