

Physical Education GYM BLAST

Sock It To 'Em!

1.

Over the Ocean, on one side of gym with

- one person if
 - two socks
 - all other students are at one end of gym
 - they have to ~~run~~ run to far side of gym without being hit.
 - if a student is hit they get two socks and go to the side to be hit
- Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power
- Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

2.

Firing Squad

- in partners, one person goes close to wall while their partner is 20 feet away with a rolled up sock
 - if the thrower hits their partner, they get to throw it at them again.
 - if the thrower misses, then they become the target
- Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power
- Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

3.

Clean Up Your Backyard

- socks are all over the gym
 - on the start signals the teams try to clean their side of the gym by picking up & throwing the socks to the other side
 - on stop signal, you see who has fewer socks on their side.
- Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power
- Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

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Thanksgiving

1. Turkey Tag -

Agility ☒ Coordination ☒ Balance ☒ Speed ☒ Reaction Time ☒ Power ☒
Cardiorespiratory ☒ Flexibility ☒ Anaerobic ☒ Strength ☒ Endurance ☒

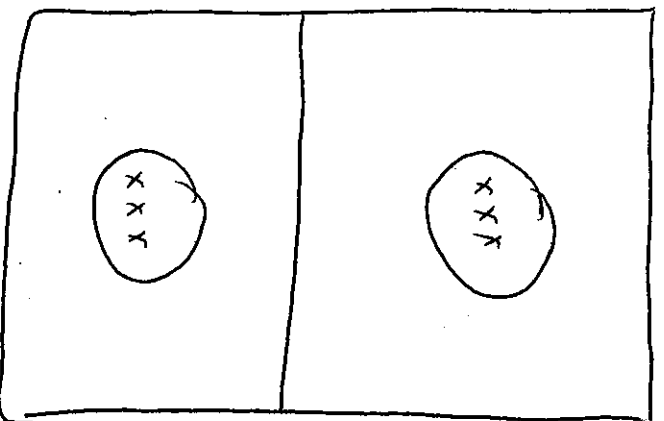
2. Gobble Soccer

Agility ☒ Coordination ☒ Balance ☒ Speed ☒ Reaction Time ☒ Power ☒
Cardiorespiratory ☒ Flexibility ☒ Anaerobic ☒ Strength ☒ Endurance ☒

3. Capture the Cranberry Frozen Tag

Agility ☒ Coordination ☒ Balance ☒ Speed ☒ Reaction Time ☒ Power ☒
Cardiorespiratory ☒ Flexibility ☒ Anaerobic ☒ Strength ☒ Endurance ☒

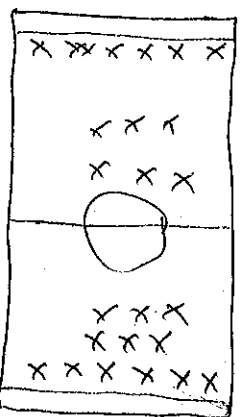
①



- half marks where you can tag and when you are able to be tagged
- home circles free
- ~~the~~ First team to get six "huskeys" back to their side wins

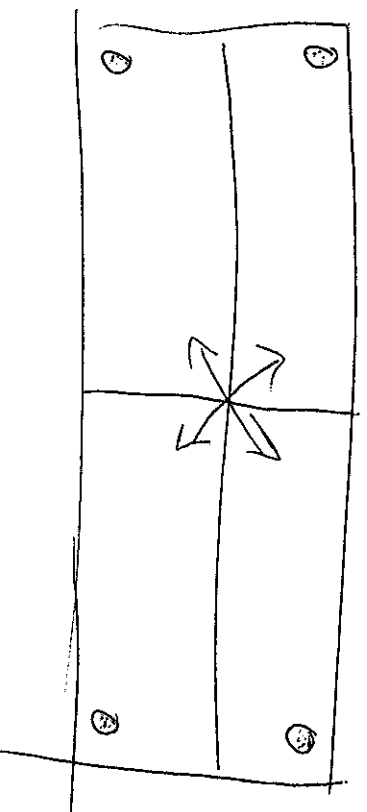
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- Split class into two teams - Even number of boys and girls.
- Boys start at Forward first, Net is Entire Back wall with a height limit. Girls defend each of their ends.
- Yell "switch", Girls come out on forward, Boys play goalie.



③

- Divide the students into 4 groups. Each group has a $\frac{1}{4}$ size of the gym area to defend. Put a hula hoop in the corner of each sector with 10-15 bean bags in it. The object of the game is to collect the most bean bags in a set period of time. If you get tagged in another sector you are frozen with your arms out. You can be unfrozen by someone on your team running under your arms. Wear 4 different colour pinnies.



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Dodge It!

1. 4 Quadrant Dodgeball

- 4 teams in a quarter of the gym
- teams can hit players in any quarter
- last team standing wins

Agility ☒ Coordination ☒ Balance ☒ Speed ☒ Reaction Time ☒ Power ☒
Cardiorespiratory ☒ Flexibility ☒ Anaerobic ☒ Strength ☒ Endurance ☒

2. Milk Carton Dodgeball "Fitness War Ball"

- 3 milk carton targets
- if player gets hit they go to the side to do a fitness exercise (jump jacks, etc)
- team that knocks over opposition's milk cartons wins

Agility ☒ Coordination ☒ Balance ☒ Speed ☒ Reaction Time ☒ Power ☒
Cardiorespiratory ☒ Flexibility ☒ Anaerobic ☒ Strength ☒ Endurance ☒

3. Santa Dodgeball

- Santa goes in a center circle
- elves encircle Santa to protect him
- grinch are on outside throwing dodgeballs to try to hit Santa. If a grinch hits Santa, that grinch becomes Santa.

Agility ☒ Coordination ☒ Balance ☒ Speed ☒ Reaction Time ☒ Power ☒
Cardiorespiratory ☒ Flexibility ☒ Anaerobic ☒ Strength ☒ Endurance ☒

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Heart Smart

1. Fitness Tag - regular tag

- coloured pinnies for person that is "it"
- if you are tagged by a certain colour you do the corresponding exercise

(ie. 5 pushups for red, 5 jumping jacks for blue, etc.)

Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power
Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

2. Buffalo Run

- Running ~~in~~^{opposite direction to} partner to music
- When music stops, continue running in each direction until you find your partner.
- Last group to find each other has a task (ie. pushups, jumping jacks, Fit Deck cards)

Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power
Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

3. Chuck ~~the~~ your chicken

- Groups across from each other xxxx ^{throw object} oooo
- X's throw object, O's go get it and do over under and return it to the front
- X that threw to object runs circles around their group and count how many times they make it around until O's throw the object back.

Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power
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Gumby

1. Common do Stretch

- Instructor uses whistle, tweet to start - all students jog in any direction around gym. when instructor blows the whistle they command a stretch, and ~~go~~ so on. Variation: use music on + off for start and stop.
 hold stretch until next whistle

Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power ■
Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

2. Island Tag

- need small mats, with instruction of stretch card on it. (6-10) mats
- One or two people are it, when tagged you become it.
- To be safe you have to be on a mat doing the stretch, five second limit.

Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power ■
Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

3. Partner Tag

- Pair up - one partner it - chase - tag Partner - Partner who gets tagged does a stretch (both partners do the stretch) other partner is then it - after ~~they~~ he counts to 5 chase again.

Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power ■
Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

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Fireman

1. Rescue Race (Santa's ~~Rece~~ Run)
- dragging hoos behind

Agility Coordination Balance Speed Reaction Time Power
Cardiorespiratory Flexibility Anaerobic Strength Endurance

2. ladder exercises

Agility Coordination Balance Speed Reaction Time Power
Cardiorespiratory Flexibility Anaerobic Strength Endurance

3. Over Under

- medicine balls

Agility Coordination Balance Speed Reaction Time Power
Cardiorespiratory Flexibility Anaerobic Strength Endurance

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Madness

1. Find Your Numbers

- 50 numbered balls
 - students numbered - find their ball after all balls dumped on floor.
- Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power ■ Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

2. ~~Medicine~~ Ab Torture

- sit in line. Pass medicine ball from one side to person on the other side.

Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power ■ Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance

3. Tunnel Crawl

- hold plank position in line
- first person crawls under & stays plank position on side.

- all team members must make it through

Agility ■ Coordination ■ Balance ■ Speed ■ Reaction Time ■ Power ■ Cardiorespiratory ■ Flexibility ■ Anaerobic ■ Strength ■ Endurance