

# Engage your School in Comprehensive Activity



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## ANY Ball

- Set-up: This activity can be played by 4 or more players. Place a poly spot to represent “Home Base”. Place a spot about 10 paces away to represent the “Pitcher”. Two players stand behind the pitcher as fielders. One (or more) player(s) stand at “Home Base”.
- Description: Today’s activity is called Any Ball. One player will be up and will perform the designated skill... Teacher can choose ANY skill (kicking, striking, throwing, etc.). Once the player kicks/hits/slaps the ball, he/she performs a fitness exercise. A point is scored for each rep... Choose ANY fitness exercise (jumping jacks, push-ups, laps around a cone, etc.). The fielding teams will work together to collect the ball and return it to the pitcher. The pitcher must keep one foot on the pitcher’s spot. Once the pitcher catches the ball, the player stops doing the exercises. Rotate positions and repeat. Teacher can add ANY rules that you want to allow players to be successful!

## Slam Ball

- Equipment: 1 hoop AND 1 ball per two (or four) players
- Set-up: Two players stand on opposite sides of a hoop at least one step away. If sharing a hoop, two other players can stand perpendicular at the same hoop. One player starts holding the ball.
- Procedure: The first player throws the ball into the hoop. The second player attempts to catch it. If sharing a hoop with 4 players and the two balls collide, this is a ‘slam’ and the two players that threw the ball switch opponents.
- Scoring: Ball does not hit inside the hoop (point for receiving player). Ball hits inside hoop, but does not bounce at least 1 step away from hoop (point for receiving player). Ball hits inside hoop and bounces over the head of the receiver (point for receiving player). Ball is not successfully caught by receiving player (point for serving player).

## Other

- Spikeball
- RPS Victory Lap
- #Mannequin Challenge



## **Beanbags Activities**

### Hot Potato

- Play catch with a partner. Take turns saying the alphabet, spelling a word, skip counting, stating words that start with “\_\_” ..... or anything else.
  - o Supercharge: Do this while doing ski-jumpers.

### Quick Grab

- Have students sit facing each other. Place beanbag in-between them. Object is to be the first one to grab the bean bag after answer is heard (answer could be anything).
  - o Supercharge: Have students hold a plank.

## **Fun with Scarves**

### Concentration

- Group students in pairs. Partner 1 tosses and catches/juggles 2+ scarves. Partner 2 names three (or more) items related to subject, pausing a second in-between each. Then, Partner 1 stops and attempts to name the same three items in the same order (Examples: name three spelling words, science terms, compound words, colors, factors, etc.).
  - o Supercharge: Partner 2 performs jumping jacks

### Trap-It

- Students face partner and grasp a scarf in their right hand and put their left hand (palm up) out in front. Student then hold scarf so that it is just touching the (left) palm of their partner. Students are listening for words that rhymes with \_\_\_\_\_ or a word with \_\_\_\_\_ syllables.
  - o Supercharge: Partners do squats.

## **No Equipment**

- Once, Twice, Show
- High-five Spelling



**Research shows that children are more likely to succeed academically and are less likely to engage in violent behavior if their families are involved in their education. Many parents say, however, that they feel unwelcome or uncomfortable in their children's schools.**

## **Resources**

- [Project Appleseed](#)  
This non-profit, national campaign advocates improvement in public schools by increasing parental involvement in U.S. schools.
- [The National PTA](#)  
This site provides a number of documents offering ideas for teachers and schools who want to encourage and promote parental involvement in education.
- [National Network of Partnership Schools](#)  
Established by researchers at Johns Hopkins University, this organization helps schools, districts, and states develop and maintain programs that promote school-family-community partnerships.



Staff Involvement in the CSPAP and support for school employee wellness and leadership training contribute to the overall culture of physical activity at a school. School employee wellness programs improve staff health, increase physical activity levels, and are cost effective. School staffs that are committed to good health practices are positive role models for students and may show increased support for student participation in physical activity. Teachers and other school staff members can integrate physical activity into classroom academic instruction and breaks, and support recess, intramurals, and other physical activity offerings.

## Staff Involvement Ideas

- Ensure that physical activity opportunities are a part of a staff wellness program.
- Provide nutrition education to staff members to support a healthy lifestyle.
- Conduct a staff needs assessment to identify health-related needs, and work with local organizations (e.g., hospitals, wellness centers, fitness clubs) to address those needs.
- Establish a staff goal (e.g., participation in a 5K run/walk) and conduct a training program.
- Hold walk-and-talk meetings with colleagues.
- Offer incentives to staff members, such as lending pedometers that they can keep if they accumulate 10,000 steps every day for a month.
- Provide information to staff members and administrators about the importance of physical activity in their personal lives and the lives of children.
- Offer staff members professional development on creating opportunities for physical activity in the classroom.
- Provide professional development to those who supervise recess to help them facilitate active play.
- Create opportunities for staff members and students to be physically active together, such as a school-wide field day.