

Fielding Team-The fielding team will follow the hula-hoop until it completely stops rolling without touching it! When it stops, one person picks it up while the other members of the fielding team line up. Each person must step through the hoop while one person holds the hoop on the ground. When the last person passes through the hoop, the fielding team yells, "Stop!" The batting team must stop and the last run does not count if the runners are between bases. Switch batting team and fielding team after all partners bat. Each team keeps their score!

6-WAY FRISBEE-Equipment- 6 Hula Hoops, 6 different colored jerseys to designate teams, 6 Frisbees for each team in each hoop, 2 cones to designate a goal area for each team and a hula-hoop in between them for their goal area. Divide your class into 6 equal teams. Each team has a designated goal area. The object of the game is to get all of your team's Frisbees through your goal. All Frisbees must start in the middle of the playing area (center circle of the gym if playing inside). Only one Frisbee can be placed into play at a time. A Frisbee must be out of play or tossed into the goal before another of the team's Frisbees can be put into play. Defense is allowed, no contact and defensive players must remain an arms distance away from the opposing player. (In other words a player that has the Frisbee must be allowed to throw the Frisbee without interference.) A dropped Frisbee must be returned to the center of the playing area and tossed back out into play again. Players may not run with the Frisbee. A Frisbee that is intercepted by an opposing team must be returned to its hula-hoop in the center circle. The game/round is over when all Frisbees have been thrown through a goal. Bring the Frisbees back to the center of the playing area and start another round!

For a fun variation – Instead of getting all of your team's Frisbees in your goal, have each team get one Frisbee in each goal to win – this spreads the teams out and forces them to play better defense and incorporate better team strategies!

SUMMER FUN!!!

Music – “Be Young- Be Foolish- Be Happy” By The Tams

2 Right Heel Touch and Back

Grapevine Right

2-Left Heel Touch and Back

Grapevine Left

Repeat Steps 1-4

2 Steps Diagonally Right

2 Steps Diagonally Left

Walk Backwards 4 Steps – Diagonally – Right-Left-Right-Left

Twist Down and Up 4 Counts

Right Kick Step –Kick Right foot out using left foot as pivot foot –

4 counts

Repeat Dance!

TWIST TAG – Everybody’s it. When tagged the student must do the twist until someone else comes and does it with them five times. Of course this has to be done to the song “The Twist”! Great Fun and good warm up!

HOSPITAL TAG- Everyone is it and everyone tries to tag everyone else. Using the two finger rule to tag – whenever you get tagged, put a bandage on the spot where you get tagged and keep playing – the second time you get tagged – put a second band aid on the spot where you get tagged and keep moving. On the third tag – move out of bounds and go see the Doctor to “get well” by performing a body reward such as pretending to wash your hands and get a drink of water or a specific exercise and then get back in the game and start over.