

Reimagining PE:

Non-Traditional Units to Expand your Curriculum



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Learning Objectives

- Students will be able to discuss strategies for creating a positive learning environment.
- Students will be able to listen to and follow teacher prompts.
- Students will follow the rules and demonstrate fair play in a group activity.

Learning Targets

- I can discuss ways to create a positive learning environment in our class.
- I can listen and follow the teacher's prompts.
- I can follow the rules in a group activity.

Teaching Cues

- On "heads down", look at your shoes. On "heads up", look at the student you chose.
- If 2 people make eye contact with each other then both sit down.
- Be honest and after "heads up", don't turn your head to find someone new to look directly at if someone is looking at you.

PREP

- None

SET

- Create a large circle with students standing side by side.
- For classes over 25 create circles create 2 circles that play at the same time.

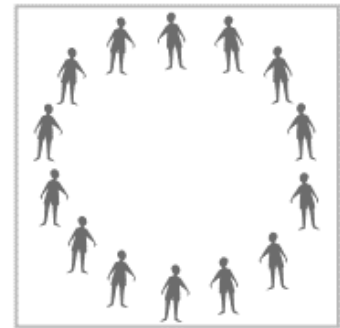
TEACH

1. Lesson Objective

- The object of **Heads Up** is to try and look at someone who is not looking directly at you so you can stay in the game.

2. Instructions

- Look around the circle and mentally choose 1 student you will look at on the signal.
- When I say "heads down", look down at your shoes.
- When I say "heads up" look up and immediately look directly at the person face that you chose.
- If two people make eye contact with each other, they both sit down.
- If nobody is eliminated, then I will just repeat "heads down", then "heads up" again.
- Each time we repeat the prompts choose a new person to make eye contact with.
- Be honest and follow the rules to make the game more fun.
- Do not turn your head and look at a new person if you see someone looking at you. You will be eliminated.
- We will play until there are only 2 students left.



Learning Objectives

- Students will apply Sepak Takraw skills with proper technique.
- Students will apply basic offensive and defensive strategies.
- Students will demonstrate positive behavior and include others in the activity.

Learning Targets

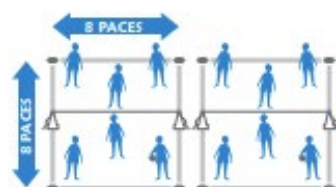
- I can combine use Sepak Takraw skills with proper form.
- I can demonstrate basic offensive and defensive strategies.
- I can show positive behavior and include others in the activity.

Teaching Cues

- Make good passes to your group members to set up a good return.
- "Call" the ball to tell others in your group you are getting it.

PREP

- 4 spot markers per 6 students (for boundaries)
- 2 12"-18" H cones per 6 students (for net)
- 1 9'-12' L jump rope per 6 students (for net)
- 1 ball (10" dia volleyball trainer) per 6 students



SET

- Create small (8 x 8 paces) grids per group of 6.
- Form 2 groups of 3 for each grid.
- Create a net (using jump rope and cones) to divide each grid into 2 equal areas.
- Position groups of 3 in a triangle on either side of the net. (See diagram.)

TEACH

1. Lesson Objective

- The object of **Sepak Takraw** is to hit the ball (takraw) over the net without the opposing group being able to return it.

2. Instructions

- The difference between this and volleyball is that the ball is hit only using your lower body.
- "Sepak" is the Malay word for kick. "Takraw" is the Thai word for woven ball.

• Rules

- Play begins with a toss from a side player to center player who kicks it over the net.
- Receiving group is allowed 3 hits to get the ball back to the other side of the court.
- A point is scored (by serving group only) if the other group:
 - Hits the ball out of bounds (liners are good).
 - Does not return ball in 3 or fewer hits.
 - Allows ball to hit the ground more than 1x in a row.
 - Touches the ball with a hand or arm.
 - Commits a "held ball" by catching or trapping ball.
- If the serving group wins the rally, they score a point and continue serving.
- If the receiving group wins the rally, it is a side-out and they take over the serve.
- On a side-out, rotate positions to get a new server.
- Rotation is clockwise (server moves to right back, to left back, to server.)

3. Challenges

- How many times can your group return the serve using 3 hits?



Learning Objectives

- Students will learn and practice teamwork as a social skill.
- Students will accept challenges with others.
- Students will engage in physical activity with responsible interpersonal behavior.

Learning Targets

- I can discuss and demonstrate teamwork in our activity.
- I can help my group to complete challenges.
- I can follow directions and play respectfully with others.

Teaching Cues

- Bend, twist, turn to move through the hoop.
- Talk to each other and work together!
- Try not to use your individual fingers.

PREP

- 2 hoops per 5-6 students

SET

- Form circles of 5-6 students, hands joined, and scattered in area.
- Give 2 hoops to each group.

TEACH

1. Lesson Objective

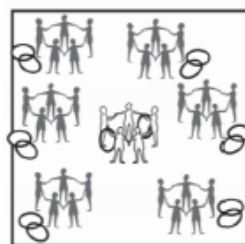
- The object of Circle the Circle is to use teamwork to move a hoop around your circle without letting go of your hands.
- What is teamwork? (*Working respectfully and effectively within a group toward a shared goal. Good teamwork uses cooperation, communication and trust.*)

2. Instructions

- Place a hoop over 2 students' joined hands (hands join inside the hoop), so it dangles like a bracelet.
- On signal, move the hoop around your circle by stepping and ducking through it.
- Keep your hands joined at all times and do not use your hands to move the hoop.
- Bend, twist, and turn. Talk to each other and work together.

3. Challenges

- How many times can your group move the hoop around your circle in 1 minute?
- How quickly can your group pass your hoop around the circle 2X?
- After completing previous challenges combine groups and add a second hoop.
- Try sending hoops in opposite directions.
- Let's create 1 large circle and add even more hoops.



Learning Objectives

- Students will demonstrate skills using proper technique.
- Students will work cooperatively to improve skills, knowledge, and performance.
- Students will participate safely, responsibly, and use good communication.

Learning Targets

- I can demonstrate skills using proper form.
- I can work cooperatively to improve my skills, knowledge, and performance.
- I can participate safely, responsibly, and use good communication.

Teaching Cues

Backhand Throw:

- Grip: Basic or Power.
- Stand sideways.
- Coil and uncoil arm.
- Power wrist snap, finger points to target.

Deflecting

- Get set, watch, and move.
- Select deflect: none, 1- or 2-hand, tap or slam.

PREP

- 1 disc per 4 students
- 1 hoop (can) per 2 students
- 1 large cone (target) per 2 students
- *Tournament Format Content Cards*
- *Character Matters (CM) Content Cards and Assessment*
- *Kan Jam Content Card(s) and Kan Jam 101*

SET

- Form teams of 2.
- Create 1 court (1 disc, 2 hoops, 2 cones) per 4 students.
- Place 2 teams per court with teammates on opposite ends.

TEACH

1. Lesson Objective

- The object of **Kan Jam** is to successfully play the backyard game using the skills, strategies, and character traits learned. You will do this by engaging in practice and applying the skills in a tournament.

2. Instructions

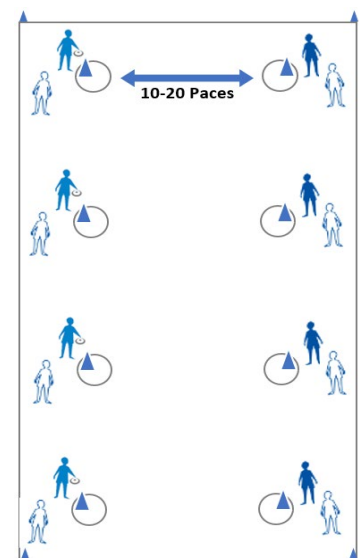
- *(Clearly and concisely demonstrate game rules, skills, and strategies.)*
- Teammates alternate between throwing and deflecting. Then players on the opposite team do the same; this is considered a "round".
- Scores are calculated after each player throws, and the scores should be called out loud before each throw to ensure the score is accurate and known by all players.
- Scoring: Dinger = 1 pt (redirected disc hits cone). Deuce = 2 pts (disc directly hits cone unaided; cone remains standing). Bucket = 3 pts (redirected disc lands and stays in hoop). Instant Win = (direct hit that knocks cone over).
- To score, thrower must remain behind hoop, throw cannot initially hit ground, and the disc cannot be caught, carried, or hit more than once.

3. Practice

- Players backhand throw from a close distance attempting to directly hit target (or have partner deflect disc into target).
- Once a player hits the target (directly or deflected) 5x, they move back 1 giant step.
- Repeat process until players reach the distance established for tournament play.
- Play one scrimmage game, while keeping score to prepare for the tournament.

4. Tournament Play

- Select either Royal Court or Success Try Again tournament format.
- Play each game for a set time, using a single clock to begin and end all games simultaneously. After each game, rotate teams to a new court based on the game outcome (*see Tournament Format Content Cards*).



Learning Objectives

- Students will demonstrate teamwork and cooperation in a group activity.
- Students will accept challenges with others.
- Students will engage in physical activity with responsible interpersonal behavior.

Learning Targets

- I can work cooperatively and encourage others in activities.
- I can work with others to complete challenges.
- I can follow directions and participate safely with others.

Teaching Cues

- Communicate cooperate, and problem-solve with your group.
- Be creative and think outside the box to find different ways to get your noodle to the finish line..
- The noodle must be touching both of you at all times.

PREP

- 1 pool noodle per student
- 4 cones (for start and finish lines)
- 1 foam ball per 2 students



SET

- Create a large (30 x 30 paces) activity area.
- Use cones to create a start and finish line 10-15 paces apart.
- Pair students and provide each pair with 1 pool noodle.

TEACH



1. Lesson Objective

- The object of *Noodle Movers* is to work cooperatively with your partner and group to use your noodles to move the ball from the starting line to the finish line.

2. Noodle Travel

- How many different ways can you and your partner move the noodle from the starting line to the finish line without using your hands?
- The noodle must be touching both of you at all times.
- If you use your hands or the noodle falls to the ground you will go back to the starting line and try again.
- Come up with unique ways to get the noodle to the finish line.
- *(Sample ideas to prompt students who need help.)*
 - Balancing on your heads
 - Under your chins,
 - On top of feet,
 - On shoulders,
 - Between knees
 - Under arm pits

4. Movers and Shakers

- Partner
 - *(Students in pairs provide 2 noodles and 1 foam ball.)*
 - Stand across from your partner and each of you will hold the ends of the noodles right next to each other.
 - Place the ball on top of the noodles. Using your hands open and close the noodles to allow the ball to move the ball back and forth between your bodies. *(Allow 2-3 minutes for students to practice their technique.)*
- Small Group
 - *(Pairs combine to make a group of 4. Pairs stand side by side with their partner holding the noodle like before.)*
 - Practice moving the ball from 1 set of noodles to the other, handing it off without letting the ball hit the floor.
 - Next toss the ball from one set of noodles to the other. First from a short distance then gradually move farther away.
- Large Group
 - *(Groups of 4 combine to make 8 all standing behind the starting line with 1 ball per group.)*
 - First pair will start with the ball on their noodles then the other pairs will move in front side by side.
 - First pair moves the ball to the next group then runs to the end of the line.
 - Each pair then hands it off to the next pair and moves to the end.
 - When you get there walk back to the starting line and wait for the signal to begin again
 - *(Can progress to tossing the ball instead of handing it off.)*

Learning Objectives

- Students will be able to discuss strategies for creating a positive learning environment.
- Students will kick a ball with appropriate technique, force, and accuracy.
- Students will demonstrate responsibility and fair play.

Learning Targets

- I can discuss ways to create a positive learning environment in our class.
- I can kick a ball for distance and accuracy.
- I can follow the rules and give my best effort in the activity.

Teaching Cues

- Kicking team, run single file around the bases. Everyone stays in the same order as they run.
- Fielding team, pass the ball over and under to the back of the line. Last student to get it yells "stop".
- Switch offense and defense after 3 batters.

PREP

- 4 cones (or bases)
- 6 hoops
- 1 kickball or soccer ball per 24 students

SET

- Create a softball-type diamond with the 4 cones used as bases.
- Place the 6 hoops scattered in the outfield.
- Divide students in 2 even teams, if more than 24 students create 2 games.
- Fielding team should be scattered throughout the outfield.
- Kicking team should be lined up single file behind home plate.



TEACH

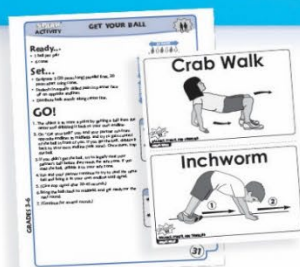
1. Lesson Objective

- The object of *All-Run Kickball* is for the kicking team to score as many runs as possible before the fielding team gets the ball to the end of their line by passing it over and under throughout the line.

2. Instructions

- **Fielding**
 - Fielding team, you will scatter throughout the outfield. Each inning find a new place to cover in the outfield.
 - After the ball is kicked, the student who catches it stays where they are and hold the ball above their head.
 - Everyone else on the team will run over and line up single file behind them.
 - They will pass the ball over their head then under their legs alternating until it gets to the end of the line.
 - When the last student gets the ball they yell "stop!"
- **Rules**
 - Line-up as quickly as you can, do not try to be the last one in line to yell stop.
 - There are no outs, so it doesn't matter if you catch the ball in the air.
 - Do not stand in the baselines, fielders must stay beyond the cones at all times.
 - If ball does not reach the outfield, you may go in and retrieve it and bring it to the outfield to meet your team.
- **Kicking**
 - Kicking team, stand single file behind home. You will stay in this same order each time your team is at bat.
 - Kick a stationary ball that is placed next to the cone at home.
 - Kick the ball in fair territory beyond the cones between the 1st and 3rd base cones.
 - The first student in line will kick it then run around the outside of each of the bases.
 - Your team will follow you around the bases. Everyone must stay in the same order as they run, do not pass others.
 - Every time the last student in line passes a cone your team gets 1 run. Run until the fielding team yells "stop!"
- **Rules**
 - Do not cut corners, run around the outside of the bases.
 - No bunting, you must try to get it to the outfield.
 - When the fielders yell "stop!" the kicker goes to the end of the line and the next person kicks.
- (Allow 3 kickers to kick each time at bat. Make modifications based on how long they are up and how tired teams get.)
- (Teams should be in the same order each time they are up starting with the student who was on deck the last inning.)

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