



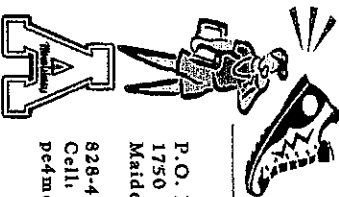
Share The Wealth P.E. Conference

January 22 - 24, 2009

Georgia Convention Center

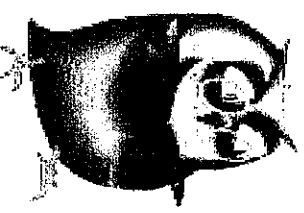
Jekyll Island, Georgia





**T.H. Elrod II**  
Physical Education Instructor

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# DANCES

## **MARTIAN DANCE** - [Source - "Halloween Hits" - Rhino Records]

Formation: Partners facing each other on concentric circles

### **INTRODUCTION:**

"Inside" circle partner bows

"Outside" circle partner bows

Shake Right Hands

Shake Left Hands

Shake Both Hands

### **MAIN PART: Repeat 4 times:**

8 counts - Wiggle down & up (with Martian Antennas)

Repeat

8 counts - Forward & Back - meet partner with "High Ten" on Count 4

8 counts - "Pinky Swing"

8 counts - Right Elbow Swing

8 counts - Left Elbow Swing

[On the final 2 times add:]

8 counts - Do-Si-Do

8 counts - See Saw

## **PATTY CAKE POLKA**

Formation: Couples facing each other on a circle & holding both hands

### **Part 1** - Touch Heel-Toe, Heel-Toe, Slide-Slide-Slide - **Counter-Clockwise**

(the "inside" partner will be using their LEFT foot & the "outside" partner will be using their RIGHT foot)

Touch Heel-Toe, Heel-Toe, Slide-Slide-Slide - **Clockwise**

(the "inside partner will be using their RIGHT foot & the "outside" partner will be using their LEFT foot)

### **Part 2** - (Patty-Cake part)

Right-Right-Right (your Right hand onto your partner's Right hand)

Left-Left-Left

Both-Both-Both

Knees-Knees-Knees (onto your OWN knees)

### **Part 3** - One Right Elbow Turn

Repeat Entire Sequence

**Optional Part 3** - One Right Elbow Turn - **then** the "inside" partner releases after the elbow turn and moves CCW to the next "outside" partner to form a new partnership and the entire sequence begins again.

## Folk Dances

### Limbo Rock (USA)

Start with Left foot - Circle Formation

Part 1 - Touch - Back - 1 - 2 - 3 ("Bumblebee")  
Repeat with Right Foot  
Repeat entire sequence

Part 2 - CCW - Wiggle-Wiggle-Wiggle-Stop!  
CW - Wiggle-Wiggle-Wiggle-Stop!

Part 3 - Jump In & Clap  
Jump Back & Clap  
Repeat Entire Sequence

### Flaskern (Sweden)

CCW first in Circle formation - Group may hold hands if desired

\*This dance can also be done with partners

Part 1 - CCW 16 counts  
CW 16 counts

Part 2 - Scissors kick 2 - 3 - 4 (Kick w/Left 1st)  
Clap & move in 2 - 3 - 4  
Scissors kick 2 - 3 - 4  
Clap & move back 2 - 3 - 4

Part 2 - (w/partners)  
Face partner with hands on hips  
Scissors kick 2 - 3 - 4 (remember to start w/ Left 1st!)  
Clap & move around to other side of partner & face again  
Repeat sequence above

### Chiotikos (Greece)

Circle formation - start dance to the Right (CCW)

Part 1 (4 times) CCW - Forward - Forward - Side-Lift, Side-Lift

Part 2 (4 times) CCW - Turn - Turn - Side-Lift, Side-Lift

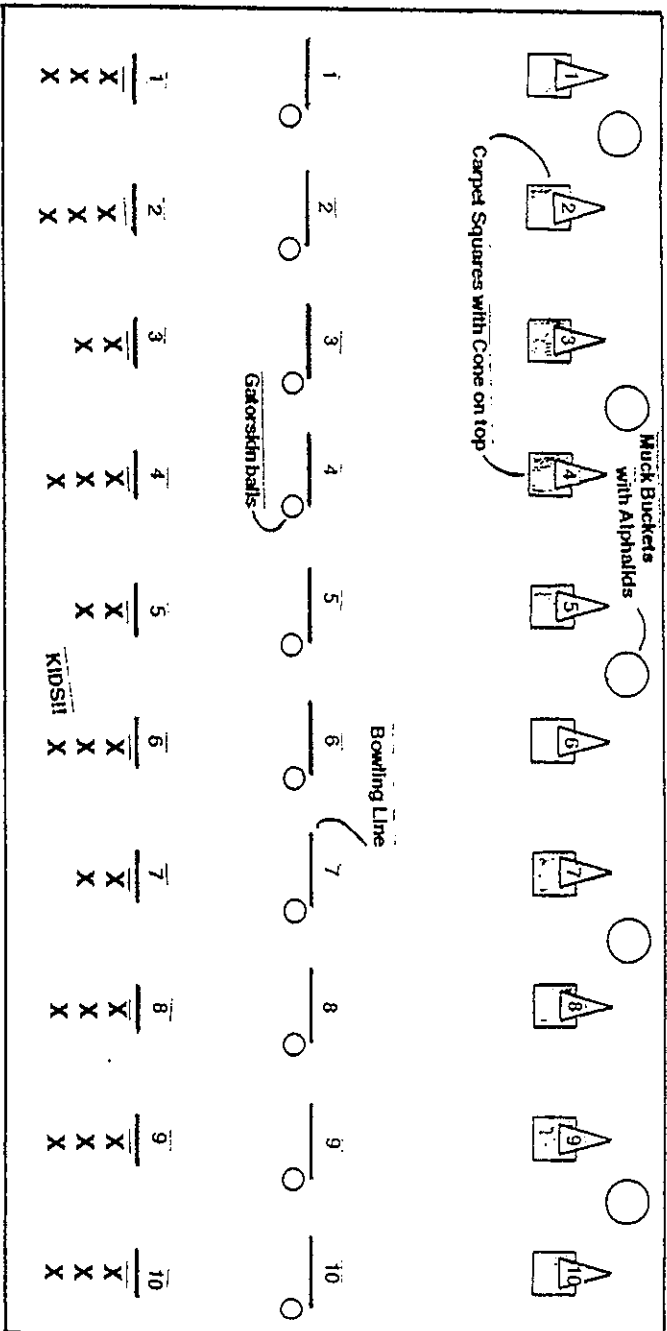
Part 3 (2 times) CCW - Side-Back, Side-Back, Side-Lift, Side-Lift

Part 4 CCW - Side-Back, Side-Back, Step, Step

Address for Music:

**HighScope Educational Research Foundation**  
600 N. River St., Ypsilanti, MI 48198-2898  
734-485-2000 FAX: 734-485-0704  
Email: [www.highscope.org](http://www.highscope.org)

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**SUPERSTAR BOWLING (with Sports Illustrated For Kids Cards!)**

Equipment needed: Carpet Squares (I use 24" x 24"), Numbered Cones (I use the 12" size), 8 1/2" Gatorskin Balls, Alphabetals (plastic caps w/ letters inside), Muck Buckets, Sports Illustrated For Kids Cards

Superstar Bowling is a great cooperative game that reinforces the alphabet! After a short warm-up period to practice the correct bowling/rolling technique, I stop the action and give each group a Sports Illustrated For Kids Sports Card. Their task is to spell out the name of the athlete on the card by acquiring letters (Alphabetals). The number of letters they are allowed to pick up is determined by how well they perform their physical task/challenge - bowling/rolling a ball onto a carpet square.

"Scoring" Rules - (How many letters can I bring back?)

- 1 letter - If ball is bowled/rolled properly from behind the bowling line (even if you totally miss the carpet square)
- 2 letters - If ball touches carpet square
- 3 letters - If ball rolls to a complete stop on top of the carpet square

When a group is finished spelling the name on their card - they'll raise their hands and I'll check their spelling, etc. and give them a new card to work on. The group just leaves their completed cards and letters on the floor in front of their "wait line".

At the end of the activity - I'll collect and count all the cards in their possession so we can compare the total to the next time we play (or to the last time we played!)

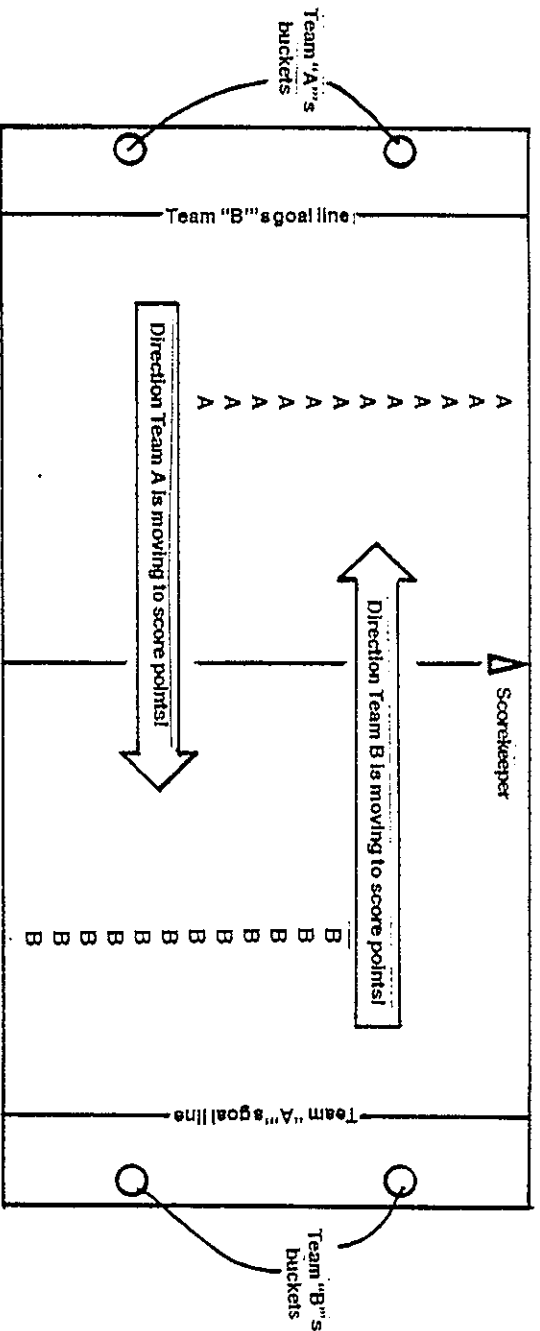
Encourage your kids to communicate/cooperate so they make smooth and quick trips to the buckets without bringing back unneeded letters. If someone brings back a "wrong" letter - I'll either return it for them or try to match their next "new" card with a name that allows them to use that letter.

The kids can go to any bucket they want to select their letters - although I encourage them to use the bucket that is closest to their carpet square. They are allowed to dig through the buckets when searching for the letters.

They can bring back the needed letters in any order they desire - but I have noticed groups have more success when they spell the names in order.

**ALPHALIDS** - I made my Alphabetals by buying sets of 1" (25 mm) Helvetica Stick On Letters (I bought mine at Office Depot) and used tweezers to place the letters into 10K & Gatorade lids. Buying these sets provided me with the proper ratio of letters.

**Sports Illustrated For Kids Cards** - Try to select cards from the past couple of years - earlier cards featured some odd/funky fonts that might give the kids trouble recognizing certain letters.



## POWERBALL

*(I initially learned this activity from the amazing Don Puckett at the 1998 Share The Wealth Conference @ Jekyll Island, Ga. I modified it slightly for our use at Shuford!)*

**Equipment needed:** 16+ Foam Balls (I use 7" Gatorskin "Softis"), Pinnies for one team, Muck Buckets, 2 Click-Counters for the Scorekeeper

**Powerball** is one of my kids' All-Time favorite activities. Powerball features simple rules and allows for the total involvement of all the players.

The basic task/challenge of the activity is for each team to score points by moving the balls down the floor with a series of passes. The players can work in pairs, triplets, quads, etc. - any combination desired.

There are only 3 big rules that govern the action:

- 1 - Any player in possession of a ball may not move. I do allow them to pivot and/or take a throwing step. (Therefore a player is not allowed to run around playing defense while holding a ball.)
- 2 - The defense may not guard the person with the ball. I tell my kids "You want this person to throw the ball - if they don't throw it you have no chance of stealing it!" The defense is allowed to guard potential receivers. (However I have noticed the teams that spend a lot of time playing defense usually lose - the way to win this game is to outscore your opponents!)
- 3 - Any ball that crosses the goal line must be placed in the "other" team's buckets. This includes: perfect scoring passes, dropped passes, balls that roll over the goal line, and overthrown balls that strike the wall behind the goal line.

The passes that the players make on the way down the floor do not have to be "perfect." When a pass is dropped - if the same team can pick it up before the defense steals the loose ball - then they are allowed to maintain possession. Dropped passes or passes that bounce are considered "loose/free" balls and either team is allowed to recover a loose ball.

The "final" pass (the one that crosses the goal line) must be perfect - it cannot bounce, roll over the goal line, or be dropped. After scoring, the ball is placed in the other team's bucket and only the 2 players involved in the final scoring pass need to report to the scorekeeper/teacher. Then those 2 players have 3 options to obtain another ball to resume play: 1- Travel all the way back to their own bucket to get a ball and start over, 2- Pick up a loose/free ball on the main playing area, and 3- Steal a ball from their opponents.

**Scoring Options:** (this is the way we award points following the final/scoring pass)  
 Boy - to - Boy = 1 point, Girl - to - Girl = 1 point, Combination Passes (Boy-to-Girl or Girl-to-Boy) = 2 points!

You'll be amazed at how well they will work those "combination" passes to earn the extra points for their team. With older groups I have also used an option that awards double points for the "first-time" you score with each particular teammate. This option really encourages them to work with all their teammates in order to boost their team's score. I've also used this activity when their parents visit the gym during our P.E. Week and set up an extra combination option of "Kid - to - Adult" and scored it at 3 points each. This made those adults very popular teammates!

When I introduce Powerball to younger groups, we spend at least one class learning how the activity works. I make sure they are comfortable with the activity before I introduce the scoring protocol.

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## "And They're Off !!" - Great Activities Using Dash Cards

(Revised - September 2001)

My younger students really enjoy activities using the Dash Cards. The activities enhance teamwork, cooperation, and communication skills. The Dash Cards reinforce reading skills and improve our students' sight word vocabulary.

### FACTS ABOUT DASH CARDS:

- Shapes created with our school's **Ellison Machine**
- 6" X 5" stiff tagboard and double laminated for toughness
- 6 cards of each design - I made all six of each design the same color
- Organizational tip - place a number on the back of one card per set. This will help you when it is time to gather the cards and prepare for the next activity or group.
- Each card's label -- "Helvetica Font - All Caps" - (the labels enable me to better utilize my Alphalids)

**Ellison Educational Equipment, Inc.**  
25862 Commerce Drive  
Lake Forest, CA 92630-8804  
1-800-253-2238 Fax: 1-800-253-2240  
Email: [Info@ellison.com](mailto:Info@ellison.com) [www.ellison.com](http://www.ellison.com)

**Equipment needed:** Dash Cards, Stuffed Animals and/or bean bags for "batons", Carpet Squares - (I use 24" x 24"), Numbered Cones (I use the 12" size), Muck Buckets, Alphalids, Music!

**Formation:** Each of these 3 activities features a Relay/File line format. I use 12 groups of 2 or 3 students

### FIND YOUR CARDS

Before the start of this activity I give each group 3 or 4 Dash Cards. (I give each group 4 cards) These are the **only** cards their players are allowed to bring back to the group. The rest of the cards are scattered face down on the playing area. When the activity begins - the first player from each group is allowed to run out and turn over **four** cards. If any of those four cards matches their group's "special" cards - they are allowed to carry those cards back to their group and exchange the "baton" with the next player. Any cards that **do not** match their group's cards must be replaced on the floor face down before the player returns to their group to exchange the baton with the next player.

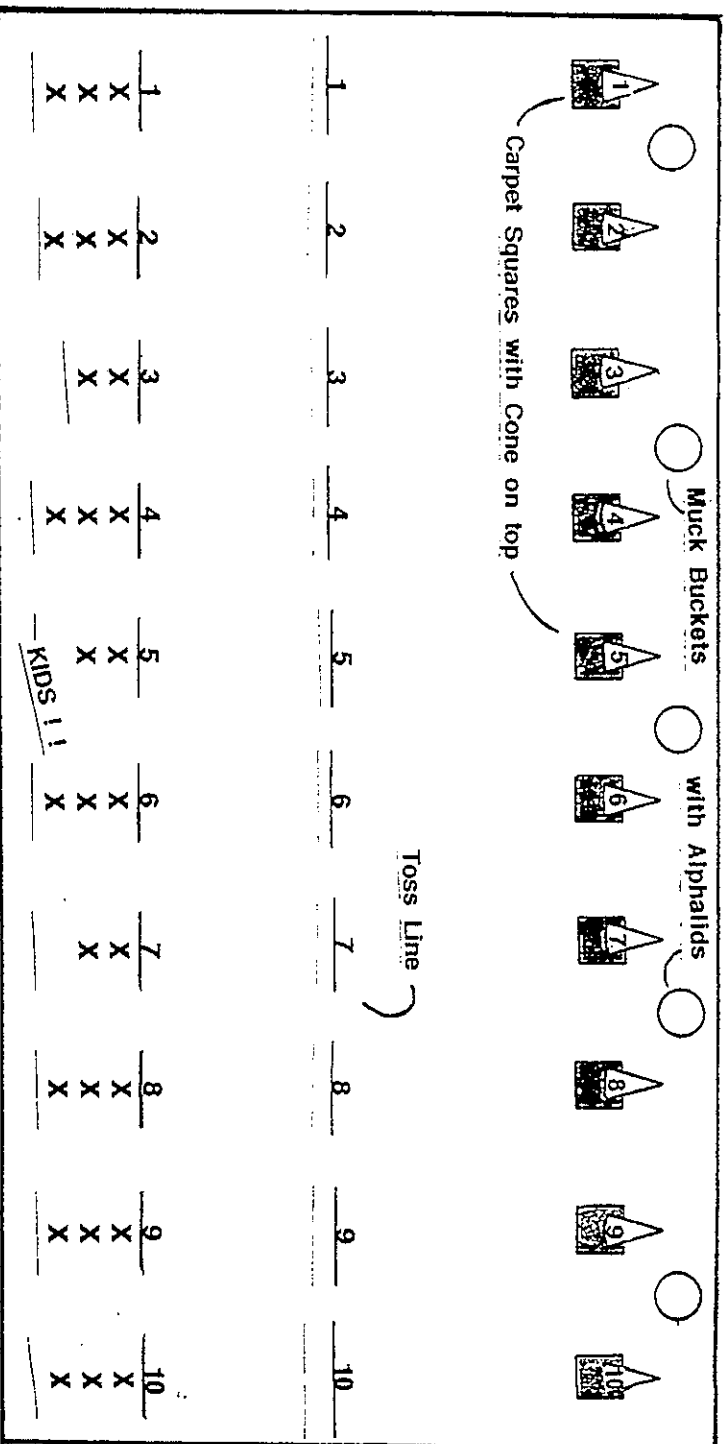
Use music and play for 5 - 7 minutes to allow each group multiple trials (and hopefully some success at finding matches for their cards).

### HOW MANY DIFFERENT?

The object of this activity is to see how many different Dash Cards each group can find in the time allowed. Each player is allowed to look at **only one** card per turn - and they can return to their group with that card if it **does not** match a card they've already found. If they pick up a card already in their possession - they simply replace the card face down on return to their group. At the start of this activity - the groups do not have cards -- therefore the first card the first player picks up can be returned to their group - since they don't have any cards yet.

Encourage the player(s) awaiting their turns to pay attention to their active player. Often the player searching for a different card can't remember if their group already has a certain Dash Card. If the active player holds up the card so their partners can see it - they can receive advice on whether or not to return with the card.

**Neat Variation:** Sometimes I require that the cards gathered in this activity be placed in "ABC order." I patrol the groups to inspect their alphabetizing skills, offer help, and sometimes I "steal" an errant card.



## SPELLING RELAY

This activity is basically an easier version of Superstar Bowling. Each group is given a Dash Card and their challenge is to spell the word on that Dash Card's label by bringing back the proper letters (Alphalids).

As each player takes their turn -they are asked to toss their stuffed animal (I use mini "Pound Puppy" sized animals) onto a carpet square from behind the proper line. How well they perform that simple task determines how many letters they can bring back.

- ◊ **1 letter** - If player stays behind the line as they make their toss - even if the toss totally misses
- ◊ **2 letters** - If the stuffed animal stops in contact with the carpet square - or stops on top of the carpet square

When a group is finished with their Dash Card - they'll wave their hands overhead to alert me - then I'll inspect their efforts and if the spelling is complete and correct - I'll award them another card to work on. The group just leaves their completed cards and letters on the floor in front of the "wait line."

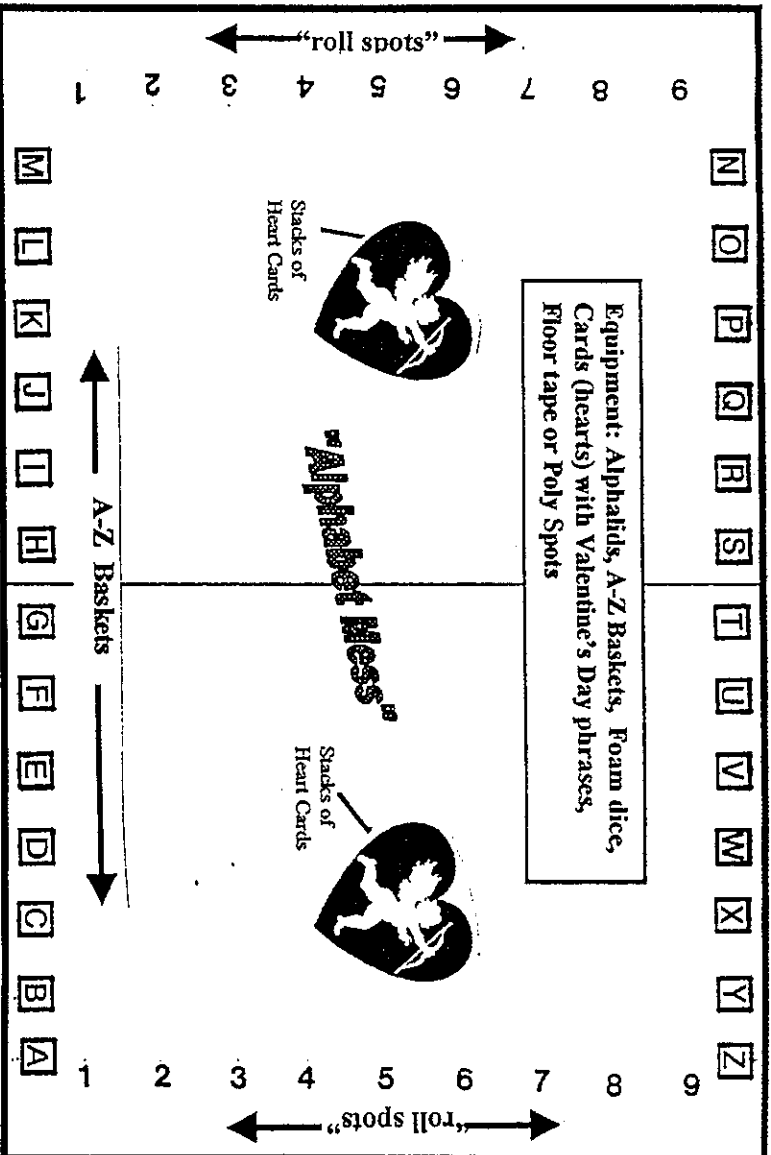
At the end of the activity - I'll collect and count all the Dash Cards in their possession so we can compare the total to the next time we play (or to the last time we played!)

Encourage your kids to communicate/cooperate so they make smooth and quick trips to the buckets without bringing back unneeded letters. If someone brings back a "wrong" letter - I'll either return it for them or when I select their next Dash Card - I'll give them one that allows them to use that letter.

The players can go to any bucket they want to select their letters - although I encourage them to use the bucket that is closest to their carpet square. They are allowed to dig through the buckets when searching for the letters. I also encourage them to communicate with their classmates if they are digging around in the same buckets - so they can help each other find the letters they need.

**ALPHALIDS** - I made my Alphalids by buying sets of 1" (25mm) Helvetica Stick on Letters (I bought mine at Office Depot) and used tweezers to place the letters into 10K & Gatorade lids. Buying these sets provided me with the proper ratio of letters.

\*\*\* See the "Protocol for ordering "lids" in bulk (for Alphalids)" handout for suggestions for making your own Alphalids !!



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**"Let Me Call You Sweetheart" – an awesome Valentine's Day activity!**

**Formation:** prior to beginning the activity – the students find a partner and sit at one of "roll spots". The teacher then dumps Alphabetids (300+) at the center of the floor to set up the "warm-up" part of the activity.

**Part 1 – "Alphabet Mess" (the letters go in!)**

1. One of the partners rolls the dice and they look at the result.
2. Whatever the number is – EACH of the partners runs out – picks up that many lids -- and deposits the lids/letters in the proper A-Z basket.
3. The partners then meet back at their "roll spot" and repeat the process.

**Part 2 – Heart Cards – the "real" game (the letters come back out!)**

1. Each group is given a heart card to begin this part of the activity. They must spell the phrase on the card by taking lids/letters out of the A-Z baskets.
2. One of the partners rolls the dice again and they look at the result. But now the partners must **divide** the number & quickly plan who will retrieve which letters from the A-Z baskets. (with the exception of a "1" - if they roll a "1" – then each partner may still retrieve one letter)
3. They return to their "roll spot" with the letters and repeat the process until they finish the phrase on the card.
4. When they finish the card – they may get another card from stack of heart card and continue the activity.

**ALPHALIDS** – I made my Alphabetids by buying sets of 1" Helvetica Stick On Letters (I bought mine at Office Depot) and used tweezers to place the letters into 10K & Gatorade lids. Buying these sets provided me with the proper ratio of letters.



**List of Phrases for Heart Cards:**

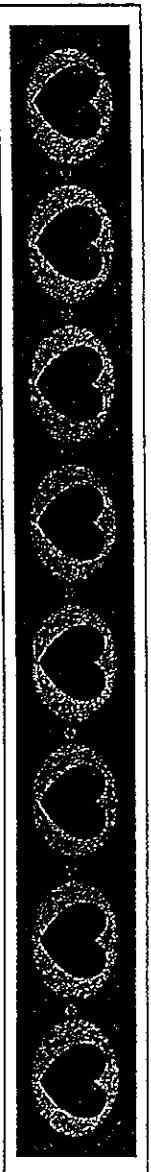
Sources: Necco brand “Conversation Hearts”  
M.I.U. (“made it up!”)



In order to match this activity with my Alphalids – my cards are:  
Helvetica font & ALL CAPS  
I made 2 or 3 cards per phrase!

WISE UP	BE MINE	BE GOOD
MY BABY	LOVE HIM	WHIZ KID
TRUE LOVE	MY GIRL	BOOK CLUB
ONE I LOVE	LOVE YOU	HUG ME
SO FINE	THANK YOU	MARRY ME
ROMEO	LOOK GOOD	DEAR ONE
FIRST KISS	CUTTIE PIE	COOL DUDE
GO GIRL		

COOL BEANS	HUG PE	U R BU TFUL
I Y Q	SMOOCHIE FACE	PE ROCKS
OH BABY	NO WAY	CHICKS RULE
FUNNY FACE	TROUBLE CHILD	SAY PLEASE
CALL ME	FORGET ABOUT IT	SUGAR LIPS
THINK AGAIN	U R A QT	BOO HOO
TOO BAD	SO SAD	EAT MOR CHIKIN
I LOVE PE	BABY GIRL	HUGGY BEAR
SWEET FACE	KISS ME	GET LOST
MAMA SAID SO	GET A JOB	
TOO COOL FOR SCHOOL	RUN FOR YOUR LIFE	



Effective Fall 2008:

**Protocol for ordering “lids” in bulk** (for Alphaslids!)

Contact Persons: Sherry Hunter or Rhonda Price  
@ Container Resources, Inc.

P.O. Box 8129  
Greenville, SC 29604  
864-343-0095  
Fax: 864-343-0099

Item# - CRS45B024

Description: 45mm closure Black F-127 liner

Price per 1000 - \$50.00 (plus shipping)

(a “whole” box = 1600 pieces for \$80.00 plus shipping)

These lids (what the industry calls “closures”) are black with a white liner and are the same standard size used for Powerade or Gatorade plastic bottles. The inside diameter of the lid will accommodate a 1” stick-on letter.

If you live in the Greenville SC area – and you want to save the shipping charges – Sherry & Rhonda can arrange for you to pick up your order at the plant.

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