***Illinois State PE Convention Activities 2011***

***Lost Pets:*** *5-8 cones spaced out with a picture of an animal on it, numerous index cards with pictures of the same animals on them.*

***Activity:*** *Students move around the perimeter of the gym and on signal, students must get a card and place it at the cone that animal matches.*

***Alternative:*** *Place words of food groups on the cones and pictures of different food that fit the food groups and students need to match the proper food to the group.*

***Noodle Spelling:*** *numerous swim noodles*

***Activity:*** *Get spelling words from the teachers and have students spell out the word that you say.*

***Parachute Pair Toss:*** *Towels or other stretchy material approx 18 inch x 30 inch in size(1/pr), numerous tossibles, 1 hula hoop/pr.*

***Activity:*** *Each pair olds an end of the fabric over a hula hoop with a tossible on it. Partners toss the object up and down on the fabric. Students should be able to catch it where if they missed the tossible would land in the hoop. On signal, pairs leave equipment and move to next hoop to toss a new object. Students would visit about 10 stations.*

***Smoothie Shop:*** *200-300 straws, 5-6 hula hoops/mats, 3 boxes/buckets*

***Activity:*** *at the end of the gym are 3 hula hoops or mats spread out with numerous straws inside each. In the middle of the play area are 3-5 hula hoops(safety) and at the other end of the gym are 3 buckets. Select students to stand in the middle to be taggers. Students start by the buckets and try to make their way to the smoothie shop to get a straw. On their way to the shop and back, they may stop in a hoop to be safe. If tagged, they give straw to the person who tagged them and they switch roles. How many straws can they get?*

***Hour Glasses & Lava Lamps:*** *2 cups per student(cups should be 4 colors if possible as their will be 4 groups)*

***Activity:*** *Class is split into 4 teams, each team is a certain color of cups and are at their quadrant of the gym. On the signal, students turn other groups cups into hour glasses(bottom cup upside down, top cup is stacked right side up) while trying to make all of their cups into lava lamps(bottom cup right side up with top cup upside down. First team to have all laval lamps wins. Rules: students can only re-arrange 1 set of cups per quadrant and then must go to another quadrant before returning.*

***Wacky Scooter Ball:*** *1 scooter per student, 10 bowling pins, 5 gator balls*

***Activity:*** *At each end of the gym, space out 5 bowling pins behind a line, all but 6-8 students go on scooters. The class is split into 2 teams, each try to knock down their opponents pins by throwing/rolling the ball at them. Scooters must stay in front of the line near the pins. Each team has 3-4 goalies that stay on their feet to protect their pins. If goalies get the ball, they pass it to a teammate who is on a scooter. When a pin falls, it stays down! First team to knock down all their opponents pins, wins! Switch goalies!*

***Soccer Breakout:*** *4 cones, 1 soccer ball(outside) or gator ball(inside) /per group*

***Activity:*** *Form a square with the cones and split the class into 2 teams of 5. One member of each team is inside the square with 1 soccer ball between them. The other 8 students pair up with a team member and stand on one of the lines of the square. Students on square will use their hands to block the ball from crossing their line. Students in middle will battle in middle to kick the soccer ball through an opponents goal. Switch after a goal or a few minutes of not scoring.*

***Caged in a Box:*** *4 cones to form a square, 1 omni kin ball, 6-8scooters*

***Activity:*** *students sit on a scooter in the square trying to kick the omni kin ball out of the square. Rest of students are on knees trying to keep the ball inside the square. If ball goes out and lands on floor, students in middle gets a point. Play a few minutes then rotate. Ball must leave square at a height the students can block it.*

***Dice Fitness Circuits:*** *For each group: 3 different circuit stations(different from other groups), 1 hula hoop and dice.*

***Activity:*** *Split into small groups, a group member rolls the dice and whatever number it lands on, all the students perform that circuit. On signal, a new group member rolls the dice and this is repeated till the teacher signals the groups to go to a new station color to repeat but with new stations.*

***Alternative:*** *Student who rolls the dice, tells the group which circuit they do and they perform it until the roller runs 1 lap around perimeter of gym. Use 2 dice and subtract the numbers.*

***Catch 1, Catch All Tag***

***Activity:*** *Tagger covers one eye while trying to tag others. If tagged, student must cover an eye and also becomes tagger. Play till everyone becomes a tagger.*

***Fainting Ghost Tag***

***Activity:*** *Tagger tries to tag ghosts, but if the ghost faints top the floor with leg and arms ups in air they can’t be tagged. If tagged, they become new tagger! Do with only one tagger or a few.*

***Toilet Tag***

***Activity:*** *If tagged, the student squats and hold arm out like a handle, in order to play again, someone must push their arm down and both say “Whoosh!”*

***Up & Down Tag***

***Activity:*** *Everyone is “It.” If tagged student must sit. While sitting, if the student tags someone below the knee, they can play and the tagged must sit.*

***War Tag***

***Activity:*** *Split into 3 teams. Everyone is “It.” If tagged by another team, the tagged kneels. They can play again if someone on their team kneels and gives them a high 5! When an entire team in kneeling, they are out! Last team standing, wins!*

***Ninja Tag***

***Activity:*** *Everybody is “It.” Everyone can only move 1 step at a time! If tagged, they sit. While sitting, they if they tag someone below the knee, they stand and the tagged sits.*

***Alternative:*** *Can only move when whistle blows(1 step per whistle)*