
Move It! MVPA At Its Best 2

MAHPERD 2018

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for M.S.A.D. #15 - Gray-New Gloucester Schools.
Burchard A. Dunn School - Pre-K and Grades 3 and 4.

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Presentation and Publication History

- MAHPERD 2014 Activities that meet the standards
 - MAHPERD 2015 Activities that meet the standards
 - MAHPERD 2015 Games and activities that totally rock
 - SHAPE 2016 Move it with a Maniac
 - SHAPE 2016 Promoting physical activity through active after school programs.
 - MAHPERD 2016 Move it with a Maniac: MVPA at its best
 - MAHPERD 2016 Patriot Wellness: Fitness through the ages, PK-12 and beyond.
 - Great Activities Magazine March/April 2017
 - MAHPERD 2017 Move it: MVPA at its Best
 - Great Activities Magazine November/December 2017
 - MAHPERD Spring 2018 Elementary PE Workshop
 - Great Activities Magazine September/October 2018
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What to Expect

- An overview of recent programming.
 - Patriot Outdoor Adventure Club - Summer Camps
 - 10 or so lessons, activities and games that are suitable for PE and before/after school activities.
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- Feel free to pass along any questions, positive or negative feedback to me at dwelch@sad15.org.
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**I implemented a new
system in my classroom.
Every time I have to repeat
myself, someone has to put
a dollar into the jar.**

**It's only been a week
but we've already raised
about \$2 million.**

Bored Teachers
BOREDTEACHERS.COM



Field Day

How many of you put on a field day or similar event?

Our student wellness team organized a field day.

We had 4 mega stations with choices or rotations.

Pizza box relay race was one of the favorites. We put on a gaga ball tournament that raised money for field day. With the money that we raised, we purchased giant inflatable bowling pins that were used in one of the stations. All activities were a big hit.

Each group rotated around after 30 minutes. Each group had a certain color shirt that they were supposed to wear.



Field Day Groups

Use the first letter of your **last name** to figure out what team you are on.

4th Graders A-D Red
4th Graders E-K White
4th Graders L-Q Blue
4th Graders R-Z Gray

3rd Graders A-C Red
3rd Graders D-L White
3rd Graders M-R Blue
3rd Graders S-Z Gray

Please wear a shirt of your team color on Field Day on Thursday June 21st.

If you are on the red team, please wear a



If you are on the white team, please wear a



If you are on the blue team, please wear a



If you are on the gray team, please wear a



All students should wear appropriate footwear (sneakers), a hat, sunscreen, bug spray and bring a full water bottle.



Winter Kids



- Winter Kids is an organization out of Portland that helps promote winter outdoor activities for all especially kids.
 - This organization is best known for their events as well as the passport book (soon to be an app) that provides subscribers with discounts on outdoor adventure in the winter.
 - <https://winterkids.org>
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Onlife Health and MEABT



- As Maine Teachers, there are a number of benefits that are available to you on both of these sites. There are also wellness trainings that you could attend in the fall.
 - Participants in the Onlife Health Program can earn \$250 in gift cards to a number of vendors on their way to living a healthier lifestyle.
 - <http://www.meabt.org>
 - <https://www.onlifehealth.com>
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Programs

Dunn Fun Days (popular after school PE and PTO fundraiser)

Family PE (an evening activity where generations exercise together)

Morning Fitness (individual fitness to start the day)

Kayaking (fall and spring outdoor adventure at Crystal Lake)

Patriot 5k Training (goal setting couch to 5k for kids)

Student Wellness Group (students making healthy changes)

Garden Team (promoting gardening and healthy eating)

Patriot Outdoor Adventure Club (Summer Outdoor Adventure)

Patriot Outdoor Adventure Club Summer Camps

- This was an existing program left over from our PEP Grant. It originally consisted of 5 weeks of camp for middle school age kids.
 - This years program consisted of two multi sport weeks, an upper elementary multi sport week, a waterfall week, a kayaking week and a base camp trip to Eustis.
 - The program utilized school district equipment and transportation. 3 Staff members were employed. Registrants paid a fee to cover staffing costs and equipment costs.
 - Scholarships were given to those in need. This was built into the bottom line.
 - Everyone who participated received a camp t-shirt and a camp nalgene bottle.
 - The programming received rave reviews. 5 stars nearly all the way around.
 - Next years programming will be similar. Additional staff will be hired. 2-3 offerings will be added including a mountain bike week, a water and swimming week and possibly another upper elementary multi sport week.
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Happy

Play the song “Happy” by Pharrell Williams.

Assign a fitness task like jumping jacks.

Students begin running in the same direction around the gym. Every time they hear the word happy, they must stop and perform one jumping jack.

You may also assign a different fitness task for the word because or any other common word.

This is a good warm up activity.

Beads Race/Clothesline Run

For the beads race, divide the group into two. Students earn beads for each lap they run. The two teams compete against each other to earn the most beads.

For the clothes line run, students clip a clothespin on the clothes line for each lap that they run. One group goes first while the other does a different activity. Time the first group as they run. When the second group runs, time them and see if they can beat the first teams time. Groups will run until there are no more clothespins in the pile.

Ninja Circle

Arrange students around a circle. This can be the center circle of a basketball court or a rope circle. One student is the ninja. They must stand inside the circle with a pool noodle in each hand. There is also a shorter noodle if possible that is placed on the floor between the feet of the ninja.

Students on the outside of the circle must try to enter the circle and snatch the shorter noodle from between the feet of the ninja. The ninja may protect the short noodle by tagging the invaders with one of their long noodles. Students are out once they are tagged twice. If you are able to capture the short noodle and get out of the circle unscathed. You are now the ninja.

The ninja may not tag anyone who is outside of the circle.

Choose three referees that will determine whether someone was tagged inside or outside the circle.

Noodle Ninja

This activity is essential noodle tag. Students have a pool noodle, they must tag other students. I do not allow students to swing like a bat or take the head or face.

You can play an elimination round at the end. I often start with having kids complete a fitness task each time they are tagged.

If you have a group of 25 students. Put out about 16 noodles and have a line out of bounds. When a student gets tagged, they must go to the line and hand the noodle to the next person in line and go to the back of the line.

The universal sign for being out is an arched noodle above your head.

Temple Run

Select 2-5 students to run through the temple. Students line up at one end of the gym and run through sets of cones. When all reach the end they are asked to run back.

Other students will be on the other side of the space with pool noodles. These students must throw the noodle in an effort to hit the temple runners.

Temple runners must try and get through the temple without getting hit by a noodle.

With a small group, students can have multiple chances to run. Students can keep count of how many lengths of the gym they run without getting hit.

Hoop Timer

Have students partner up and get a hula hoop.

On go, one student from each pair will try to spin the hula hoop inside the boundary, the other student will run as many laps as they can while their hoop is spinning.

After all hoops are done spinning, partners switch jobs and go again.

~~Groups get one point for every full lap run. If their hoop outlasts all other hoops, they get an additional point.~~

No interfering with other hoops. Make sure your group has plenty of space.

Cone Flip Challenge

Have students get into groups of 2 or 3. Have the group select a cone to use.

Students take turns flipping the cone and trying to get it to land on its base. Cones must stay below shoulder height but must go above the waist in order to count.

If a student gets the cone to rotate at least one time around and land on its base, they have assigned a fitness task for their partner(s).

I often use a simple running lap around the gym as a starting point and offer some alternatives for students. It also works well if students get to choose the task that they do when their partner lands the cone on the base.

RPS Hula Hoop Game

Arrange a wavy line of hula hoops across the space. Assign 3-4 kids per team. Each team is at an end of one of the wavy lines of hoops.

On go, the first student on each team must jump with two feet together from one hoop to the next until they come upon their opponent. When they reach their opponent they must do rock paper scissors until someone wins one round. The winner continues their jumping two feet together as the loser circles back and goes to the back of their line.

A team wins when one of their players reaches the opponents last hoop.

Tennis Ball River Raft

Each group is given a supply of tennis balls and a quarter sheet of plywood. One student is the raft rider, the other 3 or so are in charge of keeping the raft going.

Students must spread out the tennis balls on the floor in an area a little larger than the plywood and place the plywood on the tennis balls. The raft rider can climb onto the raft.

On go, the other team members must race to move the tennis balls in front of the raft so that the raft rider can move the raft forward.

The object is to get the raft to the other end of the gym before the other team.

If a piece of plywood touches the floor, the team must back up 5 feet and restart.

Be sure that students do not place their hands underneath the plywood.

Outbreak

(JD Hughes)

Set out a bucket at either end of the gym filled with noodle slices. Place a different colored hoop in all four corners of the gym.

Select three students to hold pool noodles in the center circle.

A horrible disease is taking over the world. Doctors from four countries have been assembled to try and cure the disease. On go, the doctors must travel to the end of the gym and take one medicine vial (pool noodle slice) from the bucket. They must then return to their country (hula hoop) and place the medicine behind the hoop.

If a doctor gets tagged with a pool noodle by one of the disease spreaders, they have the horrible triangle leg disease. They must stand with their feet apart in a triangle shape until a free teammate of theirs can crawl through their legs to free them.

The only safe zone for anyone is their own country (hula hoop).

The disease spreaders must only allow one person out of the circle at a time.

Press

Have students get into groups of three and collect a pile of pool noodle slices.

On go, groups work together to build a horizontal tower between two students hands. The third student is the leader. The leader is going to direct the other two students as well as place the pool noodle slices between existing slices or between the existing slices and the hands of the other students.

The leader must be sure and place the noodle slices in carefully. If the horizontal tower falls apart, the group must start again. Students should keep track of their record score.

Thanks For Listening and
Participating
Contact Dana Welch at
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