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NASPE 2003 National Middle School Teacher of the Year
AAHPERD 2003 Southwest Middle School Teacher of the Year
CAHPERD 2002 California Middle School Teacher of the Year

Heart Happy Fitness

Throughout my career as a physical educator I've found that not all students are motivated to "get into" top shape" and incentives are not enough for them to attain and maintain a training effect for 12 or more minutes. So, I began to make fitness activities fun, engaging, and student centered. Students participated because they have fun chasing, pushing, pulling, and "playing." More students participated than ever before and I soon discovered that our students attained improved fitness benefits that the traditional running program I ran years before did not. In fact, our students' fitness scores soon became the best they had been in years. I guess fitness can be fun!

Name of Activity: Band-aid Tag

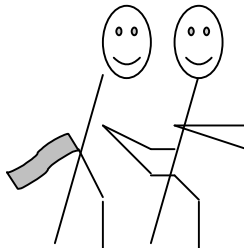
At a glance: No end tag game.

Equipment Needs: None

Diagram: Boundary area the approximate size of a basketball court

Description/Rules: Students can tag any student in the class. Once tagged, the student must place their hand, band-aid, on the "wound" where they were tagged. If a student is tagged twice, they must place their other hand on their wound and go out of bounds to perform a wellness activity for three seconds; pretend they are washing their hands, eating an apple, perform jumping jacks. After three seconds they return to play.

Catch a Whale Tail: Each student has a tail on their back waist area- using a football flag. Students attempt to pull the flag off others while trying to protect their own tail. If a tail is pulled, students must pick up their own tail, replace it and continue play. **Variation: Partner Whales:** Students are in pairs. The Student with the tail is in the back, holding the waist of their partner. The partner is the "head of the whale" and leads the whale, trying to pull other partners' tails. The tail must maintain contact with the head by placing their hands on the hips of the partner. If the whale's tail is pulled, the head of the whale must pick up the tail, replace it, and continue play.

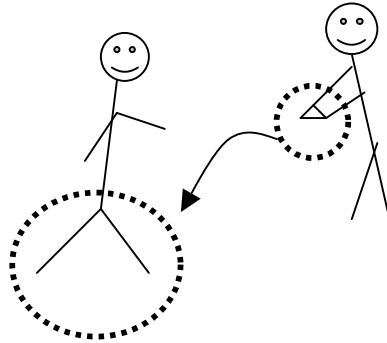


Name of Activity: Do this, Do that

At a glance: Students are paired with one having magical powers that make the other student move.

Equipment Needs: None

Diagram:



Description/Rules: Students are paired. One student is the puppet and the other student the master. The master has one palm up and uses two fingers of his other hand to represent the feet of his partner. The master uses his two fingers to “dance” or move on the palm of his hand and the puppet must master those moves. After 20 seconds, switch.

Name of Activity: 1 vs 1 Duck, Duck, Goose Tag

At a glance: Students choose who is “it” in this variation of an old classic. Students are paired and select an it for this one-on-one tag game.

Equipment Needs: None

Diagram: Open space approximately the size of a basketball court.

Description/Rules: Students are paired and each takes turns lightly touching their partner on the shoulder saying, “Duck, Duck, Duck, Duck.” At anytime, a player can call Goose. Once this occurs, the player who said “goose” flees. The player who is the goose must perform one jumping jack before chasing his partner and tags them. Once tagged, the players return to playing Duck, Duck, Goose. Players cannot say more than ten Ducks. If the goose is unable to tag their duck after approximately 30 seconds, the students return and play again.

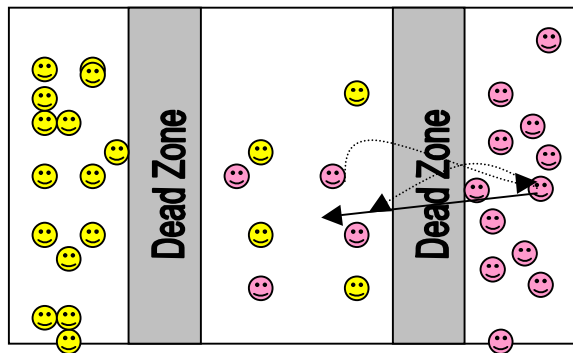
Name of Activity: Hail Mary

At a glance: The goal is to have all your team in the middle field.

Students in the middle field toss a football to a teammate in their end zone. The end zone player goes to the middle field when she is able to catch a toss from a teammate in the middle and have her toss caught by any of her teammates in the middle field.

Equipment Needs: Four footballs and two sets of football flags. Ways to mark a field. Could use existing lines of a field, chalk, or cones.

Diagram:



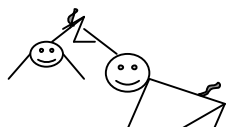
Description/Rules: Students are divided into two teams. Each team will wear their own colored flags; red and yellow. One player from each team begins in the middle of the field. Once a ball is caught by a teammate and their returned throw is also caught by the teammate in the middle field, that end zone player can move to the middle field. The team has a choice to retrieve the second ball to continue play or play defense on the other team. As more and more players are released to the middle field, players can choose to play defense or work with their teammates to catch and throw a maximum of two footballs per team. A defensive player can knock down a thrown ball. Defensive players were not allowed to grab a ball out of a players hands nor were they allowed to touch any player. No student was allowed to enter the "dead zone."

Name of Activity: Reach Around

At a glance: Students are paired and on all fours trying to reach around and grab a flag that is located on their lower back.

Equipment Needs: A flag for each student. Could be a sock tucked in their shorts on their lower back or a football flag.

Diagram:



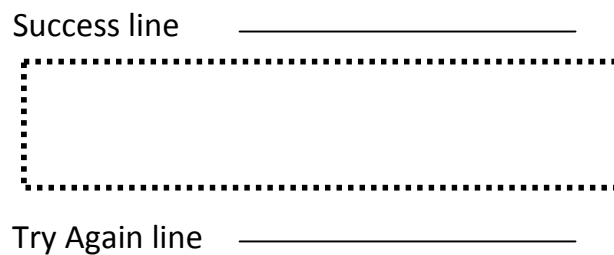
Description/Rules: Students are paired and are on fours facing each other. Students each have a flag on their lower back. Students attempt to reach around and grab the flag of their partner. If pulled, the student receives a point and play resumes.

Name of Activity: Rock, Paper, Scissors Success/Try-Again

At a glance: This is a great warm-up activity where students interact in a fun, non-competitive way.

Equipment Needs: None, boundary area the approximate size of a basketball court

Diagram:



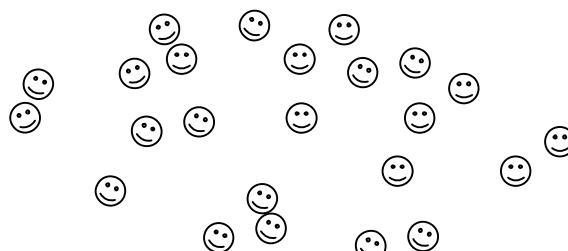
Description/Rules Students are partnered into two groups and placed in a line opposite the other line. Students perform Rock, Paper, Scissors and determine if they go to the “Success” or the “Try again”. If a student wins the challenge, they remain or move to the Success line. If a student loses the challenge, they move or remain on the Try Again line. Upon completion of the challenge, students challenge other students on their side to play. Students will be running from side to side if they are successful, or if they must try-again. It is very rare for a student to remain on the same side for an extended period of time.

Name: Secret Agent

At a glance: Students try to identify who is spying on them in this movement game.

Equipment Needs: None

Diagram:



Description/Rules: Students are placed in an area approximately the size of a basketball court. Each student is asked to secretly select a secret agent they are

to spy on. They select a student without telling anyone. Each student will then select a body guard, someone who must always stay between them and their secret again. On command of the teacher, play begins. Students will move throughout the group trying to keep their body guard between them and their agent. Play lasts approximately 30-45 seconds. Students are then asked if they know who was spying on them. Play again.

Name of Activity: Snatch and Grab

At a glance: Students learn listening skills as they work on muscular strength, or reaction time.

Equipment Needs: One object per pair of students

Diagram:

Description/Rules: Students are paired and grab an object when cued. There are many variations this can take occur.

- 1) Students are in a sit up position with the object sitting at their feet on either side of the students.
- 2) Students are in small group of 3-4 with an object placed about 10 yards across from them
- 3) Students could be standing in pairs or small groups in a circle with the object sitting in the center of the circle.
- 4) Students could be paired in a push-up position with the object between them

The object of the game is to grab the object on cue. This can occur in several fashions.

- ★ On whistle
- ★ When the music stops
- ★ My favorite: a story is told and whenever the cue word is mentioned. It could be a noun or action verb. It could also be a particular word used in the story. Here is an example of a story using the word "Play" as the students must grab the object.

Here is a sample story:

"My brother and I like to PLAY baseball. One day we were participating in a game at the park when a friend asked if he could PLAY with us. We said, "sure," we would love to have you PLAY with us. I was the pitcher, my brother PLAYED out on the field and our friend decided to bat. I pitched the ball and he hit the ball so hard my brother had to race out and get the ball. An old woman said, "boy, he sure knows how to PLAY!" My brother threw the ball to me but our friend was able to hit a home run. Now it was my turn at bat and my brother was pitching. He threw the ball at me and hit me. I yelled at him, "Hey, don't you know how to PLAY!" He said, "Stop crying and just PLAY ball." He pitched the ball at me again

and I hit the ball. It was a line drive to his head! The ball hit him so hard it knocked out his two front teeth. He went down and we rushed to him. Since that day, he has not PLAYED ball with me again.

Name of Activity: Teeter Totter Trio Tag

At a glance: Students determine who is “it” in this continuous game of tag by playing a game of Rock, Paper, Scissors.

Equipment Needs: None

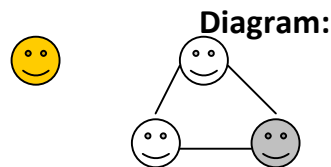
Diagram: Area the approximate size of basketball court.

Description/Rules: Students are grouped in threes. Students play Rock, Paper Scissors. Eventually, two players will have the same sign and one will have a different sign. When this occurs, the student who is different runs while the two players that had the same sign perform a teeter-totter, they hold hands. While holding hands, one squats down while the other remains standing. The squatter returns to the standing position while the other performs the squat all while holding hands. Once the teeter-totter is performed, the students grab their object and attempt to tag the runner with their object. Students are allowed to toss the object back and forth to tag their runner. Once tagged, the three students return to Rock, Paper, Scissors and play again.

Triangle Tag

At a glance: Three students hold hands and protect one of their teammates from being tagged by a fourth free roaming student.

Equipment Needs: None



Description/Rules: The student who is “it” tries to tag one student who is in the triad. The two other member of the triad must rotate and try to keep themselves between the their team mate and the one who is “it.” The students in the triad must not break contact. Students rotate so everyone has a chance to be it or the one being tagged.

Variation: Two Bees and a Bear.

Three people form a triangle by holding hands. Two people are taggers. In the triangle, one person is the bear that the two bees, two student taggers, are attempting to tag with an object. The two members of the triangle attempt to

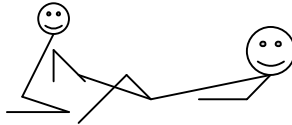
protect their bear by rotating around while holding hands. The bees can toss their object back and forth but must use that object to lightly tag their bear.

Name of Activity: Toe Touch

At a glance: Students are paired and challenge each other by placing targets for their partner to touch with their toe.

Equipment Needs: None

Diagram:



Description/Rules: Students are paired. One student lies on his back with his knees bent and becomes the toucher. Their partner sits or kneels at his feet, facing him. The kneeler raises one hand and provides a target for the toucher to tap the palm with the toe of the foot that matches the hand raised. If a right hand is raised the toucher must touch the palm with the right toe. If the left hand is raised, the toucher must touch the palm with his left toe. The toucher can challenge by criss-crossing directions, vary the height and speed of the touch. Switch roles after 10 touches.

Name of Activity: Wolf Pack

At a glance: Students work together to capture their prey in this cooperative tag game.

Equipment Needs: One fleece ball, boundary markers

Diagram:

Description/Rules: Select two students to be part of the wolf pack. The wolves must each touch the ball at least one before it can be used to make tag the prey, a student from the class. If the student is tagged, they become a member of the pack. Before the pack can resume the "hunt", the wolves must join together with the ball and give a howl, which indicates they are returning for the hunt. All wolves must touch the ball at least once before it can be released to capture their prey. Again, once the prey is tagged with the ball, they become a member of the pack and all must return with the ball and howl before resuming the hunt. Continue playing until all are wolves.