

Abstract:

Title: "A Touch of R-and-R" (Rhythmic Activities and Recreational Dance)

Presenters: Scot Raab, Amy Raynor (VSU)

Intended Audience: Physical Educators- Elementary, Middle, Secondary

Presentation Description:

Dance provides the vigorous activity needed for the development of optimum cardiovascular fitness. Coordinating a variety of rhythmic activities to musical accompaniment can increase students coordination, balance, and agility. This enhances motor learning awareness and cognitive decision-making.

The progression of activities provides the opportunity for children to learn dance steps and movements that must be executed to the imposed rhythm of the accompaniment. Increased body awareness and effective use of space and movement qualities are the results of these dance and rhythmic experiences. Participants will move through a progression of choreographed activities and end with several recreational dances.

Objectives for kin-ball and coop games

- Present non-traditional games with giant and light balls from 2 to 6 feet
- Learn a great new accessible sport played in ten countries
- Develop cooperation, sportsmanship, manipulation and aerobic skills

Objectives for super games

- Learn basic skills and strategies for collective games is easier with special balls.
- Play great games in teams and practice kicking, passing and running skills with giant football

Learn accessible games to involve large group and increase manipulation abilities

Fun and simple activities for all elementary P.E students in large or small groups including a brief overview on a simple and well organized Field Day.

Presenter: Joe Zeagler

South Woods Elementary School/ St. Johns County, Florida

This will be a fast pace presentation that demonstrates a variety of activities all ages can participate in.

Activities include: The Hamster Dance, Chinese Jump Ropes and fun cardio-games emphasizing spacial awareness and boundaries.

✓ Hamster Dance:

I modified a version of the hamster dance that can be taught to all ages that is fast paced, fun and easy.

✓ Chinese Jump Rope:

Chinese Jump ropes are a great activity to challenge individuals and teach positive team work. I have a simple routine for K-2 and an advanced for 3-5. This is great for those without a gym during inclement weather. It can be done in a classroom or even a hallway.

✓ Field Day:

After years of field days, I have developed a great Field Day Plan to take stress off of PE teachers and make it fun for the entire school.

✓ Cardio-Games:

My presentation will conclude with games I use to teach boundaries and spacial awareness. These games are easy to set-up with little instruction and provide students with a continuous cardio-workout. I learned the games at various conferences and workshops and although I do not take credit for creating the games, I do want to share them with you.

SIMPLY THE BEST SPORTS

COACHING-TEACHING-GUIDING OUR YOUTH

Simply The Best Sports is excited about the opportunity to take part in the 2009 Share The Wealth Physical Education Conference.

For over ten years Simply The Best has been actively involved in the education of Americas youth through youth leagues and recreation departments across the southeast. Our service oriented programs are hands-on and primarily service youth sports coaches in their respective sports providing critical information that covers everything from specific skills to risk management and first aid. Over the years STB has acquired valuable information that would, without question enhance the teaching skills of physical education teachers and coaches.

In addition to the hands-on part of our program, STB provides to every participant important information as it relates to our children and their critical need for "Life Skills". We call this "Coaching-Teaching-Guiding our Youth" which is what we would like to share at the conference. We believe that every child is an opportunity for a coach or teacher to make a difference in that child's life. Every coach or teacher needs a better understanding and a mental perspective of the complex lives of our youth.

STB would like to thank you for the opportunity to take part in the conference.

You Tube: Stretch your Imagination!

Activity-based presentation

Tammy Burt, Carla Vidoni, and Marge Hobley

The need for sensory stimulation is well documented in the literature.

Children with a variety of abilities can benefit from activities designed to stimulate tactile, vestibular, proprioceptive, auditory, and visual systems.

Sensory-stimulating activities coupled with motor responses are important for growth and development (Seaman, DePauw, Morton & Omoto, 2007).

Explore the multiple ways that a “you tube” can enhance proprioceptive feedback, encourage gross motor movements, teamwork, and spatial awareness for one-on-one, small, or large group activity. Several “you tube” activities will be presented with the incorporation of music. The “you tube” is a piece of homemade equipment that is inexpensive and easy to make. Workshop participants will be provided with hands-on activities, suggested activity ideas, and instructions on how to make your very own “you tube”!

Teaching Team Handball:

What students will learn just by playing & what you have to specifically teach them

This activity based presentation will provide a brief outline of the benefits of team handball to a physical education program, but will then focus on three parts:

1. how to play from the very first lesson onwards
2. what skills and tactics students will pick up from just playing and their experience with other games
3. what skills and tactics of handball a teacher will need to specifically introduce to create a better game.

The session will focus on participants playing handball from the very beginning, and thereby understanding its unique nature. The cycle of offensive and defensive dominance will be become evident through play, and teachers will be shown how to instruct students and design tasks that help them break through tactical barriers.

The keys to the presentation will be those things the students *don't* automatically "get" from playing:

1. run first – don't dribble
2. run again
3. forget about trying to get the ball from the opponents
4. guard space, not the ball
5. make physical contact
6. overlap the offence
7. don't get stuck in goal

Some specific small 1 v 2, and 2 v3 mini games will also be included to demonstrate shooting and defensive strategies.

Football Target Ball

Equipment:

4 footballs 5 cones 4 poly spots

Objective:

To throw the football at the cone and knock it down before the other team.

Discuss and Demonstrate:

How to hold and throw a football?

How to run around the cones?

How to win a point?

Rules:

You will be divided into 4 teams.

You will receive a number.

When your number is called you will pick up your football that is your teams.

Then run to your right and go around the cones. Run in front of your teammates.

When you return to your colored poly spot you throw the football at the cone in the middle of the game.

If you knock down the cone first your team wins a point.

Continue to throw the football from your spot until someone knocks the cone over.

You may run get your football where ever it lands and return to your team's side.

Variations:

1. Change directions and/or locomotor skills (slide, high knees, karaoke, etc).

2. Have students do an exercise (mountain climbers or jumping jacks) vs. running around the cones.

3. Student A (Center = C) hikes the ball to the Student B (Quarter back = QB) runs with the ball all the way around and then returns to their side and throws the ball. Then the QB sits down and then the center becomes the new QB and then call the next # to be the center. (Vice versa) As long as everyone gets a chance at C and QB.

4. Same as variation #3 above, and then add a receiver on the other side to pick up and throw the ball back to the QB.

Team members:

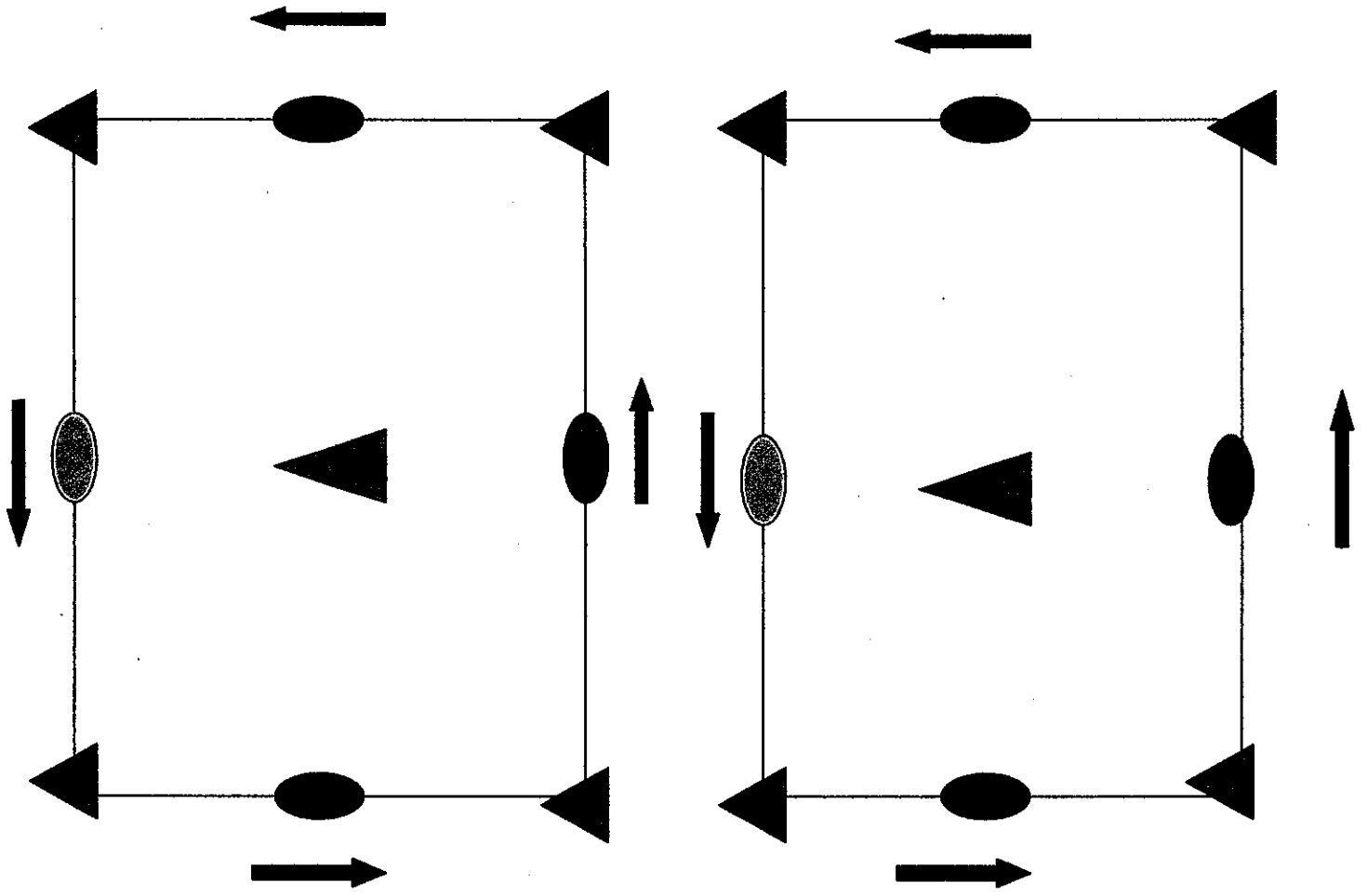
Sit behind blue line and wait for there number. *Team member sitting **KEEP LEGS IN!**

If a thrown ball comes your way leave it where it is and you may not throw the ball away from the other teams.

Class management:

You may need to run two games, but it depends on class size.

See Diagram below for game set up.



Mission Impossible (MI)

Objective:

To work together to retrieve or retain all the money, gold, &/or jewels from the bank vault and take them to your get away vehicle (limo, hummer, armored truck) before time expires.

Equipment:

- *Beanbags, hockey pucks, or something (50 items+) that will not roll are the gold, jewels, & money
- *4 to 6 colored jerseys or pinnies (security guards)
- *Mission Impossible Theme Music (CD) & player

Directions

On the music (or on the signal) run to the other end of the gym (bank vault) to retrieve the money, gold, &/or jewels OR rescue other thieves.

If you are tagged (thief) by a security guard you must...

1. Sit down
2. Leave the object on the floor (NO HIDING IT!)

Thieves

1. Get the money or gold from...
 - a. Bank &/or bank vault - the other end
 - b. Save other thieves who got caught & are sitting (Students are spread out in the gym)
2. Saving your team members...
 - TWO people must save ONE person at a time
 - WALK arm & arm back to the get away vehicle with the rescuers (FREE WALK BACK!)
 - You are NOT safe when you and your partner are on your way to rescue someone

*Thieves may do 1 OR 2, but NOT BOTH.

Security Guards – wear the jerseys or pinnies

- about 3 minutes or when you signal to change guards for a new game

Security Guards may either....

1. Tag the thieves
2. Return the money to the bank &/or bank vault by dropping it back in there

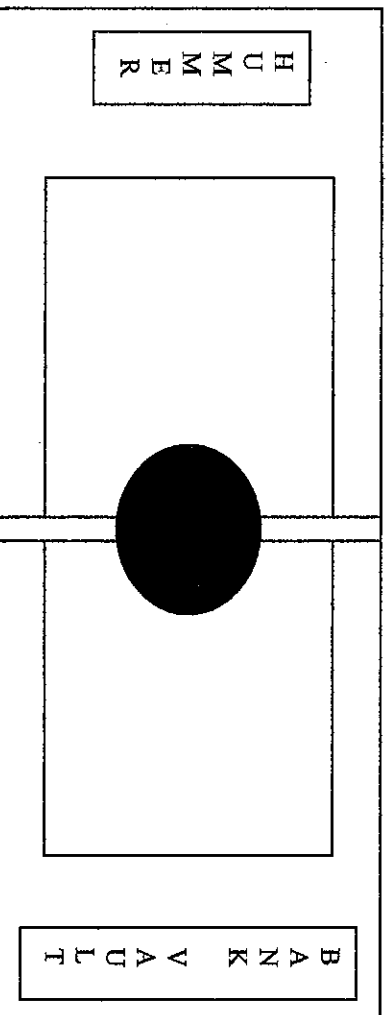
*Security Guards may NOT tag the thieves who have saved someone (3 students walking back).

For Thieves and Security Guards - No sliding or jumping over other thieves who have been caught

- No throwing or sliding the objects to the bank or get away vehicle

At the end of each round

- Change guards
- Count the # of items obtained by the thieves – Were the guards or thieves good?



2009 Share the Wealth Physical Education Conference

Presentation Title: Hit the deck! Teaching tactical games concepts through the game of deck tennis.

Type of Presentation: Activity

Space Needs: large open area, preferably with high roof

Equipment You Need Us to Provide:

Audience Addressed: PE teachers,

Topic Area: Middle and high Physical Education,

Length of Presentation: 25 minutes

Your Name, Position: Molly K. Hare, Associate Professor, and Myung-Ah Lee, Assistant Professor

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ABSTRACT

The purpose of this activity session is to renew the fun net sport game of deck tennis. Using small-sided games, tactical concepts will be presented for use in the physical education curriculum. Teaching offense- and defense-related tactics often gets left behind in units taught in the schools due to time restraints. However, there are easy ways to teach these concepts to your students using a game-like situations! Offense-related concepts for net games such as attacking the space and reading the defense will be highlighted. Defensive concepts such as preventing the attack and covering the space will be shown. Tips for engaging all levels of students in your gymnasium will be shared.