



PHYSICAL EDUCATION ACTIVITIES

July 5, 2011

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Physical Education Activity

BADMINTON

Description of the Activity:

An indoor court game played by two or four people using rackets and a shuttlecock. The object is to volley the shuttle over the central net. Points are won by forcing errors when you are the server.

Basic Rules of the Activity:

15 Points Format

There are a lot of people who still prefer the old format. Listed are the basic badminton rules for this format, if you prefer:

- To win a match, you have to win two out of three games.
- To win a game, you have to score 15 points for men and 11 points for women.
- If the score becomes 14-all (10-all in women's singles), the side which first scored 14 (1) shall exercise the choice to continue the game to 15 (11) points or to "set" the game to 17 (13) points.
- If you win a rally in which your opposition served, you win back the service rights.
- Only the serving side can add a point to its score.
- You score a point when your opponent could not return the shuttle or the shuttle he/she returns fall out of bounds.
- In singles, you will serve on the right service court when your score is an even number while you will serve on the left service court when your score is an odd number.
- In doubles, if you serve and receive first on the right service court during a match, you will continue to serve there when the score of your side in an even number. Reverse pattern for your partner.

21 Points Format

- Currently, this is the official format used by the IBF. Here are the basic badminton rules for this format:
- To win a match you have to win two out of three games.
- To win a game you have to score 21 points.
- If a score becomes 20-20, the side which scores two consecutive points shall win that game.
- If the score becomes 29-29, the side that scores the 30th point shall win that game.
- There are no "service over", meaning you can score a point no matter who serves.
- One service only for doubles.

- Other rules shall remain the same.

Safety Guidelines of the Activity:

Inspect the playing surface

- Inspect the playing surface of the court. Remove any obstructions such as branches, twigs and wet leaves. All of these could result in an injury from tripping or slipping. Check the area for any holes or slick spots. Apply sand to fill in these holes or cover the slick spots to reduce the risk of injury.

Eyewear

- Protecting your eyes is important to avoid injury from the shuttlecock or the racket swung by yourself or another player. Purchase a pair of sports goggles to help reduce your risk of eye injury.

Footwear

- Wearing proper footwear can help you limit your risk of foot and leg injuries. When playing badminton, quick changes in direction are needed by your feet, so a slip-free sole of the shoe is important. Do not purchase shoes with metal or rubber spikes; these could dig into the ground and result in injury to your knees or ankles when changing direction.

Warm up before playing

- To reduce the risk of muscle injuries, it's important to warm up before playing badminton. This warm-up should include stretching drills to reduce the chance of pulling a muscle while playing. In addition to stretching, a short jog can help warm up your leg muscles and reduce the chance of pulls or cramps.

Communication

- Communication is especially important when playing a doubles game. Agree with your partner the areas of the court each of you will cover. If one of you needs help with covering your section, communicate this vocally. Do not venture into your partner's territory without this type of communication or you could become injured by his badminton racket.

Moving Badminton Standards Safely

- Prior to movement of this equipment, inspect standards to ensure:
 - Anchor bolts are seated properly (do not move if standard bolts are damaged or missing)
 - All bolts on the standard should have locking nuts.
- Only one student should have control of the standard while moving.
- Hazards while moving standards include:
 - Pinch point at the base of the standard. Always keep hands and feet away from this area. Keep bystanders at a safe distance. Severe injuries have occurred with this equipment.
 - Loss of control of standard could create a shipping pole, which could strike a student close to the pole. Other students shall stay clear of standards when they are being moved.
- Ensure all pathways remain clear. Do not attempt to move standards when the hallways are crowded. Injury could occur to students standing around the area.
- Doorways should be propped open in order to keep area clear. Do not have another student hold open the door in order to pass through with the standard.
- If you have not been instructed on the hazards of this equipment, do not attempt to move standards.

Refer to your PE Teacher for additional guidance.

Physical Education Activity

BASKETBALL

Description of the Activity:

Basketball is a team sport in which two teams of five players try to score points by throwing or “shooting” a ball through the top of a basketball hoop while following a set of rules. Basketball is one of the most popular and widely viewed sports in the world.

Basic Rules of the Activity:

- Basketball is played by two teams of five. They attempt to outscore their opponents by passing, bouncing, handling, or dribbling the ball in the position to shoot the ball into their offensive basket.
- Two or three points are awarded for a field goal (depending on distance from which the ball is shot.) One point for a free throw.
- After each field goal the team not scoring puts the ball into play from out of bounds behind the baseline near its defensive basket. Each team attempts to get the ball into position to shoot it into its offensive basket. At the same time, the defensive team attempts to prevent the offensive team from scoring. The game continues until either team commits a violation for foul, at which time the fouled player attempts a free throw or possession of the ball changes. A change of possession follows a violation, and the opposing team takes the ball out of bounds.
- The team that has accumulated the highest number of points at the end of the game is the winner. Regulation basketball games consist of 8 minute quarters (high school).

Safety Guidelines of the Activity:

The primary safety concern in basketball is the ball; players must pay constant attention to the movement of the ball. Obstructions outside the court, such as benches, walls and equipment could be safety factors. In the game itself fouls must be called to safeguard players from personal injuries, and aggressive players must be held to the rules of the game.

Physical Education Activity

BEAT THE CLOCK

(cooperative games)

Description of the Activity:

Team building activity. Might want to talk about encouraging one another staying positive and working together as a team prior to directions. Time stops when task has been completed and all students are quiet. Best to do this with one stop watch per group. Time starts after directions have been given and teacher says go.

Basic Rules of the Activity:

Line up tallest to shortest (stop the clock) give next set of instructions. When you say go, start the clock again.

Form a set of parallel lines (stop)

Sit in with other students class that have the same hair color you have (stop)

Come up with about six different tasks. The group or class with the best time wins. This will be the group that worked the best together.

Safety Guidelines of the Activity:

Students work together to complete each task. No put downs.

Physical Education Activity

BONGO (BALANCE) BOARDS

Description of the Activity:

Students attempt to balance themselves on the boards.

The boards are usually placed on a roller and the student attempts to balance on it.

Basic Rules of the Activity:

Only one person on the boards at a time.

You may use a spotter to help you gain you balance.

Do not jump on the board.

No skate board tricks.

Safety Guidelines of the Activity:

Observe the rules and be alert.

Use good judgment.

Physical Education Activity

BOWLING - IN SCHOOL

Description of the Activity:

Bowling Lanes- rolling bowling ball at pins.

Basic Rules of the Activity:

- Four bowlers on a lane.
- One bowler on a lane at a time.
- Roll ball down the lane.
- One partner setting up the pins.

Scoring

- Normal bowling scoring.
- Keep track of total pins for each bowler, highest score wins.
- Keep track of total pins for each lane, highest total wins.

-Have fun

Safety Guidelines of the Activity:

- In school Bowling (bowlered.com) for safety equipment
 - rubberized ball and plastic pins
- Bowl from behind the line
- You may not throw the ball down the lane
- Make sure area is clear before bowling
- When setting up the pins, bowling is not permitted
- Do not cross the lane at any time a bowler is bowling
- Standing behind the pins when a bowler is bowling is not permitted

Physical Education Activity

CAPTURE THE CONE

Capture the cone is a high energy and mass student participation activity that involves sprinting, multi-directional agility and teamwork. The game can be played inside or outside, but typically is played in the gym. Capture the Cone can be played with teams that consist as few as 4-6 players per team and as many as 15 + players per team. It will involve either one-hand touch or the use of flags.

Description of the Activity:

Capture the cone is a physical education and / or an intra-mural activity between two teams that compete to capture the most cones possible from their opponent in a specified amount of time. Players are attempting to “capture as many cones as possible” from their opponent’s side and return the cones to their “home” side before they are tagged or their flags are pulled. The field of play is divided into two sides which represent the “home” sides for each respective team. Each opposing side also contains “safe zones” that may have more than one opposing player in it. The field of play also contains “cone areas” where cones are kept and players must attempt to capture and return safely to their “home” side.

Basic Rules of the Activity:

Players

The number of players in capture the cone will vary according to class size, competitive level and the amount of time available for the activity. Capture the cone can be played with a minimum of 4 players per team or can also include teams in excess of 15 players. Substitute players may be used during games depending on the size of the class and the number of players on each team. In a typical game setting, subs may enter a game by entering on the defensive side of the floor only after their teammate has exited the playing area on the defensive side.

Rules of Play

Upon entering opposing territory or the “visiting” side, players have 3 options:

- A. Save a teammate - Players may save a teammate by tagging him / her before their own flag is pulled.
- B. Capture a Cone and attempt to return to Home Side
- C. Enter a safe Zone

Flags vs. One-Hand Touch

Flags must be worn properly. (Over shirt/No Tying of Flag)

- A. Tied flags result in automatic ejection.
- B. One flag on each hip and one in back. Player with improper flags player will receive a warning and must fix flags out of bounds. Penalty for improper flags will be loss of cone.
- C. Flags that are pulled or fall off in opposing territory cannot be put on until safe return to home side.
- D. Player will stand until saved by teammate.
- E. If player is carrying a cone they must drop the cone in area where flag is pulled. Thrown cones are

automatically returned to side where cone came from with an additional cone penalty.

- F. Guarding: Flags cannot be guarded or held to prevent being pulled. Cone area cannot be guarded from inside the box.

“ONE HAND TOUCH” - Game is played in same manner using one hand touch as the method to tag a member of the opposite team.

FIELD OF PLAY

- Safe Zones: May have more than one opposing player in it. Players may NOT have a cone in the safe zone.
- Cone Areas: May have only one opposition player in it. To be a cone area there must be a cone in the box. IF two opposition players are in cone area both players are considered live and may have flags pulled. Defenders are not allowed in their cone area. Defenders must defend from outside of cone area.
- Out of Bounds: Participants who go out of bounds in opposition territory are considered down at that spot.
- If a player hits the ground they are down if this happens in opposition territory.
- If player is holding a cone there is no safe area in opposition territory.
- Only one cone may be held at any time during play. (Offensive or Defensive)

Playing time.

Game time will vary. Game time will vary, however, typical games often consist of (3) three to five minute games, however, teams who have captured all the cones or have the most cones after the duration of the game will be declared the winner of that game.

Safety Guidelines of the Activity:

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class *activities in organized programs*.

Instruction

The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s person experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

- Instruction is received from an instructor capable of organizing, instructing, and demonstrating the skills and rules required to play “capture the cone” as is appropriate, depending on various factors such as level of *risk, intensity, accessibility, experience, and skill*
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in “capture the cone”

- Safety rules/regulations are learned prior to participation

Facility/Environment

- Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- Playing surface is level and free of hazards, holes, or debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Flags
- Plastic Cones
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn(t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form(student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behavior deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

Physical Education Activity

CARGO NET

Description of the Activity:

Students are allowed to climb the cargo net as high as they feel safe.

Basic Rules of the Activity:

- Only three or four on the net at a time (depends on how many sections of the high jump pit are available).
- Students should keep the net steady by holding the net on each side.
- No shaking the net.
- Do not jump down from the net.
- Do not touch anyone on the net unless they need assistance.
- Climb only as high as you feel comfortable.

Safety Guidelines of the Activity:

- We use either one or two sections of a high jump pit depending on the needs at other stations.
- Folding mats are placed around the high jump pit for safety.
- Many of the rules have safety in mind.

Physical Education Activity

CARS AND TRUCKS

Description of the Activity:

This works great with music. Music can start and stop this activity. Talk to the kids about trust and how they need to trust their partners and classmates. Get students into groups of two. One is the driver and the other is the car. The driver stands behind the car student with their hands on their shoulders. This is how they “drive” and “Steer” the cars. Cars have to walk and have their eyes closed. Drivers do not drive their cars into other cars. This is where trust comes into play. Cars should be relaxed (should **not** have their hands out in front of them like a mummy) and walking, trusting their driver. After about two minutes switch drivers to cars and cars to drivers.

TRUCKS: Now have students get into groups of six. They will do the same thing, except the truck (first person in line) is in control with their eyes open and the other five behind them (hands on shoulders) are the trailer of the truck. All the students that are trailers have to have their eyes closed. Trucks do not crash their trailers into other trucks. Trucks have to walk.

Teacher plays the role of the police officer. If you give a car or truck a ticket for reckless driving or their eyes are open, you give the entire group an exercise (10 pushups, sit ups or jumping jacks).

Basic Rules of the Activity:

See above

Safety Guidelines of the Activity:

You are not allowed to drive your car or truck recklessly. Cars and trucks are both at a walking speed.

Physical Education Activity

CIRCUIT TRAINING

Description of the Activity:

- Leg Press
- Bench Press
- Leg Curl
- Leg Extensions
- Upright Rows
- Jump Rope
- Bicep Curls
- Dips
- Triceps Kickbacks
- Butterflies
- T- Raises
- Punching Bag

Basic Rules of the Activity:

Safety Guidelines of the Activity:

Physical Education Activity

CLIMBING WALLS

Description of the Activity:

Climbing involves power and endurance, is remarkably cardiovascular, and necessitates moving from one balance position to another, all the while attempting to conserve energy. The basic principles when moving are simple: regular breathing keeps muscles oxygenated and ready to function: large muscles can do more work than smaller muscles: and bones do not tire. Since legs are stronger than arms, and since the skeleton does not tire, climbing success depends heavily on balancing over your feet. Keeping your body weight on your feet is critical to success, and the key to movement is smooth transfer of your weight from foot to foot.

Basic Rules of the Activity:

- Supervision is required
- 6' safety mats must be in place
- Remove all jewelry
- Shoes are required for climbing
- Climb Safely: No feet about the red line
- Step down from the wall. No jumping
- Have fun!
- Step away from the mat upon completion of your climb
- Avoid walking underneath other climbers on the wall
 - Maintain at least 3 points of contact with the wall at all times

Safety Guidelines of the Activity:

- Consult Operations Department to ensure that your wall is being mounted to a suitable and stable surface and verify that this surface is free of asbestos and other toxic materials.
- Develop and implement a required staff training program for all teachers and staff supervising (including signed verification of those trained) activity on the wall that includes, but is not limited to:
 - Proper climbing techniques
 - Rules and regulations for the climbing wall
 - Mat set-up and takedown procedures
 - Care and maintenance of the climbing wall
 - Required safety inspections and methodology for documenting (logging results)

- Curriculum guidelines and resources
- Protocol for reporting and recording climbing wall injuries
- Restrict student climbing to times when a certified trained staff member is available to supervise the activity.
- Create safe landing surfaces for your students by installing mats that are safety tested for climbing wall activities.
- Extend all landing surfaces (mats) to at least six feet away from your climbing wall
- Require that all climbers adhere to prescribed wall safety guidelines. (The Red Relief Safety line clearly indicates the safe climbing zone for climbers).
- Require that climbers remove all jewelry, watches, and other risk-promoting apparel prior to climbing.
- Require that students wear shoes (suitable for physical activity) while climbing on the wall.
- Carefully monitor and supervise your climbing wall activities. Choose activities that are safe and age appropriate.
- Never leave your climbing wall unattended.
- Eliminate access to your wall during unsupervised hours through the use of innovations such as mat locking systems and “Closed to Use” signs.” Post a minimum of three (3) signs that are displayed on the mats and read: “This wall is closed and may not be used without approval of the principal and the presence of a trained supervisor”
- Develop, communicate and enforce rules for your climbing wall. Post these rules near the wall and routinely review the rules with participants.
- If you set your own climbing routes, make sure that the level of challenge created is safe and appropriate for the age and experience level of your students. Check to ensure that the spacing of your holds does not create a risk for pinching or entrapment of fingers, hands, arms, or legs. Make sure that the handholds that you use are comfortable and hand/tendon friendly.

Physical Education Activity

CRAB SOCCER

Description of the Activity:

Crab Soccer is an indoor cooperative game.

1. Divide class into 4 even teams
2. Number each student
3. Place them in numerical order

Basic Rules of the Activity:

The purpose is to Crab walk on both feet and hands. If your number is called, you Crab walk to the middle of the floor and try to kick foam soccer balls into opposing team's goals. IF your number is not called, you are a goalie and you try to defend all balls that are kicked into your area. Goalies can set ball down and kick it into opponents' goals. Goalies cannot throw ball at or in opponents' goals. Teacher assesses aids or other students to tally all the balls kicked into their goals. Call anywhere from two to five students at a time depending on numbers. Give students 2-3 minutes in middle. Blow whistle, students retreat to their teams and scores are called out.

Example: 1 2 3 4 5 6 7 8 9 (called numbers 1, 5, 9) Keep track of who has gone in and who hasn't. Scores continue to be tallied each time.

Ex.	Round 1	Round 2	
	Team 1-7	7+8= 15	
	Team 2- 5	5+5=10	----- Team two is ahead because they've given up fewer goals.
	Team 3-10	10+12=22	
	Team 4- 8	8+9= 17	

Safety Guidelines of the Activity:

- Use NERF soccer balls or LT Plastic kickballs
- Any kids with wrist problems should score keep.
- Kids should always have hands in front of face protecting their face.
- No throwing balls at other students

Physical Education Activity

DODGEBALL

Description of the Activity:

Dodge ball activities are very popular with students. These games are great during foul weather conditions, for warming up, for handling a large group of students, or as a filler for a break in the curriculum. Activities can be simple, fitness enhancing, fun, challenging and quite safe when proper safety precautions are covered and strictly enforced.

Basic Rules of the Activity:

There are various lead-up games associated with traditional dodge ball rules. Rules will change based on specific activity/game within the scope of dodge ball. Make sure all safety guidelines are followed along with proper use of equipment.

Safety Guidelines of the Activity:

- Students need to be aware of their surroundings, including facilities, equipment and other students.
- Make sure the balls being used are soft enough that it does not sting when it makes contact with the skin. Foam core balls are recommended.
- Teachers should recommend students not play with glasses on.
- Students should not aim for another student's head. When throwing the ball a student should use good judgment on the aim and force needed. If a student does not, then he/she should be removed from the game.

Physical Education Activity

DYNAMIC WARMUP – SPEED AND AGILITY TRAINING

Description of the Activity:

Introduction into Dynamic exercises leading into Speed and Agility Activities

Basic Rules of the Activity:

- Students will come to class in the school's official Physical Education uniform with appropriate shoes every day. If a student does not have a uniform, it is his/her responsibility to purchase a uniform or present a valid school I.D. in exchange for loaner clothes.
- Students will be on time to class.
- Students will participate to the best of his/her physical abilities in every activity conducted in class.
- Practice Movements slowly with perfect form.
- Students will follow all classroom and school rules.
- Students will be respectful of instructors, equipment and fellow classmates.
- Students will inform instructor of any broken or malfunctioning equipment.
- Students will remain with class and instructor until given permission to leave.
- Any injured student will inform instructor at the beginning of class if he/she has an injury that will prevent them from participating in class that day.
- Students will make up any absences, assignments or tests missed.

Safety Guidelines of the Activity:

- Students must be aware of his/her surroundings. There are up to fifty people in class and he/she needs to be aware of proximity to other students.
- Students must make sure there is enough room between themselves and the group (line) of students that just performed the activity.)
- Some surfaces may be slick at times due to snow, rain, or a spilled beverage. Students need to be aware of floor conditions.
- Students must be quiet and attentive in order to correctly follow instructions.
- Students must ask questions about techniques and inform the instructor if he/she does not understand the activity. Instructor should re-teach any incorrect form.
- Practice movements slowly and with perfect form before increasing the speed of movement.
- Instructor should be aware of space and only let students attempt agility when appropriate space is available.
- Students are to maintain a 5'-7' distance between other students in the direction of movement.

Physical Education Activity

FIELD DAY ACTIVITIES

Description of the Activity:

1. **Tug of war** – Divide students into two groups. On the signal “pull” try to pull the other team into your area be creative boys vs. girls etc. There will also be a four way tug-of-war rope available.
2. **Shower relay** – Have class get into 4 equal teams, and line up for relays. The first person in each line has a coffee can. On the signal “go” the first person runs to the garbage can of water and fills their coffee can with water. The students run back to the start of their line and pass the coffee can over their head to the next person in line. Team members continue to pass the can over their hands. The last person in line will empty the water remaining from their can into a pitcher. The process starts over again until the pitcher is full.
3. **Sponge Tag** – Divide students into two groups. Assign each group to a garbage can filled with water and foam balls. On the whistle students can throw the soaked ball at the other group of students. Play until the whistle blows.
4. **Water Balloon Toss** – Find a partner, one partner is A the other is B. A’s are on one side B’s are one the other. Have partners face one another about 6 feet apart. All balloons should be on the A side. Have student A toss to student B. B then tosses back to A. B’s will take three steps back, and the game continues. Students will continue this format until their balloon breaks.
5. **Gladiator Joust** – Two students will enter the ring, they must be wearing a helmet. They joust until the whistle is blown. This is a rental activity.
6. **Balloon Launchers** – Have students get into groups of three. There are a total of three launchers. Each group will get a total of three balloons. The objective is to launch the balloon as far as you can, and aim for the target. Make sure all groups of three get a chance to launch the balloons. This is a rental station.
7. **Bungee Fun Run** – Two students put on a vest, on the signal “go” they run as hard and fast as they can, slapping the measuring mark to see how far they went. This is a rental station.
8. **Bungee Sports Challenge** – Two students put on a vest and try to score on their baskets. Students are attached to the same bungee cord, and the baskets are on opposite ends. This is a rental station.
9. **Blow up obstacle course** – Two students race against each other through the obstacle course to the finish line. This is a rental station.
10. **Big Feet** – Five to six students put one foot on each leg, and compete against another team of five to six students.
11. **Parachute** – Students will play different types of parachute games such as sharks and minnows, circus tent, under the big top etc.

Basic Rules of the Activity:

1. Tug-of war – don’t pull until the “go” signal.
2. Shower Relay – make sure students listen to directions before beginning.
3. Sponge Tag – No face shots. Make sure students stop when the whistle blows.
4. Balloon Toss – Don’t try to break balloon on purpose, and do not start until the go signal
5. Gladiator Joust – Helmets are mandatory.
6. Balloon Launchers – Eye protection must be worn. All students that are not launching must stay behind launching line.
7. Bungee Fun Run – Make sure students stop running when they feel resistance, and do not fight the

resistance to the point of injury.

8. Bungee Sports Challenge - Make sure students do not fight the resistance to the point of injury.
9. Blow up obstacle course – Students need to start and stop according to instructor.
10. Big Feet – If one student falls in the group, the group needs to stop and wait for that student to get up.
11. Parachute Games - The students are not allowed under the chute unless the game specifically calls for it. On the stop signal all students must put the parachute down.

Safety Guidelines of the Activity:

Risk Management Strategies

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Instruction

The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's person experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, instructing, and demonstrating the skills and rules required to perform the different field day games depending on various factors such as level of *risk, intensity, accessibility, experience, and skill*

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in the field day games.

Safety rules/regulations are learned prior to participation

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behavior deemed inappropriate

Physical Education Activity

FITNESS WEIGHTS AND CONDITIONING

Description of the Activity:

This course is designed for any student who wishes to improve his/her cardiovascular endurance, muscular strength, muscular endurance, flexibility, reaction time, speed, power, balance, coordination and agility through a rigorous program for total body conditioning. The course includes: warm-ups, techniques of strength training, running short and long distances, different types of cardiovascular training, abdominal and core conditioning, plyometrics and stretching.

Basic Rules of the Activity:

- Students will come to class in the school's official Physical Education uniform with appropriate shoes every day. If a student does not have a uniform, it is his/her responsibility to purchase a uniform or present a valid school I.D. in exchange for loaner clothes.
- Students will be on time to class.
- Students will participate to the best of his/her physical abilities in every activity conducted in class.
- Students will follow all classroom and school rules.
- Students will be respectful of instructors, equipment and fellow classmates.
- Students will inform instructor of any broken or malfunctioning equipment.
- Students will remain with class and instructor until given permission to leave.
- Any injured student will inform instructor at the beginning of class if he/she has an injury that will prevent them from participating in class that day.
- Students will make up any absences, assignments or tests missed.
- Students are to stay in the locker room at the end of the period until the dismissal bell has rung.
- Students are expected to use safe lifting practices (with spotters when appropriate) at all times.

Safety Guidelines of the Activity:

Warm-Ups/ Agilities:

- Students must be aware of his/her surroundings. There are up to fifty people in class and he/she needs to be aware of proximity to other students.
- Students must make sure there is enough room between themselves and the group (line) of students that just performed the activity.)
- Students must be aware of other equipment set up in the area for sports games or special events. (Tables, chairs, nets, standards).

- Some surfaces may be slick at times due to snow, rain, or a spilled beverage. Students need to be aware of floor conditions.
- Students must be quiet and attentive in order to correctly follow instructions.
- Students must ask questions about techniques and inform the instructor if he/she does not understand the activity. Instructor should re-teach any incorrect form.
- Instructor should be aware of space and only let students attempt agility when appropriate space is available.

Running

- Instructor and students need to be aware of other student on running facilities such as the track.
- Instructors should have students learn proper track etiquette. (I.e., if you are not running, you need to move out of lanes 1 and 2 on the track.)
- Instructor should be aware of weather conditions inside or outside. (I.e. slick surfaces, snow, rain).
- Students should be sufficiently warmed-up to help prevent injury.
- Students should bring proper and appropriate cold weather gear to class with them

Circuit Training, Strength Training and Endurance Training

- Will follow WCSD Best Practices and Approved Spotting Techniques at all times.
- Instructor and students need to be aware of space restrictions. There will be 30 – 50 students in class and every individual needs to pay attention to how close they are to other individuals.
- Instructor will demonstrate proper lifting technique for all lifts and spotting. In addition, instructor will observe lifting and spotting techniques throughout the semester and make corrections when needed.
- Instructor will insure students are appropriately warmed up before beginning training.
- Instructors will be sure all students are within eye site and instructor is circulating around the workout area.
- All power lifting with bars must have weight collars and bumper plates when appropriate.
- Power lifts are only to be performed in designated areas and there should be at least five feet, in any direction, between the lifter and any other classmates, besides the spotter.
- When bench pressing, every individual must have weight collars and an attentive spotter.
- Students will rack all weights in designated areas.
- Only one person is allowed to use a piece of equipment at a time.
- Be careful when re-racking dumbbells. Make sure no other individuals hands are in the area.
- All machines must be used correctly as demonstrated and shown on the instructions.
- Students should not sit or stand on equipment when another individual is using equipment.
- No pushing or shoving other students.
- Jump roping can be done where ceiling height is appropriate.

- Do not use medicine balls outside of the fitness weight room.
- Report all malfunctioning or broken equipment to the instructor. Do not use equipment that has been signed: Out of Order.
- Students will not leave the work-out area without permission.

Plyometrics

- Make sure all boxes are set up on a non-slip surface.
- Make sure all boxes are appropriately spaced.
- Make sure there are different level boxes for the difference performance level of athletes.
- Make sure all plyometric boxes are in working order.
- Make sure all ladders are laid flat so no one will trip.
- Be sure to have enough space between multiple ladders or boxes so that individuals do not run into the person workout out next to them.

Core/Abdominal Work

- Provide modifications for injured and multi-leveled students.
- Provide mats for individuals who need the matt to prevent spinal discomfort.
- Demonstrate each activity and make appropriate corrections to form.
- Make sure students have the appropriate amount of room and are spaced out from classmates.

Fitness Testing

- Be sure students are appropriately warmed up before beginning testing.
- Be aware of space. Be sure to have all students spread out away from fellow students when doing the activity.
- Demonstrate each of the fitness tests.
- Observe all students while testing. Make any form corrections that may be needed.
- Students will follow instructions.
- Students will attempt each test.
- Students will not push, shove, or discourage other students during testing.
- Students will not leave the testing area without permission.

WEIGHTLIFTING BEST PRACTICES

1. District-wide best practices for the weight room:
 - Always be there, physically and mentally present at all times.
 - Be active, hands-on and a great instructor. Know and understand why law suits happen: Failure to supervise; failure to warn; failure to instruct.
 - Be prudent, careful, and prepared. If you go to court you'll be challenged by industry standard and the reasonable person test.
 - It is highly encouraged that instructors be certified by an organization such as the National Strength and Conditioning Association (NSCA). Professional development will include: join and become a member of an organization such as the NSCA; attend clinics; constantly talk to colleagues about what is working. Is there a best practice that we should add, change, or delete? **Know how to teach the lifts in a progression always stressing technique over weight; why, how to spot**, etc.
 - Be vigilant.
 - Inform athletes of safety and emergency procedures.
 - Know athletes' health status.
 - Monitor and enforce rules and regulations.
 - Monitor and scrutinize the environment, set up a daily, weekly, and monthly check of your equipment. Keep maintenance records.
2. Only the most qualified/motivated people will be put in charge of our WCSD Weight Training programs and facilities. Unqualified coaches should not be allowed to run programs, especially in WCSD facilities. All WCSD weight instructors will have a certificate of completion from a WCSD certified/approved program.
3. We will be diligent in our observation, evaluation and feedback of the Weightlifting instructors. Observation should come from colleagues, department chairs, athletic directors, and the administrative evaluator. When necessary assistance can be requested from the WCSD Coordinator of Athletics/Activities, Ken Cass.
4. Instructors will observe the WCSD Approved Spotting Techniques document.
5. Individualize the weightlifting program, when appropriate, to meet the maturity level of the student.

APPROVED SPOTTING TECHNIQUES

Bench Press Spotting:

1. The spotter is responsible for loading the bar evenly with the use of collars. The spotter must also be aware of the number of repetitions the lifter will be attempting.
2. The spotter will assist the lifter with removing the bar from the rack. The spotter accomplishes this by slowly transferring the weight to the lifter in their starting position. The spotter should have his hands in the ready position (overlapping/reverse grip) near the bar at all times. The spotter should be in a power position, with one foot forward, to help if needed.
3. The spotter keeps his hands in a ready position near the bar in preparation to assist the lifter if needed. The spotter must flex his hips and knees while maintaining a tight lower back.
4. The spotter keeps his hands in the ready position and helps to rack the bar at the end of the set.
5. The spotter does not take his hands off the bar until the weight is secure in the rack.
6. As the bar is being unloaded or weight changed, the spotter makes sure that the weights are taken off evenly, with no more than one 45 pound plate unloaded from one side of the bar at a time.

*During the entire time of the lift, from lift off to racking of the bar, the spotter's eyes should be solely on the bar and the set should have 100% of his attention. If there are side spotters they should only help when the primary spotter asks for help.

Back Squat:

1. The spotter is responsible for loading the bar evenly with the use of collars. The spotter must also be aware of the number of repetitions the lifter will be attempting.
2. Once the lifter steps away from the rack with the bar the primary spotter positions himself as close as possible without touching the lifter, he places his feet outside of the squatter's feet. The spotter must have his hands in the ready position. The ready position for males is under the chest and for females under the bar. There should be two side spotters that track the bar with their hands but never touch the bar during the lift unless called upon for help by the primary spotter.
3. The primary spotter keeps his hands in a ready position in preparation to assist the lifter if needed while following the lifter throughout the squat. The spotter must flex his hips and knees while maintaining a tight lower back.
4. In racking the bar the primary spotter, with the help of the side spotters, will assist the lifter in balancing the bar while it is being racked. He does not remove his hands from the bar until he is 100% sure that the bar is secure on the rack.
5. As the bar is being unloaded or weight changed, the spotter makes sure that the weights are taken off evenly, with no more than one 45 pound plate unloaded from one side of the bar at a time.

*During the entire time of the lift, from lift off to racking of the bar, the attention of all three spotters should be solely on the bar and the lifter.

Front Squat:

*Follow the same spotting technique as for Back Squat, however for males the spot will be under the elbows (spotter's hands under the squatter's elbows) with the forearms of the spotter pinching the torso of the squatter if extra help is needed. The lifter may request that the primary spotter place hands on the bar rather than the elbows.

Power Clean:

*Many experts will say there is no need for a spotter while a lifter is performing a power clean; however with our WCSD weight rooms having raised platforms and other obstacles behind where lifters are lifting a spotter is recommended.

1. The spotter is responsible for loading the bar evenly with the use of **collars**. The spotter must also be aware of the number of repetitions the lifter will be attempting.
2. The spotter positions himself with his right foot forward down the center line of the lifter with the toe of his right foot being approximately two feet from the lifter's heels. Before the lift is started both the lifter and the spotter should make sure all in the area of the lift are paying attention to assure that they don't walk into the bar while the set is being performed.
3. As the lifter does the clean, the spotter makes sure he does not hyperextend his back or falls backwards. He accomplishes this by lightly pushing the lifter with open palms in the scapula area of the upper back.
4. **We do not recommend any WCSD program implement any other major lift than these listed above unless you are an expert in the lift yourself. We can create great variation by using bodyweight exercises, PVC pipe, and medicine balls without taking on the liability of trying to teach a Snatch, Clean and Jerk, etc. We have to take into account risk versus reward. When in doubt error on the side of caution, discuss with your department, and make good choices. Treat every student's health and safety as if they were your own.**

Physical Education Activity

FLAG FOOTBALL

Description of the Activity:

Flag football is a version of [Canadian football](#) or [American football](#) that is popular worldwide. The basic rules of the game are similar to those of the mainstream game (often called "tackle football" for contrast), but instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier ("deflagging") to end a down. In most organized play, players wear a belt. These belts vary from "Triple Threat" which the entire flag belt is removed, to "Sonic Pop" which only the flag is pulled. The "Sonic Pop" flag belts have also been modified by some organizations to just a simple Velcro attachment holding the flag to the belt.

Basic Rules of the Activity:

Flag Football starts with two teams that have different colored flag belts on and are separated defending two different goal zones. The designated team will start off with a kickoff to the other team, either by a long throw, kick off of a tee or short punt. The receiving team then becomes the offensive team and will make forward motion. When the ball carriers flag is pulled, the ball is down and that is where the line of scrimmage is designated for the offensive team. From that point, the offensive team will have four downs (on a 50yd field) to score a touchdown. At the start of each play, the quarterback will receive the ball from the center and will have a chance to handoff the ball to a running back, throw a pass to a receiver, or run the ball AFTER 10 seconds (or 10 alligators) has been called out by the defensive player. The QB may not cross the Line of Scrimmage until he has thrown the ball, handed off the ball, or been charged after the 10 seconds by a defensive player. IF a pass is complete or a run is complete, the player will run toward the goal zone until their flag is pulled. When the flag is pulled it must be thrown straight down to establish the next Line of Scrimmage for the next play. If a goal is scored, an extra play will be run 10yds from the goal line for an extra point. Whether the extra point is made or not, the scoring team will stay at that goal and the other team runs down to the opposite goal to then receive a new kickoff. Change of possession can also occur if an interception is completed. The ball is considered dead when:

1. A snap to the quarterback hits the ground
2. A fumble hits the ground (NO fumble recoveries allowed.)
3. A Ball Carrier's knees or elbows touch the ground
4. A Ball Carrier steps out of bounds
5. A Ball Carrier's flags are legally removed. (If the ball carrier's flags accidentally fall off, the play is over).

Game time is up to the instructor. Winners are designated by most touchdowns made in game.

Safety Guidelines of the Activity

- Remember to warm-up and stretch at least 5 – 10 minutes before practicing or playing a game.
- Do NOT wear cleats.
- All flags must be worn properly. No flags tucked in or tied on the belt.
- Keep your eye on the ball at all times.
- Do NOT dive at an opponent or after the ball.
- Do NOT strike or tackle the opponent.
- No unnecessary rough play.
- Players must wait 10 seconds before rushing the quarterback.
- Play stops immediately once a flag has been removed.
- Jewelry, i.e., rings, necklaces, etc. are not recommended during flag football activity participation
- Report any accidents to the instructor immediately.
- Return all equipment to the designated area.

Physical Education Activity

FLOOR HOCKEY

Description of the Activity:

To have students work on chasing, fleeing, stick handling, dribbling, shooting and passing techniques and teamwork skills. This is more of a games activity which could develop into a unit.

Basic Rules of the Activity:

1. Set up nets at both ends of the gym for goals.
2. Break the class up into six groups evenly divided. (Six per team is ideal)
3. YOU MUST TELL: Do not lift stick above your waist!!! Enforce this!!
4. Students can play anywhere in designated courts.
5. Students will attempt to shoot puck into opposing teams goal. Once a goal is scored the puck is brought back to the center for a face off. The team that scores the most goals at the end of the game is the winner.

TEACHING TIPS:

1. Give feedback to those students that are passing and getting into position.
2. Take resting pulse before and after activity to see how this activity raises heart rate. Have students adjust activity if needed to reach their target heart rate.
3. Tell students to look for open players to pass to.
4. Encourage centering puck to teammates.
5. A good freeze position is puck under foot and stick on toe.

Safety Guidelines of the Activity:

1. Protective eyewear **must** be worn by all participants at all times.
2. No diving on the floor.
3. MAKE SURE THAT THEY KEEP THEIR STICKS DOWN, NO HIGH STICKING.
4. Students will be removed from the game if not following instructions.
5. Do not let your students flip pucks off ground when shooting.
6. No hitting others with sticks.

Physical Education Activity

FLY FISHING

Description of the Activity:

The curriculum provides instruction how to fly fish in school gymnasiums.

Basic Rules of the Activity:

The “Fly Fishing in Schools” program provides a comprehensive curriculum. The web site is www.flysishinginschools.org

Safety Guidelines of the Activity:

- Always be aware of where your fly rod tip is pointing
- Never point a fly rod at anyone.
- Never lay a fly rod on the ground.
- Never lay a fly rod against a wall, chair, etc. unless secured from falling over.
- When you walk behind a caster, alert them by saying aloud: “Behind you!”
- When practicing in the gym, if you are not casting, your rod should be stored safely out of the way.
- When your fly, leader or fly line is stuck on something, never use the rod to attempt to “jerk” it free.
- Do not cast until advised to do so by your teacher.
- Never suspend a heavy weight, such as a fish or fish target, off the end of the rod tip; keep the weight on the gym floor in the water, etc.
- Wear eyeglasses for protection when using a fly/hook.

Physical Education Activity

TEAM FRISBEE GAMES

Basic Rules of the Activity:

ULTIMATE

Spirit of the Game:

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the individual players. Highly competitive play is encouraged but never at the expense of mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play. The purpose of the rules of ultimate is to provide a guideline which describes the way the game is played. It is assumed that no ultimate player will intentionally violate the rules; there are no harsh penalties for inadvertent infractions but, rather, a method for resuming play in a manner which simulates what would most likely have occurred had there been no infraction. Because of this approach to the game, Self-Officiating occurs during play. Players are responsible for their own foul and line calls along with resolving any disputes.

Players: Official teams have 7 players

Playing Area:

- Played on grass, turf, sand, and snow
- Playing Field is rectangular in shape (70 yards long by 40 yards wide)
- End zones extend 25 yards deep beyond the goal line
- Perimeter lines are considered out-of-bounds

Object of the Game:

Earn points by passing the disc to a teammate in the end zone

Length of Game:

- **Official game:**
 1. Teams play to 15 points and must have a 2 point lead to win. (Teams may agree to modify this number.)
 2. **Overtime:**
 - Occurs when the score becomes tied at 14-14
 - If neither team achieves a 2 point lead by 16, a cap of 17 points wins the game.
 3. **Half-time:** A 10 minute half-time break occurs when either team scores 8 points.
 4. **Time-outs:**
 - Each team is given two time-outs per half
 - Each time-out lasts 70 seconds
 - Time-outs can only be called by an offensive player in possession of the disc or during a stoppage of play

Skills Needed:

- Guarding (as in basketball)

- Throwing (Three types)
 1. Backhand
 2. Sidearm
 3. Underhand
- Catching (Three types)
 1. Thumbs up
 2. Thumbs down
 3. Pancake (Clap)

General Rules:

- Players attempt to pass and catch the disc in order to advance down the field and score.
- The disc may not be handed from player to player.
- A dropped disc by the thrower, without interference by the defender, is a turnover.
- The defense takes over when a pass is incomplete, intercepted, knocked down or goes out-of-bounds.
- If opposing players simultaneously catch the disc possession belongs to the **offensive** player.
- When catching the disc a player must maintain possession of the disc after contact with the ground.
- If the defensive team gains possession in the end zone they are defending play continues at the point of the catch or this player may carry the disc perpendicularly up to the goal line.
- Whenever there is a failure to come to an agreement over any call, the disc shall be returned to the last thrower prior to the dispute via a "**check.**"

Beginning Play: The "Pull"

- A player on the goal line throws the disc toward the other team.
- The receiving team will signal (1 arm raised) to the opposing team to make the Pull.
- All players for each team must be on or behind their own respective goal lines until the disc is released.
- As soon as the disc is released all players may cross goal lines and move to any position on the field.
- The throwing team may not touch the disc in the air before a member of the receiving team touches it.
- The receiving team may catch the Pull or let it fall to the ground.
- If the Pull falls untouched, the receiving team is given possession.
- If the receiving team attempts to catch the Pull and drops the disc, the throwing team is given possession at the **point of contact.**
- If the disc goes out-of-bounds on a Pull the receiving team has the choice of:
 1. Having the disc thrown again
 2. Taking possession on the sideline where the disc went out
 3. Taking possession in the middle of the goal line

Scoring:

- Regulation Scoring = 1 point for each score
- **Modified Scoring** (Used in Co-Ed PE classes):
 - Boy to boy in end zone.....1 point
 - Boy to girl in end zone.....2 points
 - Girl to boy in end zone.....2 points
 - Girl to girl in end zone.....3 points

- Only 1 foot of the receiver must be in the end zone.
- A player may not score by running into the end zone.
- A point is scored when a team gains possession in the end zone it is attacking.
- Each time a goal is scored, both teams switch direction of attack with the scoring team re-starting play with a Pull.
- Following a score both teams must be ready for the Pull within 70 seconds of the score.

Fouls:

- A player who is fouled calls "**foul**" and all players must stop at their location when the call was made.
- A fouled player takes possession of the disc at the point of the infraction.
- A "**Check**" must occur in order for play to resume.
- If a foul occurs in the end zone, possession is gained at the goal line nearest the point of infraction.
- No **intentional** contact by the offense or defense is allowed.
- Physical contact during a throw is a foul against the marker. (Incidental Contact during the follow-through is not a foul.)
- Incidental contact during and after a catch is often unavoidable and is not considered a foul.
- Violent contact is a foul, and **must** be avoided.

Violations: For all violations the opponent must call out "Violation" and then name the violation that occurred.

- Double Team:
 - Only one player is allowed to mark the player with the disc
 - Penalty: Marker must re-start the stalling count
- Disc Space:
 - Marking too closely (reaching around or into the thrower's body space) or touching the thrower
 - Penalty: Marker must re-start the stalling count
- Vision Blocking:
 - A marker intentionally blocks the thrower's vision
 - Penalty: Marker must re-start the stalling count
- Stalling:
 - The marker calls "**stalling**" and then counts aloud for 10 seconds.
 - The disc must be released by the end of the count.
 - Penalty: Turnover to Defense
- Fast Count:
 - When the marker counts faster than one per second the thrower will call out "**violation - fast count**".
 - Penalty: Marker must restart the stalling count at zero
- Stripping: The disc may not be knocked out of or taken from the hands of a player in possession of the disc.
 - Penalty: Marker must re-start the stalling count at zero
- Traveling:
 - A player may not run or take steps while in possession of the disc.
 - When catching the disc the receiver is allowed a reasonable number of steps (typically 3) to stop their momentum.
 - If the receiver's momentum carries the receiver across the goal line the receiver must return outside the goal to resume play.

- A thrower may pivot. (Changing the pivot foot is illegal.)
- Purposeful bobbling or tipping of the disc to oneself in order to gain an advantage is considered traveling.
- Penalty: Turnover to Defense

Terms:

- Check: Formal means of resuming play after teams agree on disc possession and position (**both** teams must be ready before play resumes)
- Disc Space: Violation of marking too closely by touching the thrower or reaching around the thrower
- Defense: Team not in possession of the disc
- Double Team: Violation when 2 defensive players mark the thrower
- End Zone: Area of the playing field where scores are made
- Fast Count: Violation when a marker counts faster than one per second
- Foul: Physical contact by any player that is not incidental to play
- Goal Line: Line separating the playing field from the end zone, **not considered part of the end zone**
- Marker: Defensive player within 3 meters guarding the thrower
- Offense: Team with possession of the disc
- Out-of-Bounds: Any area not on the playing field, **including** the perimeter lines
- Perimeter Lines: Lines separating the playing field & end zone from the out-of-bounds, not part of the playing field
- Pick: When an offensive player obstructs the movement of an opponent whether intentional or not, play is resumed with a check of the disc to the offensive player who had possession at the time of the pick. (Not a legal play.)
- Pivot: Foot ground contact used to establish position on the field after gaining possession of the disc
- Point of Contact: Location on the field where a player contacts the disc or an opponent
- Pull: Procedure used to start play or resume play after a goal is scored
- Receiver: Offensive player other than the thrower
- Stalling: Violation when the marker counts out loud for 10 seconds and the thrower has not released the disc
- Stripping: Violation where the marker knocks the disc from the thrower's possession
- Thrower: Offensive player in possession of the disc
- Traveling: Violation where the pivot foot is changed, or steps are taken with the disc beyond those necessary to stop after a catch
- Turnover: When the defensive team receives possession of the disc
- Violation: Any infraction of the rules other than a foul
- Vision Blocking: Violation when the marker intentionally blocks the thrower's vision

FRISBEE FOOTBALL/PHILLY FOOTBALL

- **Players: 2-6 / team**
- **Playing area: football field**
- **General Rules:**
 - Frisbee football is an all-passing football game.
 - The kick-off is conducted by the kicking team throwing the frisbee down field to the receiving team.

- The receiving team must catch the frisbee in the air, or pick it up off the ground to advance it.
- A fumbled frisbee is considered dead with the offensive team retaining possession as long as they have downs remaining.
- The offensive team has four downs to score.
- Passing and catching the frisbee is the only way to advance down the field.
- The offensive team may elect to punt the frisbee on fourth down and must tell the defense that they will be punting on that down.
- A punt is a throw down the field to the opposing team.
- A touchdown is worth one point in frisbee football.
- Variations:
 - A player may advance after catching a pass. The offensive player would be considered down with a one-handed touch by the defense.
 - The defensive team may rush the passer after a 10-count

DISC BASEBALL

- **Players: 8 or more / team**
- **Playing area: baseball/softball field**
- **General Rules:**
 - The game is played like baseball with players divided into two teams, a fielding team and a batting team.
 - There is no pitcher on the fielding team, although if there are a lot of players, someone may want to stand in that position for fielding purposes.
 - The batter steps up to the plate and tosses the frisbee somewhere into the field. He/she then takes off for first base.
 - After three outs, the teams switch sides.
 - The team with the most runs after nine innings is the winner.

Safety Guidelines of the Activity:

Physical Education Activity

GOLF

Description of the Activity:

Golf is a sport in which individual players or teams hit a ball into a hole using various clubs, and also is one of the few ball games that does not use a fixed standard playing area. It is defined in the Rules of Golf as “playing a ball with a club from the teeing ground into the hole by a stroke or successive strokes in accordance with the Rules.” Golf is said to have originated in the Netherlands, but has been played for at least five centuries in the British Isles. Golf, in essentially the form we know today, has been played on Scotland’s Musselburgh Links (today the world’s oldest golf course) since 1672, while earlier versions of the game had been played in the British Isles and the low-countries of Northern Europe for several centuries before that. Although often viewed as an upper-class pastime, golf is an increasingly popular sport across all sections of society.”

Basic Rules of the Activity:

Students start by learning safety rules, etiquette, and basic directions about how to set up to swing the club. They also need learn about spatial awareness. They will start like they were at a driving range. They will hit off of a rubber mat or fake turf mat using a foam/wiffle ball. After learning basic hitting skill, they will use a map of the course; get into a team of four with one club and four balls. They will take turns teeing off and hitting the ball to approach the hole which is designated with a hula hoop. Students will continue through nine hole course as a team of four. At the end of each finished hole they will write down each students score on the score card and turn it in at the end of the class time.

Safety Guidelines of the Activity:

- Make sure no one else is near you before you swing or ahead of you where you might hit them.
- Do not leave golf clubs in the gym or lying around on the course. Always know where your clubs are.
- Never throw or bang golf clubs on the ground anywhere on the golf course.
- Yell “FORE” if a ball is heading in the direction of another player.
- Running and horseplay will not be tolerated during play or on course.
- When lightning is in the area, clear the golf course immediately or find a rain shelter.
- **MUST** be 5 yards back behind player and Mat. During Driving Range time, again 5 yards between players.
- 1 Club per 4 people
- Max. 3 Swings
- Club head **MUST** be on the ground at all times except when swinging.
- Use only a foam/wiffle style ball to play and **MUST** keep ball on mat
- 1 club length away relief for any obstacle

- Hit ONLY the ball, nothing else
- Never hit a shot until you are sure those in front are out of range

Etiquette

- Quiet while on the tee and while someone is swinging. Also be sure not to be moving around
- While on the driving range MUST WAIT until whistle is blown to retrieve balls
- Must be 5 yards apart while on range and anytime someone is hitting a ball
- Can't go ahead of another group when on the course. Wait patiently and quietly

Physical Education Activity

GRAB

Description of the Activity:

Simon Says / following directions

Basic Rules of the Activity:

1. Groups of two
2. Grab critter (follow directions)
3. Person that doesn't grab the critter with the correct hands has (one lap around the gym, ten pushups, jumping jacks, etc.)

Safety Guidelines of the Activity:

Physical Education Activity

HANDBALL (TEAM)

Description of the Activity:

Team Handball is a Summer Olympic Sport. The game is played on a court with goal nets at each end. The court has a center line, a three point line and two penalty lines.

Basic Rules of the Activity:

Play starts with each team on their own side of the court. A jump ball begins play. Players are allowed 1 dribble. Players are also allowed 3 steps before and after the dribble. In addition, the players are allowed to have possession of the ball for just 3 seconds. Basically, the same rules of basketball apply when guarding the person with the ball. The defender must, however, stay 3 feet back on defense. No contact and no hacking. Players must shoot towards the goal from outside of the goal area. The three point line is perfect for this purpose.

Safety Guidelines of the Activity:

1. No contact.
2. Must be 3 feet back on defense.
3. Only the goalie is allowed in the goal area
4. Only the goalie may use their feet for a kick save (no punting or goal kicks)
5. Shots must be taken from the 3 point line

Physical Education Activity

HORSESHOES

(Team, Doubles or Singles)

Description of the Activity:

A competition game to score as many points as possible by pitching horseshoes at a stake (in ground or portable). Game can be played as singles, doubles or team.

Basic Rules of the Activity:

Points as scored: 1 for 6" from stake, 2 for a leaner, 3 for a ringer. Stakes are placed 20-40' apart. Each player pitches two horseshoes. Scores are taken/recorded and then the opposing player pitches the shoes back to the other stake. Team horseshoes goes to 40 points. Doubles or singles games go to 15 or 21. Game units can be set by points, shoes totals or innings. An inning consists of two shoes being pitched by each member of each pair, foursome, or group.

Safety Guidelines of the Activity:

- Rubber coated horseshoes can be used
- Instruct players to stay several feet back and to the side of the pitcher
- Instruct players to avoid the front of the pitcher and pits while shoes are being pitched
- Make sure all the shoes have been pitched before collecting them
- Use a pitch signal then throwing multiple games simultaneously

Physical Education Activity

HUMAN FOOSBALL

Description of the Activity:

Human Foosball game played on half of the gym. This is a full sized version of the popular table game.

Foosball is played by 22 or more students at a time students line up on PVC Poles or lengths of rope. Three or more players per pole in the field, two per pole in the goal. Players hold on to the pole facing the same direction. There are 4 poles (3 in field and one in the goal) for each team. Players holding the bars may only move in a lateral direction, right to left, while trying to kick the ball into the goal.

Basic Rules of the Activity:

A dense, low bounce ball is used for human foosball. More than one ball may be used at a time depending on the ability level of the class. Game begins when referee blows a whistle and rolls the ball(s) onto the court. When a goal is scored, the referee restarts action by rolling the ball back into play. Game ends after 3-7 minutes. Teams lower their poles to the floor as next teams take their places.

Safety Guidelines of the Activity:

- Only a low bounce, soft, dense ball is used for the game
- Players must keep hands on the bar at all times – unless to protect face
- Players may only move laterally while on the court
- Only the referee (teacher) plays the ball in
- Poles or ropes must remain on the floor while teams exchange places
- Students waiting to enter the game must remain seated on the sidelines out of the way of action
- Multi-colored pinneys must be used to differentiate teams so proper number of players is on the court at any one time

Physical Education Activity

IN-LINE SKATING

Description of the Activity:

- To introduce the sport of rollerblading, the equipment and safety rules
- Introduce students to rollerblading to stimulate interest and promote a lifetime activity
- Students will demonstrate skills of heel braking, basic turning, changing skate directions, forward and backward skating, cornering and stopping.

Basic Rules of the Activity:

- Students must wear a helmet, knee pads, elbow pads and wrist guards at all times.
- No jumping with skates
- No sliding on pads or skates
- No speed or aggressive skating
- No trains or whips while skating
- Students will stay in control at all times and not touch one another
- Teach students how to Balance, Fall, Stand up and Stop while on skates
- Teach the four Basic steps , Glide Slide, Lift, Sit

Safety Guidelines of the Activity:

- All students are required to return a signed permission form that has been approved by Risk Management- See sample.
- Students must wear a helmet, knee pads, elbow pads and wrist guards at all times.
- No jumping with skates
- No sliding on pads or skates
- No speed or aggressive skating
- No trains or whips while skating
- All equip will be sprayed down with disinfectant
- Skates must stay on gym floor (no outside skating)

Physical Education Activity

KICKBALL

Kickball is an outdoor or indoor game between two teams of 8-10 players. Boys and girls, (Coed teams) are acceptable. It is basically played similarly to baseball and softball however utilizing a 8"-16" ball.

Description of the Activity:

Kickball is a playground game and competitive league game, similar to baseball, invented in the United States. The game is typically played on a softball diamond with a 10- to 16- inch inflated rubber ball or volleyball. As in baseball/softball, the game uses 3 bases and a home plate. Kickball rules generally follow baseball/softball rules, with the exception that the ball is kicked rather than struck with a bat. The pitcher rolls the ball towards the catcher, the "batter" kicks it with his/her foot, then runs to first base, becoming a runner.

Basic Rules of the Activity:

While kickball has seen resurgence in recent years, there are few sets of standardized rules for the sport. Individual programs may also create their own rules modeled off of traditional baseball/softball rules. Kickball games can utilize up to two umpires. The two-umpire system often includes a plate umpire and base umpire. A single umpire may be used, positioned either near the plate or behind the pitcher in the center of the infield. Kickball may also be self-officiated by the participating teams. A half-inning kickball may consist of 3 outs for a team. Some leagues permit all of the kickers in a team's line-up to kick each half-inning (unlimited out but a set number of kickers per inning). The practice of pegging, throwing a kickball to hit a runner and record an out, may be limited or prohibited for safety considerations. Coed teams may employ a variety of rule variations to encourage and/or limit participation by particular players including requiring the kicking line-up to alternate between genders and restricting the positioning of fielders by gender. The fielding player should not be allowed to strike or throw the ball above the shoulder of the runner. Local rules to compensate for this violation are encouraged. Extra bases, ineligibility of thrower etc. are appropriate penalties.

Safety Guidelines of the Activity:

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class *activities in organized programs*.

Instruction

The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's person experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

- Instruction is received from an instructor capable of organizing, instructing, and demonstrating the skills and rules required to play kickball as is appropriate, depending on various factors such as level of *risk*,

intensity, accessibility, experience, and skill

- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in kickball
- Safety rules/regulations are learned prior to participation

Facility/Environment

- Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- Playing surface is level and free of hazards, holes, or debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Appropriate ball (10" -16" inflatable) , recommend a softer ball such as a volleyball, is used and inflated to the correct pressure
- Bases are used as per softball
- Ball and bases are in good repair prior to starting game
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn(t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form(student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behavior deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

Physical Education Activity

KINBALL GAMES

Rubber bladder in a nylon shell ball 30" x 48" sizes.

Description of the Activity:

Large group; no hit limit volleyball. Many cooperative games and relays. Scooter board games.

Basic Rules of the Activity:

Varies with the game, activity objective.

Safety Guidelines of the Activity:

No jumping on or against the ball. No kicking or heading the ball.

Physical Education Activity

LACROSSE

Description of the Activity:

An indoor/outdoor all surface game played between two teams.

Lacrosse is a high-intensity game which the American Indians invented. The two teams move the ball up and down the field by running and passing the ball to each other using the lacrosse stick. Each team attempts to shoot the ball into the opponents' goal.

Basic Rules of the Activity:

5 Basic Rules

Play the ball – not the opponent. All Players must be free to move as in soccer and basketball. (**No stick or body contact allowed!**) VIOLATION – penalty shot

Players must keep both hands on their sticks. VIOLATION – penalty shot

The ball must be passed over the centerline. (Do not run the ball over the center line). VIOLATION – change of ball

Two passes must be made before each shot at the goal (after the centerline pass). Scoring is only possible when the attacking team has the ball over the center line, and two passes have been completed. VIOLATION – change of ball

Play should be continuous (no stalling). VIOLATION – change of ball

TEACHING TIPS

Covering/trapping the ball is not allowed in real lacrosse. However in PE the 1st player to cover/trap the ball gains possession, stops play. This is to avoid excessive contact.

If ball is trapped the player may not run. Play is resumed once that player has passed the ball to another player on his/her team from that spot. The player has 5 seconds to pass or shoot.

Limit of 5 seconds running with the ball.

Defense – Must be arm and stick length away from the player with the ball.

Ball – use a tennis ball, or softer version of lacrosse ball. (Example: STXBall).

Safety Guidelines of the Activity:

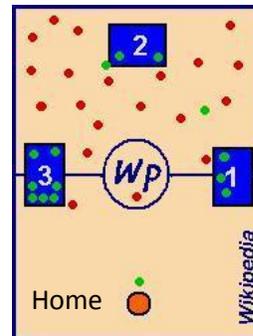
- Close supervision is essential to the success of a school program. The “no contact” rules are important to a safe game.
- If using a goalie – be sure to have face mask. Mark off a goal area/crease. (Game can be played without a goalie). No Players are allowed in designated crease area at any time.
 - Shots at the goal must be taken outside the designated crease area. [Suggestion: use basketball “key” area when in the gym]. Multi-colored pinneys must be used to differentiate teams so proper number of players is on the court at any one time

Physical Education Activity

MAT BALL

Description of the Activity:

It can be played outdoors and indoors in the winter. It employs the skills of catching, throwing, kicking, running, and dodging. You can play this game with large numbers of players. You can establish your own boundaries and ground rules to fit your needs. Set up your field of play like a softball or baseball field. You need 1 kick ball and 4 large mats that are used for bases. You should be able to get up to 10 students on a mat at a time.



Basic Rules of the Activity:

1. Each game will last 15 minutes.
2. After 3 outs teams switch
3. Players must go around the bases two times in order to score a point.
4. Player may advance on ANY type of kick regardless if it is caught or not.
5. You can catch the ball for an out off any object in the gym except the floor.
6. If you step off the base you must run to the next—or you may choose to stay.
7. You can only hit people with a thrown ball below the shoulders.
8. Arguing will result in an out being called against your team.
9. The ball can be kicked anywhere. There is no foul ball.
10. Both feet must be on the base at all times or the runner must run to the next base.
11. Teams must keep the same running order or it will be an automatic out.
12. When you kick, you also run with another player. If you get out, your partner is still alive.

Safety Guidelines of the Activity:

1. Keep obstacles out of the base paths, this includes defensive players.
2. Use kick balls for the game. Discourage any thrown balls above the shoulders.
3. Try not to wear glasses unless they have to be.
4. Encourage good sportsmanship.
5. As a teacher, if you pitch, you control the game and it's momentum. This is great especially with students that are handicapped by weight, or other physical limitations.

Physical Education Activity

NOODLE GAMES

Description of the Activity:

- Pool noodles or foam pipe insulators are an exciting and creative addition to any PE or intramural program. Pool noodles are generally four to five inches in diameter and can easily be cut to any length. The most common size is three feet (1 meter) to 6 feet.
- Pool noodles are well suited to all types of tag games.
- More games available in *Chicken and Noodle Games 141 Fun Activities with Innovative Equipment* by John Byl, Herwig Baldauf, Pat Doyle, Andy Raithby.

Basic Rules of the Activity:

Do not hit people in the face. Use the noodle to “tag” another player below the shoulders.

Safety Guidelines of the Activity:

Same as above

Physical Education Activity

ODD/EVEN DICE GAME

Basic Rules of the Activity:

- Divide class into two groups – roll dice
- Line the two groups up 10 feet apart from half-court line
- Teacher rolls dice
- If odd, Odd chases Even and vice-versa

Safety Guidelines of the Activity:

- Have safe zones. Once students reach baseline they cannot be tagged.

Physical Education Activity

ORIENTEERING

Description of the Activity:

Orienteering is a sport in which students use an accurate, detailed map and a compass to find points in the landscape. It can be enjoyed as a walk in the woods or as a competitive sport.

A standard orienteering course consists of a **start**, a series of **control sites** that are marked by circles, connected by lines and numbered in the order they are to be visited, and a **finish**. The control site circles (or cone/cones) are centered around or next to the feature that is to be found; this feature is also defined by control descriptions (sometimes called **clues**). On the ground, a control flag marks the location that the orienteer must visit.

To verify a visit, the orienteer uses a punch hanging next to the flag to mark his or her control card. Different punches make different patterns of holes in the paper.

The route between "controls" (refers to the flag or the site) is **not** specified, and is entirely up to the orienteer; this element of route choice and the ability to navigate through the forest are the essence of orienteering.

Most orienteering events use staggered starts to ensure that each orienteer has a chance to do his or her own navigating, but there are several other popular formats, including relays and events in which the orienteer must find as many controls as possible within a specified time.

Basic Rules of the Activity:

Not observing the following rules can result in disqualification:

- Entering any buildings on campus
- Following or assisting others is not allowed
- Groups must stay together
- Move away from control cones as soon as you find clue. Lingering at control cones can give away the location to other competitors
- Not returning clue sheet under control cone
- Following or assisting other groups is not allowed
- Threatening another group
- Do not move or tamper with the control cones
- Groups must report to the finish area, even if they don't finish the course. If over the time limit, report in as soon as possible

Safety Guidelines

- It is essential to have an adult stationed at the Start/Finish point to check off groups on their return. If physical dangers exist or navigation is tricky, it is desirable to have additional adults stationed at appropriate locations to ensure that safety limits are not exceeded.
- Give them a time by which they should return to base if they have not completed the course
- A major aspect of safety is accurate navigation. Teaching beginners some tactics for 'relocation' when 'lost' is good practice.

Physical Education Activity

PHYSICAL FITNESS TRAINING / INSTRUCTION

Description of the Activity:

Fitness training instruction utilizing jump ropes, pedometers, toning & medicine balls, pegboard, benderball, resistance bands, pull-up bars w/ assistance bands, agility ladders, step-up boxes....

Basic Rules of the Activity:

- Create personal space
- Use proper form and technique that was instructed by the teacher
- No horseplay or messing around w/ equipment
- Use equipment properly

Safety Guidelines of the Activity:

- Check equipment before using to ensure no rips or tears causing an injury
- Lift and lower weighted equipment with legs not back
- Breathe properly

Physical Education Activity

PICKLE BALL

Description of the Activity:

Pickle ball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport is played on a court with the same dimensions as a doubles badminton court. The net is lower than most other racquet sports allowing for faster play. The game is played with a hard paddle and a wiffle ball, making the technique required for pickle ball different than other sports.

Basic Rules of the Activity:

- The serve must be hit underhand and each team must play the first shot off the bounce.
- After the ball has bounced once on each side, both teams can either volley the ball in the air or play it off the bounce.
- To volley a ball means to hit it in the air without letting the ball bounce.
- No volleying is permitted within the 7-foot non-volley zone, preventing players from executing smashes from a position within this 7-foot zone on both sides of the net.
- Both players on the serving team are allowed to serve and a team scores points only when serving.
- A game is played to 11 points and a team must win by at least 2 points.
- A point are lost by hitting the ball out of bounds, hitting the net, stepping into the non-volley zone and volleying the ball, or by volleying the ball before the ball has bounced on each side of the net.
- A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is made by his team.
- The server must serve diagonally across court to the receiver.

Safety Guidelines of the Activity:

1. NEVER swing your racquet if there is any chance of hitting someone. Simply call interference and replay the point.
2. Never leave the court to go after a ball. (New players tend to run into other courts to get the ball that can cause injuries and interrupts play.)
3. Players may not volley in the non-volley zone.
4. Do not smash nets and racquets on the ground.
5. Do not jump over the nets.
6. Report any accidents to the teacher immediately.

Physical Education Activity

RAPPELLING

(Only Conducted by Certified ROTC instructors)

Rappelling is an activity that helps overcome fear of heights, builds individual confidence and self-esteem while developing coordination for students/cadets. It utilizes mountaineering techniques and basic climbing equipment.

Description of the Activity:

Rappelling is conducted on a vertical (90 degree) wall approximately 60 feet in height using a climbing rope and carabineer which are securely connected to an anchor point. Individuals have climbing harnesses, and are secured to the rope with a carabineer. The individual positions himself / herself on the wall face and then slowly descends the wall.

Basic Rules of the Activity:

All individuals participating in this activity are supervised by certified and qualified rappel masters. The participants are given classes on Rappel techniques, equipment uses and safety procedures. Individuals must negotiate a 15 foot practice wall which has an angle of 45 degrees. Participants are connected to a safety line at all times until they are ready to Rappel on the 60 foot wall.

Safety Guidelines of the Activity:

Risk Management Strategies

Cadets must complete pre-rappel training and rehearse on a 20 foot practice platform with a slope of 45 degrees. The 60 foot Rappel Tower and wall along with the Rappel site must have a completed **annual** functional safety inspection and be inspected by the using personnel as well. All Cadet Command directives, standards and criteria will be followed. The landing area will have a safety mat or rubber mulch landing area. Cadets must learn how to properly put on the climbing harness, locking carabineer and use gloves and a helmet. Rappel ropes must be properly secured to a fully functional anchor point. Cadre or Rappel master will inspect individual's gear prior to them climbing the stairs to the top of the Rappel tower. All ropes will be checked from end to end and the anchor point will be inspected and tested by the Rappel certified instructor. Rappel certified cadre maintains positive control of participants until individual has been safety checked prior to descent. A Belay person maintains rope tension until individual is in a good rappel body position maintaining eye contact until they are ready to descend. First aid/ CPR qualified personnel are on station with primary and back-up communication ability. Procedures are in place to notify medical personnel in the event of an injury.

Instruction

The amount and level of instruction /directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. An individual's emotional condition is also involved due to a potential fear of heights. Instruction is received from experienced and certified instructors who have a significant amount of experience. All instruction is conducted using practical application with the equipment cadets will be using (helmets, locking carabineers, ropes, climbing harnesses and gloves). Cadets will also receive instruction on belay

techniques and be made aware of potential risks. All safety rules and regulations are learned prior to participation.

Facility/Environment

- Local weather conditions, forecast, wind, temperature and moisture are checked prior to actual rappelling.
- Rappelling Tower (platform and wall) have successfully been inspected and certified. The area is free of hazards and debris. Landing area has mats or rubber mulch.

Equipment

- Equipment is in good working condition
- Rappelling Equipment (Ropes, carabineers, harnesses, gloves, helmets) is thoroughly inspected for functional use.
- First Aid Kit is available and in good repair

Clothing/Footwear

- Participants will use tennis shoes or sneakers. Boots are authorized after approval by cadre member.
- Laces are tied and at no time will open-toed shoes, sandals or shower shoes be authorized
- Jewelry is removed
- Long hair is up under the helmet with no possible opportunity for interference
- Appropriate clothing (no loose clothing which could be caught in carabineers) will be worn. Shirts will be tucked into trousers
- Clothing must meet the requirements of the event and will be inspected and approved by the site instructor

Other Considerations

- The student has completed a regular checkup and parents have signed the required health form
- The student has submitted the signed parent release and consent form
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment
- The activity is suitable to the student's age, ability, mental condition and physical condition
- The student demonstrates self-control at all times and avoids any behavior deemed inappropriate
- The student's choice of this activity as part of the out of class component of PE/health education course has been approved by the parent/guardian(student under 18 years of age) and to the instructor

Physical Education Activity

ROPE CHALLENGE

Description of the Activity:

Cooperative game/team building

Basic Rules of the Activity:

Class vs. Class

1. form a single line
2. every rotation one student goes under rope
3. class counts how many can go through before mess up
4. doubles
5. triples
6. quadruplets
7. Pyramid sequence

Safety Guidelines of the Activity:

1. Rope is loose to avoid any tripping

Physical Education Activity

ROPE CLIMBING

Description of the Activity:

The students are allowed to climb either a knotted rope or a straight rope as high as they feel safe.

Basic Rules of the Activity:

Climb up the rope hand over hand and climb down the same way. Do not slide down the rope.

Only one person on the rope at a time.

Spotters may steady the rope but should not do anything to disrupt the efforts of the person climbing the rope.

Use good judgment; climb only as high as you feel safe.

Safety Guidelines of the Activity:

Use spotters to anchor the rope. Spotters must pay attention to the climber at all times.

We will use a full high jump pit positioned so it is under both ropes.

We also put folding mats around the larger mats in case someone falls off the larger pads.

No one should lie on the mats when someone is climbing the rope.

Physical Education Activity

SCOOTERS

Description of the Activity:

Scooters using relays, tag games, sport games, Fun and Active Games, Team builders

Resource: Gym Scooter Fun and Games by Guy Bailey and many other books and journal resources.

Basic Rules of the Activity:

1. Never allow students to stand on the scooter.
2. Remind students to keep fingers, hair, and clothing away from the wheels of the scooter.
3. Position the body squarely on the scooter. The scooter can tip if one's body placement is off-balance.
4. Scooter handles are not really "handles", and are not meant to be held on to. Instead, think of them as "bumpers." Hands should be safely enclosed inside. In this way, hands and fingers are not exposed.
5. When working with a partner, remind the partner applying movement force that he or she is responsible for the safety of the partner on the scooter. Enforce speed limits!
6. When pushing a partner, get low and push the partner's lower back. Do not place hands on the shoulders and push unless the student being pushed is using two scooters for support. Try to pair up similar size students.
7. When conducting relays, remind the students to always keep their eyes up, facing forward, (not down). Provide plenty of spacing between lanes.
8. Never allow students to let go of a scooter—with or without a passenger—to create a flying missile.
9. Enforce the importance of proper spacing while moving on a scooter among other "drivers".
10. Having the students stop immediately when a signal is given can help assure safety. Create a stop-and-listen routine in which students quickly stop, turn their scooter upside down, and sit on the floor beside their scooters.

Safety Guidelines of the Activity:

Same as above and apply individual game rule activities.

Physical Education Activity

SCOOTERBOARD SOCCER

4-wheel scooter boards, light weight beach ball-size ball (seamless type found in most grocery stores), goals and cones to mark goalie box.

Description of the Activity:

Teams of 6 (5+ goalie), play no-kick soccer on scooterboards.

Basic Rules of the Activity:

Never, never ever stand or kneel on boards. Players' butts must remain seated on board or they can't contact ball AND no kicking of the ball. Ball must be rolled, bounced or air-dribbled while player is in motion. Only goalie can be in the 12' x 10' goalie box.

Physical Education Activity

SHOT PUT

(Track and Field)

Description of the Activity:

Shot Put is a middle school event in Track and Field. When we teach Shot Put in P.E. we have a demonstration video we use first. After video, we will assign kids a partner a partner and give them a tennis ball, where they show proper technique to their partner who, in turn, does the same.

Basic Rules of the Activity:

Once on the actual Shot Put Range, kids are told not to throw Shot until teacher has given them the O.K. Student s throw correctly and are given a score and returns to the end of the line. Students will throw 2-3 times depending on the amount of time.

Safety Guidelines of the Activity:

- All kids must stand behind Line
- Tennis Balls are effective way to learn for beginners
- Teacher must give consent before student throws

Physical Education Activity

SOCCKER

Soccer-Game played between teams of 8-12, can be co-ed.

Description of the Activity:

Game begins at Mid-field with one team in possession of the ball. Teams try to move ball towards their goal keeping the ball away from their opponent. Team that scores the most goals wins. The ball is moved around the field of play by outfielders who may use their feet, head, chest or thighs to control the ball or by the goalkeeper who may use hands to control the ball, but only within the 18-yard box.

Basic Rules of the Activity:

1. A goal is scored. The team scored upon takes a free kick from center field.
2. A handball violation occurs. If the violation occurred outside the penalty area, a direct free kick (may kicked directly into the net) is awarded. Defenders must be 10 yards away from the ball. If the violation occurred inside the penalty or goal area then the opposing team will be awarded a direct free kick from the penalty spot. All players except the shooter and the goalkeeper must be outside the penalty area and penalty arc.
3. The ball crosses completely over the touchline. The team, which did not touch the ball, last is awarded a throw in. The player throwing the ball in must start with the ball in both hands behind the head and throw the ball while keeping both feet in contact with the ground outside the field of play.
4. The ball crosses completely over the goal line (but not in the net). If the offensive team last touched the ball, then a goal kick is awarded to the defending team. The ball must be placed on the ground anywhere in the 6-yard box and may be taken by any player on that team. All players from the other team must be outside the 18-yard box at the time of the kick. If the defensive team last touched the ball, then a corner kick is taken from the corner arc by the offensive team. The ball must be on the ground anywhere inside the arc.
5. A foul is committed. A direct free kick is awarded when a player is tripped, a player is tackled (taken down before touching the ball first), or when a player is "attacked" in any form by an opposition player (Includes holding). The kick is taken from the place where the infraction occurred.
6. A minor violation occurs. An indirect free kick (must touch at least one other player before entering the net) is awarded when a player taking a throw in or a goal keeper holds the ball in their hands for longer than 6 seconds, when a player obstructs another from getting to the ball, or when an offside occurs.
7. An offside occurs. An attacking player is considered offside if he or she is not in possession of the ball and has only the goal keeper between him or herself and the goal line (there must be two members of the defending team in front of all players who do not have the ball. The offside rule does not apply when a player is in their own half or receives the ball from a defending team member, goal kick, corner kick or throw in.

Safety Guidelines of the Activity:

1. Do not wear cleats, students should wear appropriate athletic shoe.
2. No climbing or hanging from the nets or goalposts.
3. Keep your eye on the ball at all times.
4. No pushing, shoving, tripping, tackling, or rough play.
5. Play your position! This will avoid bunching up on the ball.
6. Playing surface is level and free of hazards, holes, or debris
7. Report any accidents to the instructor immediately.

Physical Education Activity

INDOOR SOCCER

Description of the Activity:

Indoor Soccer played similar to outdoor soccer with teams of 4-8. Game begins at center court with one team in possession of the ball. Teams try to move ball towards their goal keeping the ball away from their opponent. Team that scores the most goals wins. The ball is moved around the field of play by outfielders who may use their feet, head, chest or thighs to control the ball or by the goalkeeper who may use hands to control the ball, but only within the goalie box.

Basic Rules of the Activity:

1. Substitutes during a match are unrestricted, except in the case of a player serving a penalty.
2. Substitutions are on the fly.
3. Exiting players must be within 10 feet of the bench and not involved in play of the game.
4. An infraction of "too many men on the field" is called if the substitute and the field player are on the field at the same time and either becomes involved in the play of the ball.
5. Kickoff (start of periods and after goal scored) shall be taken from the center mark, indirect kick.
6. All other restarts are direct kicks.
7. Balls exiting the field of play will be restarted at point of exit. (Balls crossing the Touchline / Sideline result in the opponents being given a Throw-In at that spot).
8. When the entire ball, having last been touched by a defender, passes over the end perimeter wall, a **corner kick** is awarded. The entire ball shall be placed on the corner mark (usually a 9" inch spot) and is in-play when it moves.
9. When the entire ball, having last been touched by an attacker, passes over the end perimeter wall, the goalie is awarded a **Goal Kick** (In P.E. a throw is used instead of a goal kick).
10. After having given a signal to do so, a team has five seconds to put the ball into play. Failure to restart within five seconds shall result in a possession turnover to the opponent. If this occurs on a goal-kick restart, the ball shall be restarted by the opponent from the top-of-the-arc.
11. Defending players must position themselves outside a 10' radius on all restarts.
12. When restarting play after a stoppage for any other cause not mentioned elsewhere, the referee shall drop the ball at the place where it was when play was stopped, and it shall be deemed in-play when it touches the floor. Any drop ball restart that occurs in the penalty area shall be dropped at the top-of-the-arc instead. If the ball is played before it touches the floor, the ball shall be re-dropped. In any situation where a team has clear possession of the ball when play was stopped, a drop ball shall not be used.

Safety Guidelines of the Activity:

1. Do not wear cleats, students should wear appropriate athletic shoe.
2. No climbing or hanging from the nets or goalposts.
3. Keep your eye on the ball at all times.
4. No pushing, shoving, tripping, tackling, or rough play.
5. Play your position! This will avoid bunching up on the ball.
6. Playing surface is level and free of hazards, holes, or debris
7. Goalies may not pick up the ball outside the goal area.
8. Extra players must stay off the playing floor and pay attention to play.
9. Report any accidents to the instructor immediately.

Physical Education Activity

4-GOAL SOCCER

Description of the Activity:

1 soccer ball. 8 pylons to be used for the goals.

Distribute the students evenly into four teams. Have each team choose a goalie. The game begins with a player from each team in the center of the field two yards away from the ball. On the teachers command, the 4 players try to get the ball to one of their teammates. They can score at any goal except their own. They can move the ball by kicking, passing, or dribbling. If the ball is caught in the air or players kick it up to themselves, they can run with the ball until they are tagged. Once the player is tagged, they must stop and put the ball on the ground and another teammate must than put the ball back in play. If the player is tagged within 10 yards of another team's goal while running, the ball is than given to the team that is defending that goal. If the ball is kicked in, one point is awarded. If the ball is thrown in, two points are awarded, and if the ball is run in, 3 points are awarded.

Basic Rules of the Activity:

1. Once a player has scored from their team, that player must go and play goalie.
2. Add one or two more balls to the game.
3. Have them alternate that only boys can score, than only girls can score.
4. Change the size of the goals according to age and skill.
5. Have the teams alternate kicking and throwing the ball while trying to score.

Safety Guidelines of the Activity:

1. Do not wear cleats, students should wear appropriate athletic shoe.
2. Keep your eye on the ball at all times.
3. No pushing, shoving, tripping, tackling, or rough play.
4. Play your position! This will avoid bunching up on the ball.
5. Playing surface is level and free of hazards, holes, or debris
6. Report any accidents to the instructor immediately.

Physical Education Activity

SOFTBALL

Description of the Activity:

Each team of 10 players alternates turns at bat and in the field throughout a regulation softball game of seven innings. The team scoring the most runs at the end of these seven innings is considered the winner. If the game is tied at the end of seven innings, the game is continued until one team scores a greater number of runs at the end of an inning.

Basic Rules of the Activity:

PITCHING

- The pitcher must have both feet on the pitcher's rubber and can only take one step forward while pitching.
- The ball must be thrown underhand.
- Both hands must be on the ball at the start of the pitch.

BATTING

- Batters must follow the same order throughout the whole game
- The batter is out if and when:
 - a) three strikes have been called
 - b) a fly ball is caught
 - c) the batter does not stand in the batter's box

BASE RUNNING

- Runners must touch each base in order
- Runners may overrun 1st base only, all other bases the runner may be tagged and called out if they are off the base.
- Runners cannot lead off a base, they must be on base until the ball has left the pitcher's hand
- After a fly ball has been caught the base runner must tag the occupied base before advancing to the next base
- One base runner cannot pass another base runner that is ahead of them.
- Stealing a base is not permitted
- A runner is out if:
 - a. they are tagged with the ball before reaching a base
 - b. the ball gets to 1st base before the runner
 - c. they run more than 3 feet out of the base line to avoid being tagged

Safety Guidelines of the Activity:

- Make sure the students are aware of each other.
- Have student's yell out mine if they are going to catch a fly ball.
- Be sure the students are aware of any ruts and or holes in the playing area.
- Make sure the only time the batter swings the bat when they have it in their hands that it is when they are batting. Keep other students far away from batter.
- Base runners must avoid fielders at all times. Contact with fielders will result in the base runner being called out.
- Play your position!
- No sliding.
- Place bat on the ground after hitting the ball.

Physical Education Activity

SPINNING

Description of the Activity:

The exercise bikes you'll use are simplified, high-quality versions of your average exercise bike with just one knob to adjust the resistance. Almost every spinning class also has an upbeat soundtrack of dance or rock music from the get-go to spur you on to work your hardest.

A class will normally start with a warm-up pedal and stretch to get your legs limber. To do your stretches, you'll need to dismount, but the bike is often a useful prop to either lean against or put your foot on while you're stretching.

The class will move through bursts of higher and lower intensity cycling, also switching between sitting and standing positions. Your instructor will keep you motivated and make sure everyone knows what's going on and what's coming next. Most classes are between 45 minutes to an hour long, making them fantastically good for burning fat as well as a great work-out for your heart and lungs.

Basic Rules of the Activity:

Each spin instructor will run their class slightly differently, but most will recommend you try to keep your pedaling speed the same as the rest of the class and adjust the resistance on the bike (making it more or less difficult to pedal) if you're finding that it's your head that's spinning rather than your legs. Pay close attention to the teacher at all times for cues on position, cadence and intensity.

Safety Guidelines of the Activity:

When it comes to sweaty sports, spinning really opens the floodgates, so wear light comfortable clothing and make sure you remember a bottle of water. Utilize sanitation wipes to wipe down bike before activity. Please also make sure that shoe laces are double knotted and long laces are tucked inside your shoe, so as not to get tangled in the pedals.

1. Bike set-up
 - a. Seat height- Hip level
 - b. Handle bars- slightly higher
 - c. Knee slightly bent at the bottom of your pedal
2. Focus on proper form when riding.
 - a. Ears away from shoulders
 - b. Knee over ankle
 - c. Elbows rotated in
 - d. Hips rotated forward-flat back
3. Get off the bike to adjust seat or handle bars
4. Only the person using bike adjusts the seat and handle bar height
5. Ride with the instructor
6. Ride as if you were on flat road with no coasting

7. If you get hurt, stop and tell the teacher
8. If you are feeling dizzy, get off the bike and let the teacher know
9. Closed toed tied athletic shoes only
10. Hair must be tied back
11. No peddling backwards
12. If the bike is broken or you have concerns, let the teacher know immediately
13. Don't forget to drink water during activity.
14. No food or gum allowed.

Physical Education Activity

STILL RINGS

Description of the Activity:

Students hang by their hands and attempt stunts that have been demonstrated for them.

Basic Rules of the Activity:

Students are shown skin the cat, inverted hang, birds nest, and front arm support.

They are also told about the iron cross.

Safety Guidelines of the Activity:

- Only one on the rings at a time
- No swinging or twisting on the rings.
- Spotters may be used.
- One 6 foot wide, ten foot long, by two foot deep crash pad covered with two layers of folding mats; are placed under the rings. From the surface of the mats to the bottom of the rings is less than five and a half feet.
- The student's feet are touching the mats when they are hanging from the rings.

Physical Education Activity

TAKRAW

(Mixture of Volleyball and Soccer)

Description of the Activity:

Played by teams of 3 to 8 students over a five foot net. The objective of the game is to kick the ball across the net to the opposing team. Court dimensions are the same as badminton court with the net five feet off the ground.

Basic Rules of the Activity:

1. Do not allow contact with the hands or arms.
2. Each team is allowed three touches to get the ball over the net.
3. To start, a teammate will toss the ball underhand to the server who will attempt to kick the ball over the net (adapt a rule where you can let the ball bounce once).

Safety Guidelines of the Activity:

1. Start teaching by using a dodge ball in place of the official takraw ball.
2. Use multiple stretching activities for legs before play.
3. Make sure you have a large area to set courts.

Physical Education Activity

TARP MAZE

Description of the Activity:

Team Building

Basic Rules of the Activity:

1. Groups of 8-12
2. Students memorize patterns
3. Students have to work cooperatively as a group memorizing the pattern on the tarp.

Safety Guidelines of the Activity:

Physical Education Activity

TCHOUKBALL

Equipment required: Two rebound frames and a tchoukball

Description of the Activity:

Object of the game: A team must throw the ball on one of the rebound surfaces. During this time, the other team must place itself so as to catch the ball after the rebound and before it touches the ground. If the ball touches the ground, the attacking team scores a point. If the defending team catches the ball, the game carries on (no point is scored). The defending team becomes the attacking team and vice versa.

Basic Rules of the Activity:

A player gives a point to the other team if she/he:

- Misses the frame in her/his throw
- Causes the ball to land outside the boundary lines of the playing area
- Causes the ball to bounce back onto her/him

A player commits a fault if she/he:

- Drops the ball or dribbles the ball on the ground
- Takes more than three steps while in possession of the ball
- Makes the fourth pass for her/his team
- Intercepts, willingly or not, a pass of the other team
- Prevents free movements of the other team
- Throws the ball on the metal part of the frame

Safety Guidelines of the Activity:

The primary safety concern in tchoukball is the ball; players must pay constant attention to the movement of the ball as it comes off the frame. Obstructions outside the court, such as benches, walls and equipment could be safety factors. In the game itself rules must be followed to safeguard players from personal injuries, and aggressive players must be held to the rules of the game.

Physical Education Activity

TEAM CHALLENGES

Description of the Activity:

Cooperative game / team building

Basic Rules of the Activity:

Safety Guidelines of the Activity:

Physical Education Activity

TENNIS

Introductory Unit

Description of the Activity:

1. Introduction to rules of tennis (names of lines, positioning on court)
2. Ready position (both hands on grip, feet shoulder width apart)
3. Correct grip for forehand (handshake grip)
4. Hitting a forehand (turn, step, swing, catch racquet on follow through)
5. Correct grip for backhand (2 hands for beginners)
6. Hitting a backhand (turn, step, swing, straight arms, follow through over shoulder)
7. Introduction to movement (shuffling)
8. Volleys (forehand, backhand, overheads)
9. Serves
10. How to Score
11. Point Play

Basic Rules of the Activity:

Etiquette of Tennis:

- When people are playing a point, never walk on their court.
- When trying to get to another court, after the point is played, quickly cross by running parallel to the net.
- Clapping is allowed only after the point is played.
- No talking during the point, players or spectators.
- Good sportsmanship includes complimenting your opponent when he/she hits a good shot.
- Shaking hands after a match is expected.

Point play and court positioning:

- Server always begins the game on the deuce side of the court.
- Server always starts the point with 2 balls.
- Points played on the DEUCE side of the court: 0-0, 15-15, 30-0, 0-30, 30-30, 40-15, 15-40, deuce
- Points played on the AD side of the court: 0-15, 15-0, 30-15, 15-30, 40-0, 0-40, 40-30, 30-40, ad-in, ad-out

Safety Guidelines of the Activity:

- Wear court appropriate shoes. No running shoes.
- No black-soled shoes.
- Wear shorts with pockets. Never place a ball on the baseline, always use pockets.
- Clear all balls from the court before starting a point.

Physical Education Activity

TINIKLING

Description of Idea

Rhythm of the poles: 3 counts – in-out-out with the poles always maintaining contact with the boards

Ideally, those students who are moving the poles will need to sit on their knees on the floor as illustrated in the pictures. The rhythm created by moving the poles is begun with the poles together in the center of the boards. The poles are hit together for count 1. The poles are then separated and tapped wide on the boards 2x. These are counts 2 and 3. This 3 count movement continues throughout the dance. It can be cued by saying: “in-out-out.” Allow the students who are manipulating the poles to practice without the dancers. Remember to cue and keep the rhythm of the poles steady and consistent.

It is important for the students who are creating the rhythm with the poles to be told to slide the poles along the boards when they are separating or closing them. Lifting the poles could catch the ankles of the dancers and trip them. Also caution students about holding the poles; remind them that fingers need to be on the outside of the poles. Failure to hold the poles properly could result in slammed fingers when the poles are brought back together.

Dance Patterns:

Basic Step – $\frac{3}{4}$ Meter – Cue with the words: Out-in-in, out-in-in. Begin with R shoulder to the poles:

- Step on L foot (count 1)
- Leap with R foot then L foot to center of poles (counts 2-3)
- Leap to opposite side of poles with R foot (count 1)
- Leap to inside of poles with L,R (counts 2-3)
- Leap outside with L foot (count 1 – continue repeating step as described above)
- This step can be reversed by beginning with the L shoulder to the poles.

Rocking Step – Facing poles

- Step on L foot (count 1)
- Leap R to center, Hop on R foot (counts 2-3)
- Leap L foot to opposite side outside of poles (count 1) Back is now to the poles
- Reverse movement placing R foot back between the poles and hop (counts 2-3)
- Leap on L foot back to original starting position (count 1 – continue repeating step as described above)

Jumps – Begin facing either end of the poles

- Jump and straddle poles (count 1)
- Jump 2x in center of pole (counts 2 & 3)
- Jump and straddle the poles (count 1 – continue repeating steps as describe above)

After students have practiced all the steps, ask them to perform the steps in a combination: 4 basic steps, 4 rocking steps, 4 jump steps. Repeat the entire sequence.

Variations: If students have gotten very good at the steps listed above ask them to take 2 sets of poles and boards and arrange them in a “tic-tac-toe” formation.

Each dancer will begin in a corner and attempt to move around the formation. Ask the students to figure out how to use the basic step so that all four dancers can move simultaneously around the poles. After the dancers have determined how to move around the poles, they will find it a challenge to get everyone moving together and dancing around the poles to get back to their home positions!

HINT: Dancers will do the basic step, making a $\frac{1}{4}$ turn on each step and moving around the poles!

Variations:

This activity can be made into a Christmas presentation by making ankle bells (jingle bells threaded on elastic) for each dancer and wrist bells for each person moving the poles. Look for a Christmas song with a $\frac{3}{4}$ time signature. (“Silver Bells” would work great and would make the tinikling activity a festive holiday celebration!)

Assessment Ideas:

Students can be assessed on both their ability to execute the steps properly and rhythmically move the poles. Older students can be asked to develop their own steps and put them together in a routine. A rubric can be set up that is based on rhythm, memory, creativity, and presentation of the routine. Encourage students to use the internet to watch performances done by the Philippine peoples and incorporate new steps into their own choreography.

Teaching Suggestions:

The Legend of Tinikling: In the 1500s, the natives lost control of their land and became caretakers of the land for the King of Spain. The people who worked too slowly would be punished. Their punishment was to stand between two bamboo poles cut from the grove. Sometimes, the sticks would have thorns jutting out from their segments. The poles were then clapped together to beat the native's feet. By jumping when the bamboo sticks were apart, the natives tried to escape this cruel form of punishment.

Origin of Tinikling: Tinikling originated in the Visayan Islands, on the Island of Leyte. Dancers imitated the tinikling birds’ legendary grace and speed as they walked between grass stems, ran over tree branches, or dodged bamboo traps set by rice farmers.

The Dance Today: The legend of punishment later became the dance of today. Tinikling soon became a challenge, an art and a dance. It is performed on certain Sundays in the Philippines, and the movement of the sticks is now smooth and the clapping is gentle.

Safety Guidelines

As with any new physical fitness opportunity, prevention of injury is a concern. Ensure that students have warmed up before attempting high impact moves. Additional safety issues with tinikling include:

- Practice the timing without using the poles first (tap legs twice and then clap).
- Practice moving the poles without the dancers until proficient.
- Practice dance steps without the poles until comfortable with the moves.
- Ensure that children have the motor skills to maneuver between the poles or bands.
- Kids holding the poles should keep their heads back to protect their faces in case a dancer steps on or kicks a pole.
- Consider individual abilities for freestyle practice.

Physical Education Activity

TRACK AND FIELD UNIT

Grade Level: 9-12

Objective/Learning Goals:

- Student will learn physical exercises that will improve cardio vascular health.
- Student will get an introduction to Track & Field by completing test and events in the sport.

Materials:

- Stop Watch
- Tape Measure
- Medicine Ball
- Track facility or level field
- Hurdles 30" you can replace the plate with tape to limit the falls
- Vertec or some device you use to measure vertical
- 8 lane timer
- Sand pit
- Landscape Rake

Opening:

Each test will take 1 day to complete "50 minutes".

1) Testing

- a) 50 yard & 10 yard sprint
 - i) Measure out an area where you can time the 50 yard sprint.
 - ii) I let the athlete pick the starting position either 2 point or 3 point.
 - iii) On their movement start the timer and stop the timer when they have crossed the line with any part of their torso.
 - iv) If you have 2 timers you can time their 10 yard sprint at the same time or do the preceding steps from above for the 10 yard spring.
- b) 40 yard hurdle test with 2 hurdles set 8.0 meters apart and the first hurdle is set 45 feet from the start line. The height of the hurdle is 30 inches tall.
 - i) I would do this test on grass or turf.
 - ii) Let the athlete pick the starting stance 2 point or 3 point.
 - iii) On their movement start the timer and stop the timer when they have crossed the line with any part of their torso.
- c) Standing Long "Broad" Jump
 - i) Athlete will stand on both feet with their toes toeing the line.
 - ii) They will then explode up and out as far as they can measure the back of the heel of the closes foot to the start line.
 - iii) The athlete must control their jump by landing it and not moving to get an accurate measurement.
- d) Standing Triple Jump
 - i) Athlete will start on one foot and jump up and out
 - ii) They will land on the same foot then jump off of that foot
 - iii) The athlete will then land on opposite foot and then jump off that foot.

- iv) As they finish landing on both feet you will measure from the heel that is closest to the starting line.
- v) If you start on your right foot first then the sequence will go: Right, Right, Left, and landing on both.
- vi) If you start on your left foot then the sequence will go: Left, Left, Right, and landing on both.
- e) Vertical Jump: one step into the jump and jump straight up.
 - i) You have a vertex follow the instruction for measurement.
 - ii) I allow an athlete 1-step to measure athleticism and not just power
- f) Med Ball 2-handed chest throw
 - i) I use a 4kg for girls and 5kg for boys
 - ii) Have the athlete standing on 2 feet with the med ball at their chest as if they were going to pass it.
 - iii) Then the athlete will squat into a quarter squat position and explode out of their stance while pushing the med ball out to see how far they can throw it.
- g) 600 m sprint 1 ½ laps around a 400 meter track
 - i) Line up to 16 athletes at a time and time them on your command of: **take your mark** and then **go**.
 - ii) When the athlete crosses the line either read out the time or if you have a timing system that does splits click the split button.

Body:

Each Event will take 1 day to complete “50 minutes”

- 1) Timing
 - a) Advise students in your class how to use a timing system or stop watch.
 - b) When you see the starters hand drop you start your watch.
 - c) As the athlete crosses the line with any part of their torso the timer will stop their watch.
- 2) Events
 - a) 100 meters
 - i) Use a lined track and put an athlete in each lane let them choose their starting position.
 - ii) Use the commands **on your mark, set,** and **go**.
 - iii) The athlete will start running as fast as they can through the line.
 - b) 400 meters
 - i) Use a lined track with the athletes in each lane. The athletes will start on the 2 turn stagger line and stay in their lane for the entire duration.
 - ii) Use the commands **on your mark, set,** and **go**
 - c) Long Jump
 - i) Have the athlete start 30 feet from the sand pit
 - ii) They will then run as fast as they can and jump off of 1-foot as far as they can and land on both feet.
 - iii) I will check to see where they take off and measure from that point instead of a predetermined line.
 - iv) Measure the first mark in the sand that is closest to their take off foot.
 - d) 1600 meters
 - i) Use a waterfall start and have the athletes run four laps
 - ii) Use the commands **on your mark,** and **go**

Close/Assessment

- 1) After all of the testing is completed post them in the order of finish and set goals for 3% improvement.

- 2) This is also a good time for you to talk about running form with the athletes.
- 3) Students should have arms at 90 degrees.
- 4) Arms should go in an up and back motion where they are going in linear motion.
- 5) It is also important that athletes don't cross the midline of their body with their arm motion. A lot of athletes have a tendency to have their upper body rotate, instead of staying square to the line they run on.

Physical Education Activity

TREADMILL

Description of the Activity:

Students walk or jog on the treadmill to increase their cardiovascular endurance.

Basic Rules of the Activity:

Do not go over a 5 for the speed.

Safety Guidelines of the Activity:

- Make sure your shoes are tied.
- Be in the center of the treadmill when it is in motion.
- Make sure students know where the pause or stop buttons are located.
- Do not go over a speed of 5.
- Start by holding onto the side rails and do not stand on the belt until it has started.
- Start slow and increase the speed.
- Only one person on the treadmill at a time.
- Always face forward.

Physical Education Activity

VOLLEYBALL

Beginning to Advance

Description of the Activity:

- Written and verbal instruction of all aspects of the sport to include the forearm pass (bump), over-head pass (set), attack (spike/dink), defense and serving (underhand/overhand) from the beginning phase of play to advanced as the students progress.
- Perform drills (individual and group), practice play and tournament play.

Basic Rules of the Activity:

- Play on volleyball court
- 2-6 players per court (player positioning depends on number of players)
- 1-3 hits per side
- Practice sportsmanship at all times
- Use of basic volleyball rules – side-out, scoring, rotation and player positioning etc.
- Score to 25 (must win by 2) can vary if needed

Safety Guidelines of the Activity:

- Keep equipment in safe operating order
- Make sure students remain on their assigned court of play at all times to avoid collision and/or interference.
- **“Roll”** stray balls along the outside boundary of the courts. Don’t **“throw”** strays in the air across the courts.
- Make sure students remain on their side of the net, don’t travel underneath or into the net.
- Don’t hang on the net
- Don’t play on or around the standards
- Be respectful to one another

Moving Volleyball Standards Safely

- Prior to movement of this equipment, inspect standards to ensure:
 - Anchor bolts are seated properly (do not move if standard bolts are damaged or missing)
 - All bolts on the standard should have locking nuts.

- Only one student should have control of the standard while moving.
- Hazards while moving standards include:
 - Pinch point at the base of the standard. Always keep hands and feet away from this area. Keep bystanders at a safe distance. Severe injuries have occurred with this equipment.
 - Loss of control of standard could create a shipping pole, which could strike a student close to the pole. Other students shall stay clear of standards when they are being moved.
- Ensure all pathways remain clear. Do not attempt to move standards when the hallways are crowded. Injury could occur to students standing around the area.
- Doorways should be propped open in order to keep area clear. Do not have another student hold open the door in order to pass through with the standard.

If you have not been instructed on the hazards of this equipment, do not attempt to move standards. Refer to your PE Teacher for additional guidance.

Physical Education Activity

VOLLEY-TENNIS

Description of the Activity:

- Mixes volleyball with some tennis rules and is played on a tennis court
- Volleyball hits (bumps, sets, digs, blocks) *add spikes for advanced games only*
- Three hits to get over the net, one bounce (if needed) allowed between every hit

Basic Rules of the Activity:

- Set up 6-9 on a team with 2 rows of 3, 2 rows of 4 or 3 rows of 3 (depending on the number of players on a team)
- Front right player serves underhand
- Receiving team may hit the ball on fly or let it bounce before returning
- Play until one team cannot get the ball back over the net (in bounds) within three hits
- Score like volleyball

Safety Guidelines of the Activity:

- Underhand serves- idea of game is long rallies, not until game becomes advanced does strategy come into play
- With advanced game add spikes (only when the players have mastered the shots and have established long rallies)
- Keep the game safe by not allowing spikes because of low nets until players are good enough to be ready for spikes

Side note: With the one bounce rule, back row becomes very important when spikes are added as ball tends to have a big bounce with speed to the back row.

Physical Education Activity

WRESTLING (BOYS AND GIRLS)

Description of the Activity:

This unit would introduce the sport of wrestling to the students in our PE classes.

A mock wrestling match would be held under strict control to show class what a match would look like.

Rules, scoring, and general procedures would be acted out.

One or two basic escapes, pin moves, and take downs would be taught in a group setting under strict supervision, with no actual wrestling.

The unit will conclude with some live Wrestling that is carefully controlled to avoid injury.

Basic Rules of the Activity:

Most of the activity would either be done without a partner or with the partner giving little or no resistance to the move being taught.

No one would be required to actually wrestle a match; however, some would be allowed to wrestle under close supervision.

Safety Guidelines of the Activity:

Activity would be conducted on a full sized wrestling mat with strict supervision.

If you do not have a well-disciplined class, I would not suggest that you do this activity.

Physical Education Activity

YOGA

Description of the Activity:

Main focus is Power Yoga. Class includes the practice of postures, breath control, training for mind and body, concentration and relaxation. Students will develop body awareness, flexibility and peace of mind.

Basic Rules of the Activity:

1. Dress appropriately for class
2. No sock or shoes
3. Use Yoga mat
4. No Talking

Safety Guidelines of the Activity:

- Use proper clothing to allow for full movement and range of motion
- Use your own Yoga mat and bare feet – you will be less likely to slip and be more comfortable.
- Allow 5-10 min. of warming up with easy movements to increase circulation, lubricate joints, and ready your body to stretch
- Poses should progress from simple to more difficult
- Protect your back – Hinge from your hips when you bend forward. When arching backwards, concentrate on opening from the front of the body by lengthening from your navel to the sternum. Be careful not to over-arch your lower back, as this will compress the lumbar disks.
- Protect your knees – Avoid locking your knees when standing.
- Protect your neck – Keep your neck in alignment with the rest of your spine at all times, especially when arching backwards.
- Each student has his/her own physical limitations, allow students to work at their own level of flexibility and allow for the physical limitations of each student.

Physical Education Activity

Z-BALL

Description of the Activity:

Works on catching reflexes, visual reactions, movement and balance all at the same time.

Two players line up across from each other on opposite sides of a hoola hoop. They take turns softly tossing underhand to the other player so that the first bounce is in the hoop. The receiver can choose to let the ball bounce 1, 2, or 3 times before catching it and is awarded that amount if successful. If the player drops the ball, the same number of points attempted is given to the server. Serve changes after every point, play to 21 points.

Basic Rules of the Activity:

- Throw must be underhand toss.
- Must land in designated hoop.
- Z-ball toss no higher than approx. 10 feet.

Safety Guidelines of the Activity:

Large open area with hard floor. No overhand throwing or spiking of z-balls.