

SPORTIME[®]



Classroom Activities & Lesson Plans

*Designed specifically for
physical educators*

www.sportime.com
PHONE 800-283-5700
FAX 888-388-6344

School Specialty[®]

TEAM SPORTIME

Your partner for over 40 years.



Advocacy. Recognition. Innovation.

For over 40 years we've been teaming up with physical educators to promote and support the desire for lifelong activity and fitness in students. We work hand-in-hand with you to create products and solutions to solve every day problems within the classroom and are proud to be the sole sponsor of the NASPE Teacher of the Year program. **Visit us at www.sportime.com to find the right products and solutions for you.**



SPORTIME[®]



Ready...Set...Get Active...With Team Sportime!

We teamed up our Sportime experts with physical education professionals, SPARK specialists and NASPE Teachers of the Year to create this collection of activities based around some of our newest products.

The activities presented here represent Sportime's passion: providing products, tools and techniques that encourage lifelong healthy habits, ensuring the fitness of students of all abilities. We work hand-in-hand with physical education professionals to create inclusive activities, premium products and creative solutions known as Sportime Original Innovations.

Sportime products and activities are enhanced by our collaboration with SPARK, a proven research-based health organization dedicated to creating, implementing and evaluating programs that promote wellness. Together we provide the tools you need to encourage fitness that lasts a lifetime.

KineticKidz® Movement Language Cards

*Movement
Concepts
for Visual
Learners*



Bilingual (Spanish)

Sportime Products for this Activity

Item #	Description
1443438	Movement Language Cards Set of 121



How to play ...

Direction Movement Stations

One of the dimensions (categories) of Space is direction. It should be noted for learners that Space, as well as the Body is three-dimensional. Both have height (up, down), width (sideward; right, left), and depth (forward, backward). Children are introduced to these elements "forward," "backward," "sideward," "up," and "down," as well as "clockwise" and "counterclockwise". Many children will be familiar with these terms. Have children point to these terms on the KineticKidz™ Movement Language Cards and discuss definitions of each.

Students will focus on moving in different directions while using all the general space in their station. It may be helpful to place cones (hoops, ropes, critters) or other objects at the station. Each time a student comes to an object, he/she will change direction.

Use a start and stop signal to initiate and halt movement.

Place one or more movement language cards at a station/center. Group like cards together at a station/center.

Station 1

Place the forward and backward KineticKidz™ Movement Language Cards at this station.

Station 2

Place the sideward KineticKidz™ Movement Language Card at this station. Remember that sideward can be either left or right.

Station 3

Place the up and down KineticKidz™ Movement Language Cards at this station.

Station 4

Place the clockwise KineticKidz™ Movement Language Card at this station.

Station 5

Place the counter-clockwise KineticKidz™ Movement Language Card at this station.

Visit

www.Sportime.com/MovementCards for additional information
• Complete KineticKidz Movement Language Cards Activity Guide

9 Square in the Air®



Goal: Be the "King" of the game for as long as you can.

Sportime Products for this Activity

Item #	Description
1449624	Deluxe Set 18'W x 18'L x 5 to 7'H
1449656	9 Square in the Air Carry Bags Set of 3
1449631	9 Square in the Air Connector Kit
1449655	9 Square in the Air Replacement Balls Set of 5

Visit

www.Sportime.com/9Square for additional information

- Complete 9 Square in the Air Activity Guide
- 9 Square in the Air Video

1. The "king" serves the ball from the center square to any other square they choose by hitting the ball up and out of the top of the center game square.
2. Players must return the ball to another player's square.
3. If a player fails to return the ball to another player's square, that player is out.
4. A double hit results in elimination.
5. During game play, players are not allowed to touch the game structure. Touching the game structure results in elimination.
6. When a player is out, they leave their square and move to the end of the line. The other players advance to fill the square of the player who just got out.

1	2	3
8	9 (King)	4
7	6	5

The "What if's"

- Q. What if I hit the ball out of the overall square?
 - A. You're out, because you're too strong.
- Q. What if I try to block the ball, but it comes back in my square?
 - A. Just like in volleyball, you can hit the ball 1 more time.
- Q. What if I try to hit the ball, miss, and it bounces off of my head into another square?
 - A. Think of yourself as one lucky duck, and keep playing!



Pursuit Ball™



Movement and Fitness Mayhem

Sportime Products for this Activity

Item #	Description
1449455	Pursuit Ball 6 Team Set of 6 Goals and 72 Balls
1449456	Pursuit Ball 2 Team Set of 2 Goals and 40 Balls

Visit

www.Sportime.com/PursuitBall for additional information
• Complete Pursuit Ball Activity Guide

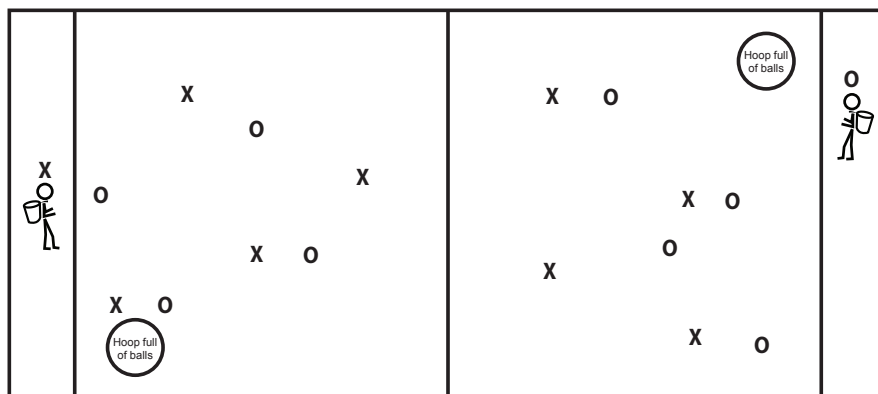
Pursuit Ball – 6 Team Version

Divide group into six teams

- NASPE recommends small sided games
- Students should have experience with offense and defensive play.
- One person on each team wears the Mobile Basketball goal.

The court is set up like the below diagram.

Balls are placed in a hoop or box within the boundary lines. Players must stay within their court area. Players from team X are trying get the balls into the matching Mobile Basketball goal. The team that gets the most balls into their goal within the time period wins.



Rules

- It is recommended that this game is played for a one-five minute(s) time limit. If the players successfully get all the balls into the goal before the time expires the game is over.
- If balls roll out of the boundary area they are out of play and cannot be used in this round of the game.
- Players with the Mobile Basketball goal may move within their court area to help teammates get balls into their goal.
- Defensive players may not touch the offensive players in anyway- just like real basketball rules.
- Offensive players may **not** move their feet if they have the ball. They must pass it to their goal keeper or to another player on their team. Offensive players without a ball may move anywhere in their court to "get open" thus avoiding the defensive players.
- The goal keeper is allowed to catch the ball and put it in the goal.
- If the opposing player intercepts the ball they throw/roll it back to the other side of the court and the team must try again to play that ball.
- More than one ball from either team may be in play at once
- To increase the fitness component of this game it is recommended that the court area be as large as possible.



RubberLike™ Chickens, Pigs and Frogs

Enhance any Activity



Sportime Products for this Activity

Item #	Description
1321059	30" Skinny No Kink Hoops Set of 12
1449440	RubberLike Chickens Set of 6 OR
1449439	RubberLike Pigs Set of 6 OR
1449441	RubberLike Frogs Set of 6
1449445	Tote-N-Target Fold Up Baskets Set of 6

Visit

www.Sportime.com/Chicken for additional information

- Complete Fox in the Chicken Coop Activity Guide
- Complete John's Chicken Activity Guide

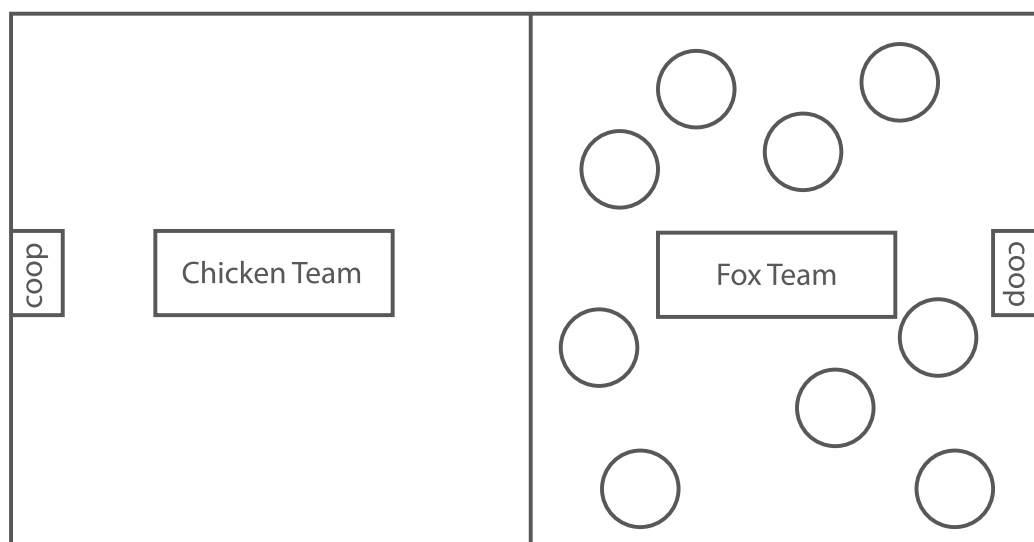
Return to the Coop

Equipment:

- 8 hula hoops
- Multiple rubber chickens
- 2 buckets, baskets or boxes

Set-up:

- Divide the playing area in half (i.e. basketball half court line).
- Place a full box of chickens at the back of one half (the chicken team), and an empty box at the back of the other half (the fox team).
- Scatter 8 hula hoops on the ground on the fox side of the playing area.



Objectives:

The students on the chicken team attempt to return the chickens to the coop that is on the fox side of the playing area. Feel free to let your children come up with ideas on how to use the RubberLike Pigs or Frogs in a similar game.

Directions:

1. Each player on the chicken team may only carry one at a time.
2. The chickens are safe on their own side of the playing area OR if standing in a hula hoop on the fox side. Only one chicken may stand in a hoop at one time.
3. The foxes try to tag the chickens in the fox territory. A tagged chicken must return to the chicken coop and swap rubber chickens.
4. Play for a specific time limit. Count the number of chickens that were successfully placed in the coop on the fox side. Switch the chicken and fox teams. The new chicken team tries to beat the score of the previous chicken team.

NASPE Standards:

- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.



**Swirl 18'
Parachute**
*A "Twist"
on an Old
Favorite*

**Two-Person
Parachute**

*Creativity,
Cooperation*



**Sportime
Suggested
Products**

Item #
008760
1449450
1449447

Description
18" Slotted KontrolKones Set of 6
Two Person Parachute Set of 6 **OR**
18' Swirl Parachute

Visit

www.Sportime.com/Parachute for additional information.
• Complete SPARK Activity Parachute Switcheroo

SPARK™

Activity

Ready...

- 4 cones (for boundaries)
- 1 6' parachute per 6-8 students
- Music and player (optional)

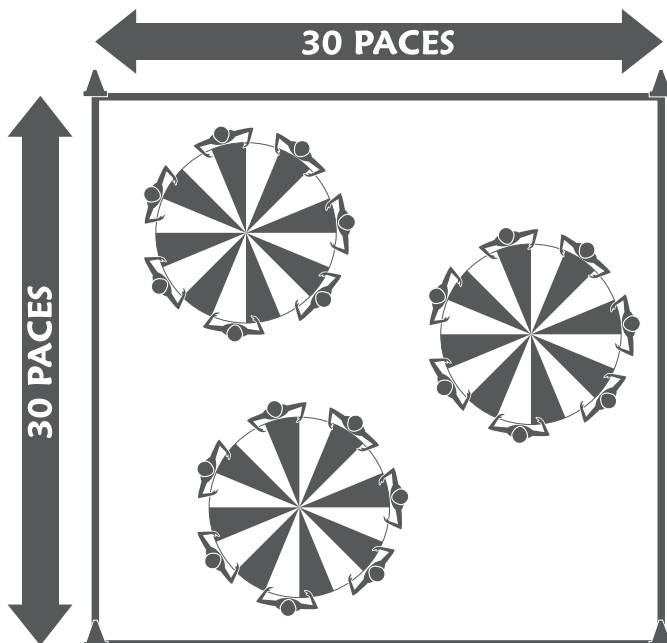
Set...

- Create large (30X30 paces) activity area.
- Place small parachutes just inside boundaries in a square or triangle (depending on the number of chutes).
- Place groups of 6-8 students around each parachute.

GO!!!

1. The object of Chute Switcheroo is to move from 1 parachute to another when your color is called.
2. We will move in this direction from chute to chute. (Point the way you want them to move – clockwise or counterclockwise).
3. The color you are holding on the parachute is your color. What color are you?
4. On the start signal, shake your chute up and down. On the stop signal, stop shaking the chute.
5. When your color is called, let go of the parachute, move to the next parachute, find your color, and hold on.
6. Watch for others when moving from chute to chute!
7. Can you move to the next parachute before I count down from 5?
8. **Wrap It Up**
 - There are 2 directions around a circle: they are clockwise and counterclockwise.
 - To go clockwise, when you are looking toward the center of the circle, move to your L. You will be moving like the hands on a clock from 12 to 1 to 2, and on around back to 12.
 - To go counterclockwise, move to your R. You will be moving the opposite way from the hands on a clock. That is why it is called counterclockwise.

Parachute Switcheroo



SPARK IT UP!!!

- **2 For 1** (Call 2 colors at a time.)
- **Fly in the Web Switcheroo**
Groups play Fly in the Web. When your color is called, switch to the next chute and continue playing.

TIPS

- Have students point the direction they move to the next chute.
- Practice walking from chute to chute before moving faster.
- Increase distance between chutes for more movement.
- Vary locomotor skills used to move between chutes.

STANDARDS ADDRESSED

NASPE

- #1, 2 Spatial awareness, body management
- #3, 4 Upper body muscular endurance, cardiovascular endurance
- #5, 6 Cooperation, accepting personal challenges



Rub-R-String™ Balls

Colorful and Easy to Catch



Sportime Suggested Products

Item #	Description
032271	Giant Utility Sequencing Spots Set of 6
016933	Sportime Super-Safe FlexiKone 15" High Set of 6
1449452	Rub R String Multicolor Ball 6cm OR
1449453	Rub R String Multicolor Ball 9cm OR
1449454	Rub R String Multicolor Ball 11cm OR
1449451	Rub R String Ball 9cm Set of 6 Colors

Visit

www.Sportime.com/StringBalls for additional information
• Complete SPARK Activity Sit and Toss

SPARK™

Activity

Ready...

- 1 spot marker per child
- 4 cones for activity area boundaries
- 1 fluffball per child
- Musical ASAPs – #31 and #10
- SPARK EC Music CD and player

Set...

- Create activity area.
- Scatter spot markers within area.
- Scatter fluffballs outside boundaries.
- Send children to stand on spot markers.

GO!!!

1. **"Farmer's Garden"** (Teach Musical ASAP #31.)
2. **Fluffball Selection and Exploration** (Allow 2 minutes for exploration.)
 - When you hear the color of your home, **jump** to get a fluffball, then **jump** home.
 - When the music starts, play safely with your fluffball inside your bubble.
 - When it stops, set your fluffball on the floor and listen.
3. **Cross the Midline**
 - Follow me! Touch your head. Touch your shoulder. Your other shoulder. Your hip. Your other hip. Your knee. Your other knee. Your foot. Your other foot. (Repeat using opposite hand.)
4. **Sit and Toss** (Low tosses.)
 - How quickly can you sit on your home behind your fluffball?
 - Follow me doing low tosses with my fluffball. (Demonstrate.) Use 2 hands to do low tosses. Remember to watch the fluffball as it lands in both hands.
 - How slowly can you do low tosses? How quickly?
5. **Sit and Toss** (Medium tosses.)
 - Follow me doing medium tosses. (Demonstrate.) Toss the fluffball as high as the top of your head. Remember to watch the fluffball land into both hands.
 - How slowly can you do medium tosses? How quickly?
6. **Fluffball Return** (Send children to return fluffballs by spot color and **jump** home.)
7. **"Gallop"** (Teach Musical ASAP #10.)
8. **Wrap It Up**
 - When you hear, "Go!" how quickly can you shout a body part we touched with our fluffballs?
 - Who will go home and show this activity to their family?

Sit and Toss



ADAPTATIONS

Limited Space

- Play Friend to Friend to pair children. Have one partner perform an activity with a fluffball while the other partner mirrors it (without a fluffball). Switch roles after each activity.

Variation

- An imaginative Cross the Midline activity is to pretend fluffballs are rolls of tape. Have children wind their "tape" around their feet, legs, torso, and head. Reverse the action to unwind the "tape."

Inclusive Strategy

- For a child with visual or motor impairment, a fluffball may be attached to a lanyard or wristband to encourage independence in retrieving missed fluffballs.

OBJECTIVES

- Tossing
- Hand-eye coordination
- Visual tracking
- Crossing the midline



PaddleSoft™ Paddles

Super Soft Means No Fear

Sportime Suggested Products

Item #	Description
1449584	PaddleSoft Paddles Set of 6
1017305	3½" UltraFlex FunMax Balls Set of 6
005104	9" Spot Markers Set of 12
1306549	Sportime GradeStuff Link Jump Rope 16'

Visit

www.Sportime.com/PaddleSoft for additional information
• Complete SPARK Activity Paddle 2-Square

Activity

Ready...

- 1 paddle per student
- 1 tennis or wiffle ball per pair
- 4 spot markers per pair, to create courts
- Chalk, jump rope or tape (to mark midline)

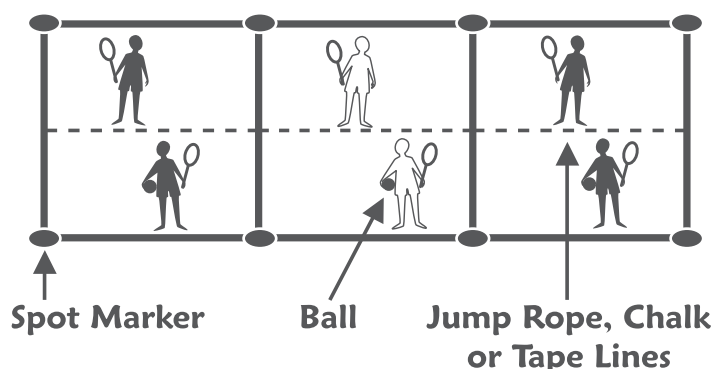
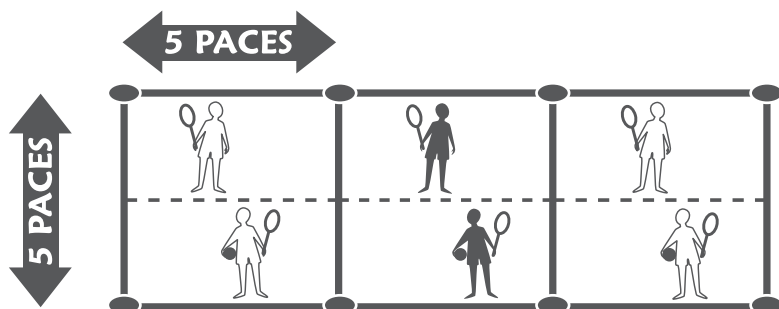
Set...

- Create one 2-square court (5X5 paces) per pair. Create a midline for each court.
- Create pairs; 1 pair per court. Each player with a paddle, 1 ball per pair.

GO!!!

1. The object is to hit the ball back and forth under control with your partner.
2. Choose which of you will serve first.
3. Server strikes the ball underhand to their partner, who return it using a forehand or backhand stroke.
4. The ball may bounce 0 or 1 time before hitting. Try to keep a "rally" going. A rally is when the ball goes back and forth several times.
5. Switch servers every 5 serves.
6. Continue until signal.

Paddle 2-Square



CHALLENGES

- How many hits can you and your partner make without a miss?
- Can you strike the ball using both forehands and backhands?

CUES

- Ready Position.
 - Weight on the balls of your feet.
 - Knees slightly bent.
- Hit softly and in control.
- Stay near the back of your square so you can move forward.

STANDARDS ADDRESSED

NASPE

- #1, 2 Striking, serving
- #3, 4 Cardiovascular fitness
- #5, 6 Cooperation, accepting challenges



GripSoft™ Rebounder

*Flies True &
Looks Cool*



ColorTwist™ Flying Disk

Get a Grip on Rebounding

Sportime Suggested Products

Item #	Description
016933	Sportime Super-Safe FlexiKone 15" High Set of 6
708331	Throw - Down Bases Set of 4
1449587	ColorTwist Flying Disk Set of 6 OR
1449585	GripSoft Rebounder Set of 6

Visit

www.Sportime.com/Flying for additional information
• Complete SPARK Activity 5-Player Flying Disc Throw and Run

SPARK[™]

Activity

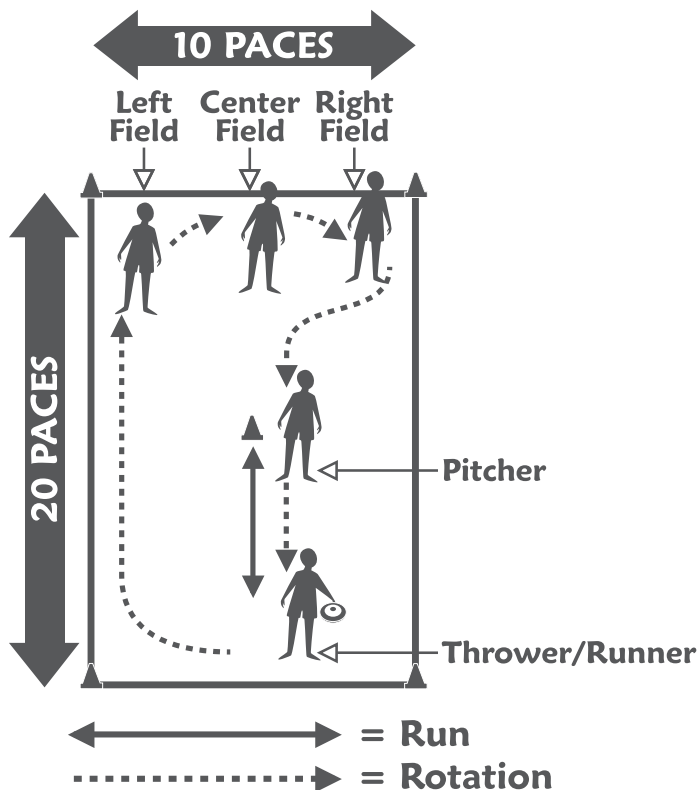
5-Player Flying Disk Throw and Run

Ready...

- 4 cones per group of 5 (for boundaries)
- 2 bases (cones, spot markers, etc.) per group of 5
- 1 flying disc per group of 5

Set...

- Create 1 long, narrow (20X10 paces) grid per group of 5.
- In each grid, place 1 base centered and close to the baseline, and the other 10 paces toward the opposite baseline.
- Create groups of 5; each with a flying disc.
- Positions include Left Field, Center Field, Right Field, Pitcher and Thrower/Runner.
- Thrower/Runner begins at home plate with the disc.



GO!!!

1. The object is for the Thrower/Runner to score as many points as possible before the fielding team passes to all, and hits the Pitcher's cone with the flying disc.
2. Play begins with throw from Thrower out to the field. Thrower then runs around the 2 bases as fast as possible.
3. Defense fields the disc and must pass to all players; then pass to the Pitcher at the Pitcher's cone to stop the Runner's progress.
4. You score as many points as bases you have touched; i.e., getting home = 2, going around twice = 4, etc.
5. Rotate in the shape of a question mark: L Field to Center, Center Field to R, R Field to Pitcher, Pitcher to Thrower, and Thrower to L Field.

CHALLENGES

- How many times can you be the Thrower/Runner before the signal?
- How quickly can you pass to all players on Defense?

CUES

- Fielders: Pass to the closest teammate first. Relay it to all.
- Spread out to cover more area.

STANDARDS ADDRESSED

NASPE

- #1 Passing and catching
- #2 Offensive and defensive strategies
- #5 Cooperation

CatchSoft™ Gloves

*Soft and
Safe Intro
to Baseball*



CatchPad™

Made for Hands of all Sizes

Visit

www.Sportime.com/CatchSoft for additional information
• Complete BallsEye Activity Guide

Have your students use their imaginations to come up with additional games and activities for the CatchSoft Gloves and CatchPad and let the fun begin.

Sportime Products for this Activity

Item #	Description
1449588	Catchsoft Baseball Gloves Set of 6 OR
1449586	CatchSoft CatchPad Set of 6
1322108	Trend Math Operations Flash Cards Addition, Subtraction, Multiplication and Division

Fitness Math

Equipment:

- 1 BallsEye/student
- 1 hook-and-loop ball
- Math flash cards

Ages: 1st through 5th grade

Formation: Circle with 1 student in the center.

Procedure: Students are given assigned numbers. Teacher calls out math facts. Students compute answers in their heads. Center player throws the ball forcefully on the ground within the basketball-jumping circle. Student with the correct answer to the math question who has the assigned number attempts to catch the ball. If he/she misses the ball or the wrong person fields the ball, then that person would be eliminated briefly while he/she does a fitness activity, such as 10 jumping jacks, before returning to the game.

Sportime Products for this Activity

Item #	Description
1449588	Catchsoft Baseball Gloves Set of 6 OR
1449586	CatchSoft CatchPad Set of 6
1307330	Multi-Layered 2" Sportime TechnoMat 2 Set of 6

Mat Ball

Equipment:

- 4 tumbling mats
- 1 BallsEye/student,
- 1 hook-and-loop ball

Ages: Elementary

Formation: Fielding team is scattered behind the half-court line, throwing team is behind home plate in line. Mats are at each base.

Procedure: Ball is thrown and the runner attempts to stay or advance at his/her own risk. If the player is between bases, he/she is out if the ball is placed on the floor inside the center circle. All runners off a base when the ball is touched are out.



Hook-N-Loop Beanbag Scarves

*Tossing,
Targeting,
Terrific!*

Sportime Suggested Products

Item #	Description
016933	Sportime Super-Safe FlexiKone Set of 6
1449431	Sportime AlphaNumber Spots
1449422	Sportime Hook-N-Loop Beanbag Scarves Set of 6

Visit

www.Sportime.com/BeanbagScarves for additional information
• Complete SPARK Activity Scarf Juggling Lead-Up

SPARK[™]

Activity

Ready...

- 4 cones (for boundaries)
- 1 spot marker per student
- 3 different colored scarves per student
- Music and player

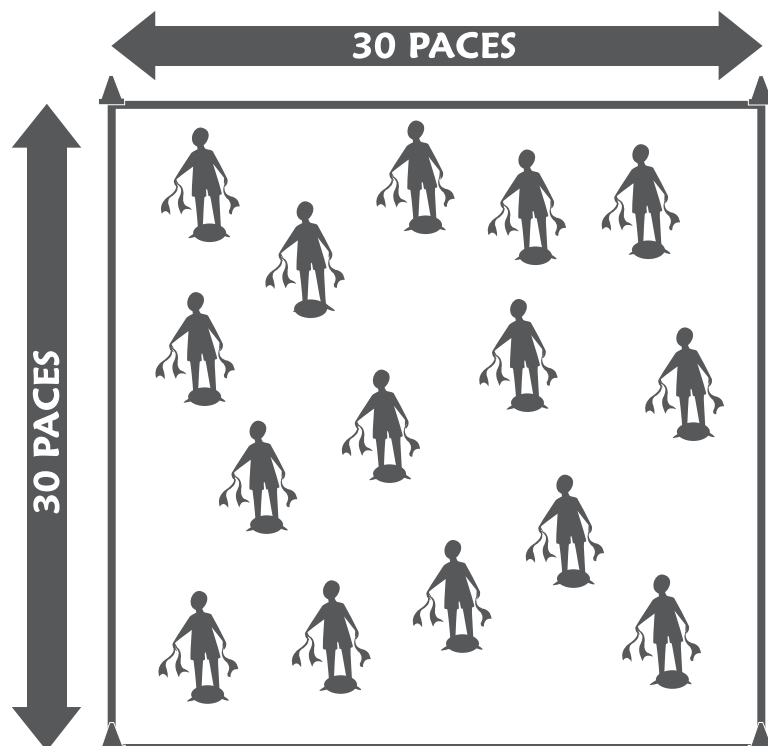
Set...

- Create a large (30X30 paces) indoor activity area.
- Scatter spot markers throughout area.
- Disperse students to markers, each with 3 different colored scarves.

GO!!!

1. Today we will learn how to juggle scarves.
2. Hold 1 scarf and leave the other 2 on the floor.
3. Lift your arm high across your body, and flick your wrist to release the scarf. Catch the scarf at waist level with the opposite hand (up, catch). Practice with your R and L hands.
4. Hold 2 scarves, 1 in each hand, at waist level. Lift your R arm up and across your body, and release the scarf. Lift your L arm up and across your body, and release the scarf (your arms make an "X"). Catch the scarves at waist level, first with your L hand, then with your R (up, up, catch, catch).
5. Allow students time to practice this with their scarves.
6. **Wrap It Up**
 - What did you have to do with your eyes in this activity?
 - Could you keep playing with scarves at home – on a rainy day? Ask a parent for permission to borrow and play with scarves.

Scarf Juggling Lead-Up



SPARK IT UP!!!

• Movin' More

Try marching in place while you toss and catch your scarves. If you can do that, try jogging in place while you practice.

• 3 Scarves

Let's try 3 scarves! Hold 2 in your R hand and the 3rd in the L hand. Toss 1 from your R hand up and across your body. Repeat with your L hand. Then toss the 3rd scarf, and let all fall to the ground. Practice that rhythm many times. When ready, toss up 1 R hand scarf, toss up the L hand scarf, catch the R hand scarf with the L hand, toss up the other R hand scarf, and catch the scarf that was originally in the L with the R hand. Continue tossing and catching, saying, "Up-up-catch-up-catch-up-catch-up," etc. (Remind students that they must get rid of a scarf before they can catch one.)

STANDARDS ADDRESSED

NASPE

#1, 2 Spatial awareness, manipulatives

#6 Participates, appreciates, enjoys movement

Nutrition Beanbags



*Reinforcing
Nutrition
Education*



Visit

www.Sportime.com/MovementCards for additional information
• Complete Nutrition Beanbags Activity Guide

Sportime Products for this Activity

Item #	Description
1450391	Nutrition Beanbags Set of 59
1361477	12' GripStarChute Parachute
1408052	My Plate Activity Mat
1321059	30" Skinny No Kink Hoops Set of 12

Beanbag Treasure Hunt

Pre-K through 3rd grade

Place all the Nutrition Beanbags under a parachute; students are standing or sitting holding the parachute with an overhand grip. The teacher announces what the students will be looking for. When the teacher says GO, students rush under the parachute and find the desired treasure the teacher is looking for. Game may be repeated several times.

Once the students have learned the basic premise of playing the treasure hunt game the games may be modified to include fitness and locomotor actions. Modifications are limited only to the teacher's imagination.

Teachers in 2nd and 3rd grade can explore the food groups even further. Teachers can divide the class into teams by the color of the parachute. Each team is trying to build a healthy balanced plate of food. Provide a hula hoop for each team and post the My Plate Activity Mat (sold separately or as a kit) in a place where everyone can see it. Teams should be numbered off. When the teacher/leader calls out a number, those players rush under the parachute and find a beanbag to bring back out. They then decide as a team what they need to build a healthy plate. They place that beanbag in their hoop. The team that builds the healthiest plate first wins.

Sportime Products for this Activity

Item #	Description
1450391	Nutrition Beanbags Set of 59
1408052	My Plate Activity Mat
1321059	30" Skinny No Kink Hoops Set of 12

The Healthy Plate Fitness Game

In teams, each team has a hoop (representing the My Plate). Divide the bean bags equally between the 4-6 teams. Place the My Plate Activity Mat where all can see, or hang it on a wall for better visibility.

The object of the game is to build a healthy plate. The players are trying to match the My Plate Activity Mat. When the teacher says GO, the players may take one beanbag each from their Plate (hoop). They want to leave any beanbag that will help them build a healthy plate. They may place the beanbag into any other team's hoop.

The game might be played with a time limit or it is over if a team has a full plate with only the beanbags in that hoop that represent a healthy plate (as defined by the My Plate mat).

Agility Fitness Spots



*Almost Limitless Ways
to Work on Agility*

Sportime Products for this Activity

Item #	Description
1449429	Agility Fitness Spots Set with Carrying Tote

Visit

www.Sportime.com/AgilityFitness for additional information
• Complete Agility Fitness Activity Guide

Agility Fitness Stations

Set up stations with simple or complex agility patterns. Have students make their own patterns up. Works with all grade levels and skill levels.



Right foot only



Left foot only



both feet

Sample Stations:

Right Foot Hop



Left Foot Hop

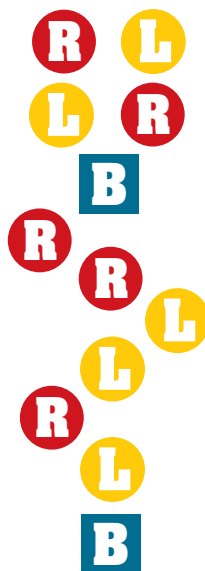


Double Leg Bounding

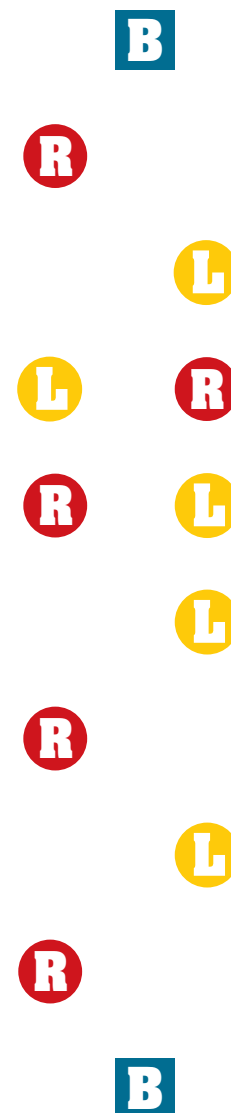


More Complex Sample Stations:

Agility Station



More Challenging
Agility Station



Hop Scotch



AlphaNumber™ Spots

A Fantastic Kinesthetic Teaching Tool!



Sportime Suggested Products

Item #	Description
016933	Sportime Super-Safe FlexiKone Set of 6
1449431	Sportime AlphaNumber Spots Set of 72 Spots with Storage Bucket

Visit

www.Sportime.com/AlphaNumberSpots for additional information
• Complete SPARK Activity Frog Crossing

SPARK™

Activity

Ready...

- 4 cones (for boundaries)
- 1 spot marker per student (hoops may substitute for spots)
- Music and player (optional)

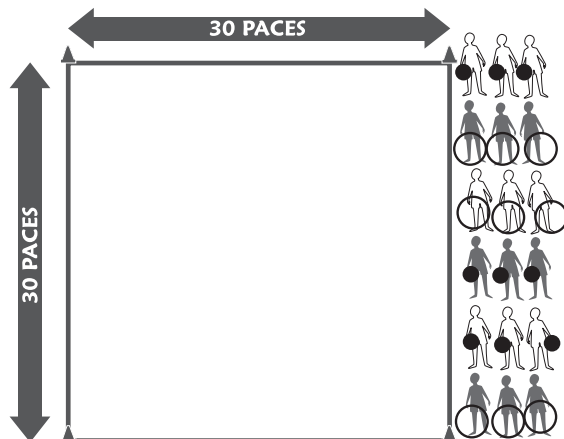
Set...

- Create large (30X30 paces) activity area.
- Send students to select 1 hoop or 1 spot marker ("lilypad") each.
- Form groups of 3.
- Scatter groups to stand in single-file lines facing 1 sideline ("pond").
- The 1st in line is the "Frog;" others are "Tadpoles."

GO!!!

1. The object of Frog Crossing is for "Tadpoles" to help their "Frogs" cross the "pond"(playing area) and reach the other side (point).
2. Tadpoles: Place the "lilypads" (spots) in a line so your Frog can jump from lilypad to lilypad and cross the pond.
3. Frogs: Only good Frog jumps to cross; 2-foot take-offs and 2-foot landings.
4. (Begin game and add the following rules while students are engaged.)
5. **More Rules**
 - Only Frogs are allowed on lilypads.
 - Only Tadpoles are allowed in the "water."
 - If a Frog lands in the water, that Frog starts over.
 - (Remind Tadpoles to place lilypads within jumping distance.)
6. Frogs: When you reach the other side of the pond, switch roles with 1 of the Tadpoles. New Frogs jump back across the pond on lilypads.
7. We'll continue until everyone has been a Frog.
8. Your group finishes early, play leapfrog outside our boundaries.
9. **Wrap It Up**
 - What could you do to jump farther? (e.g., bend knees and use arms more, extend legs further on landing, etc.)
 - After you played a couple of times, did your Frog have an easier time crossing the pond? What did you do or say to make it easier?

Frog Crossing



SPARK IT UP!!!

• Pond Pathways

This time just before we begin, I'll call a pathway (e.g., curved or zigzag). Tadpoles, lay your spots in that pathway, but keep them close enough for your Frog to jump to.

• Rainstorm

While you're playing, if you hear, "Rainstorm!" stop what you're doing and run (skip, gallop) around our perimeter in this direction (point) to "dry off." When you hear, "Sunshine!" hurry back to continue where you left off.

• Murky Waters

After a few rainstorms, our pond isn't as clean as it used to be. Tadpoles, you cannot stand in the dirty water, so you'll need to share 1 lily pad with your partner at all times. Figure out how you will both stand on 1 and still set the other 1 for your Frog! Hold your balance and work together.

STANDARDS ADDRESSED

NASPE

- #1, 2 Spatial awareness, locomotor skills, chasing and fleeing
- #3, 4 Participates in enjoyable, challenging activities, aerobic capacity
- #5, 6 Participates, appreciates, enjoys movement, cooperates in a group setting

Drum-N-Store Buckets



A total mind-body experience both a kinesthetic and sensory activity.

Sportime Products for this Activity

Item #	Description
010523	Sportime Economy Play and Exercise Ball 65cm
374303	Rhythm Lummi Sticks Set of 24
1450038	Sportime Drum-N-Store Buckets Set of 6

Visit

www.Sportime.com/Drum for additional information
• Complete Bang on the Drum All Day Activity Guide

Bang on the Drum All Day!



Equipment:

- 1 Stability ball 65 cm per student,
- 2 Lummi or Drumsticks per student,
- 1 Five gallon bucket per student,
- Music
- Open space

Room Set Up:

Set up buckets and balls in rows with each row offset one bucket to open windows.

OR

Set up buckets in a circle.

Cupid Shuffle

- Side together to the right four times-on the final together, hit the ball with both sticks. Student should be at the ball to the right of their own ball.
- Side together to the left four times-on the final together; hit the ball with both sticks. Student should be at their own ball.
- Four kicks, striking the ball while you kick
- Strike the ball four times as you turn to face left
- Walk forward four counts, clicking sticks together and start at new ball

Modifications:

Consider giving students different objects for drumming such as a larger size stick to grip or have partners assist with drumming. Two students may drum on the same ball using opposite sides.

STANDARDS ADDRESSED

NASPE

- 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Penguin Bowling™

An Arctic Adventure in Bowling



Sportime Suggested Products

Item #	Description
005104	9" Spot Markers Set of 12
1449449	Penguin Bowling Set

Visit

www.Sportime.com/PenguinBowling for additional information
• Complete SPARK Activity Aerobic Bowling

SPARK[™]

Activity

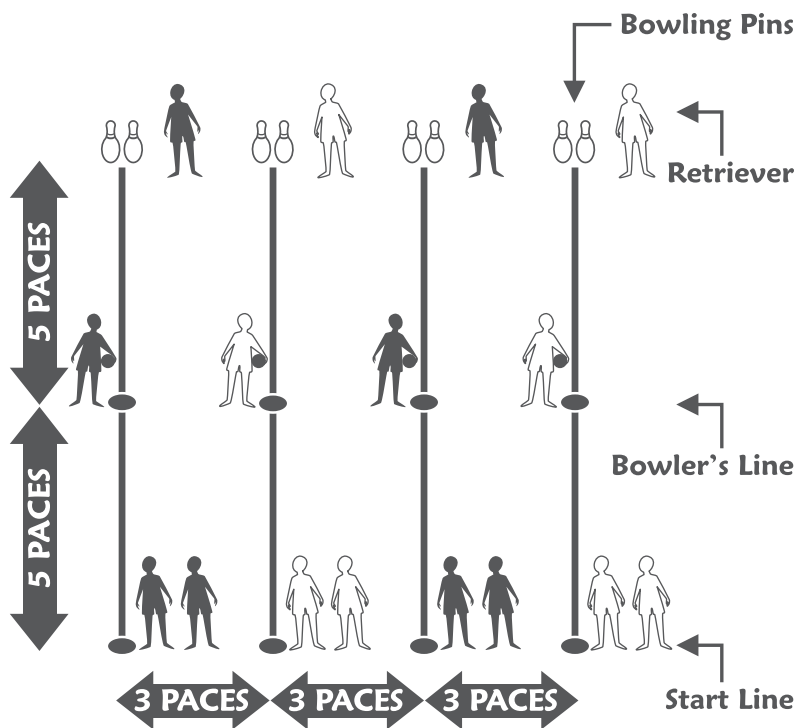
Aerobic Bowling

Ready...

- 2 spot markers per group of 4 students
- 2 bowling pins (or substitute 2 lightweight cones) per group of 4 students.
- 1 utility ball per group of 4 students

Set...

- Create 2 parallel lines of spot markers and a third line of bowling pins.
- Lines are 5 paces apart, and spot markers in each line 3 paces apart.
- The first line of spot markers is the start. 2 students start here. The 2nd line of spot markers is the Bowlers' line. The 3rd line is for the bowling pins (or 2 cones) and where the Ball Retriever stands.



GO!!!

1. The object is to use underhand rolling skills to score as many points as your group can before the signal.
2. On signal, the Bowler (at 2nd cone) rolls the ball toward pins/cones trying to knock them over. Bowler runs after the ball and sets up pins/cones for next Bowler (if needed) and stands safely off to the side.
3. The Ball Retriever retrieves rolled ball, runs it to 2nd cone for the new Bowler, then continues to start line.
4. When you reach the front of the start line, run to be the next Bowler.
5. Continue bowling, setting up pins, retrieving and running until signal.
6. **Scoring:**
 - Strike (both pins knocked down) = 10 points
 - Spare (1 pin knocked down) = 5 points

CHALLENGES

- How quickly can your group score 50 points?
- How many points can your group score before the signal?

CUES

- Bowlers, step forward with opposition, and release the ball when pointing at the target.
- Retrievers, move quickly to bring the ball to the next Bowler.
- New Bowlers, move to the bowling line quickly.

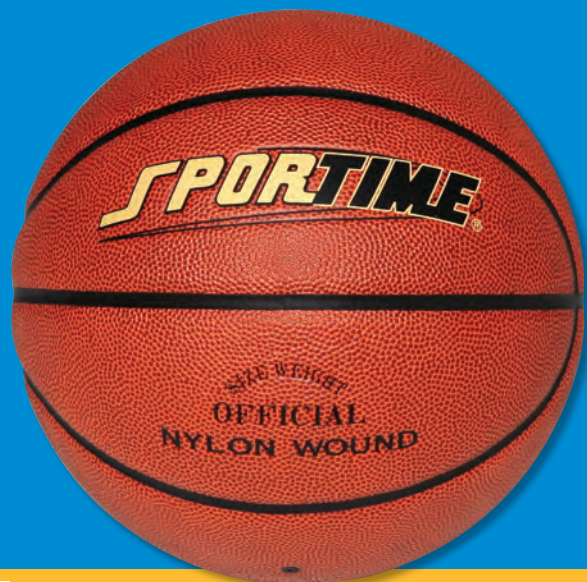
STANDARDS ADDRESSED

NASPE

- #1, 2 Underhand rolling for accuracy
- #3, 4 Cardiovascular endurance
- #5, 6 Cooperation, accepting challenges

Tournament Gold Competition Composite Basketball

*Premium Quality
Competition Ball*



Gold Series Synthetic Leather Basketball

*Unmatched Quality
For The Price*

Sportime Suggested Products

Item #	Description
005104	9" Spot Markers Set of 12
025733	Sportime Red Pinnes Set of 12
1449592	Sportime Tournament Gold Competition Mens Composite Basketball - 29.5" OR
1449593	Sportime Tournament Gold Competition Womens/Intermediate Composite Basketball - 28.5" OR
1449594	Sportime Gold Series Synthetic Leather Mens Basketball - 29.5" OR
1449595	Sportime Gold Series Synthetic Leather Womens/Intermediate Basketball - 28.5"

Visit

www.Sportime.com/Basketball for additional information

- Complete SPARK Activity 3-Catch With A Post Player
- Complete SPARK Activity Basketball Practice Plan

SPARK™

Activity

Prep...

- 4 spot markers per 7 students
- 1 pinnie per 2 students
- 1 ball per 7 students

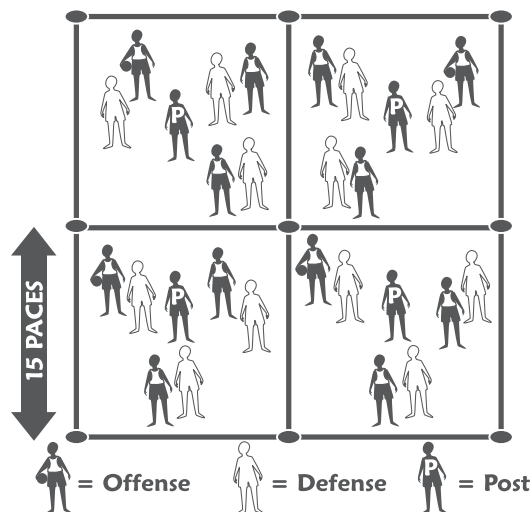
Set...

- Create medium grid (15X15 paces) per group of 7.
- Form groups of 7; 1 group and ball per grid.
- Each group consists of 3 Offensive Players, 3 Defensive Players and 1 Post Player. The group with pinnies begins on Offense.

TEACH!!!

1. The goal of 3-Catch with a Post Player is to make 3 catches, each to a different member of your group.
2. Offensive players do this by pivoting, passing and moving to an open space. Dribbling is not allowed.
3. In the center of the grid stands a Post Player. Either group can pass to that player when the group needs help. The Post Player must pass the ball back to the group from which they received the pass.
4. Each Defender guards a player from the other group. After 3 catches, the Offense earns 1 point, and the group scored upon has the ball.
5. If a turnover occurs (incomplete pass, ball out of bounds, defense intercepts), group roles are reversed. Offense becomes Defense and vice versa. (Rotate Post Player after 3 turnovers.)
6. Principle of 3s in effect.
7. **Cues for Offense**
 - Spread out and use all the space you have.
 - Move to get open for a pass. Use the give and go.
 - Use the Post Player.
8. **Cues for Defense**
 - Play player-to-player and guard someone your size and speed.
 - Keep at least 3' away from the person you're covering, and the ball.
9. **Challenges**
 - How many points can you score on offense?
10. **Think About...**
 - Name skills involved in playing 3-Catch with a Post Player. In what 2 areas was your group most proficient?
 - Which aspects of your play need more practice?

3-Catch With A Post Player



EXTENSIONS

- **Royal Court**
Play 3-Catch with a Post Player in a Royal Court format. On my signal (3-5 minutes), whoever is behind moves down to the next court while the group that is ahead moves up a court.
- **4-on-4 Post**
(Enlarge the grid area.) Play 4-on-4 3-Catch with a Post Player.
(Advanced learners) 3-Catch as before, but remove the Post Player, allow dribbling, and try for 3 catches in a row.

STANDARDS ADDRESSED

NASPE

- #1, 2 Moving efficiently in general space, throwing and catching
- #3, 4 Aerobic capacity
- #5, 6 Cooperation, accepting challenges



**Gold Series
1000 Volleyball**



**Gold Series
1000 Volleyball Trainer**



**Gold Series
2500 Volleyball**



**Platinum Series
3000 Volleyball Trainer**

*Our Best New Trainers and
Super Soft Cover Volleyballs*

**Sportime
Suggested
Products**

Item #	Description
005104	9" Spot Markers Set of 12
1449597	Sportime Gold Series 1000 Volleyball - White OR
1449628	Sportime Gold Series 1000 Volleyball - Blue OR
1449627	Sportime Gold Series 1000 Volleyball - Red OR
1449598	Sportime Gold Series 1000 Volleyball Trainer - Orange OR
1449596	Sportime Gold Series 2500 Volleyball - White OR
1449626	Sportime Gold Series 2500 Volleyball - Blue OR
1449599	Sportime Platinum Series 3000 Volleyball - White

Visit

www.Sportime.com/Volleyball for additional information

- Complete SPARK Activity Cooperative Countdown
- Complete SPARK Activity Volley Tennis
- Complete SPARK Activity 3rd Hit's A Charm

SPARK™

Activity

Cooperative Countdown

Ready...

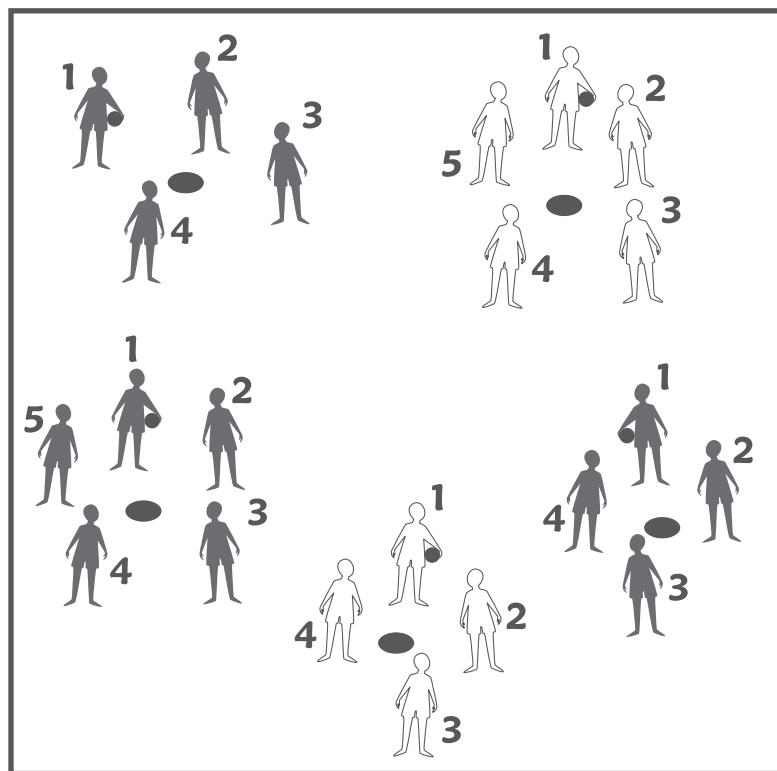
- 1 spot marker per 4-5 students
- 1 ball per 4-5 students

Set...

- Group 4-5 students in a circle; 1 spot marker in the center of each circle.
- Circles spread in area.
- 1 ball per circle.

GO!!!

1. The object is to complete a "countdown." Start using either bump or set, and making sure everyone in your group has a turn.
2. Number yourselves 1 through 4.
3. Number 1s begin with the ball, and stand on the spot (in the center).
4. On signal, #1 tosses the ball into the air, calls "countdown," and quickly moves out of the center.
5. Number 4 moves into the circle and bumps or sets the ball up, followed by #3 who bumps/sets and #2 who bumps/sets. The sequence is complete when #1 bumps/sets.
6. One bounce between each pass is allowed.
7. Score 1 "countdown" point for each successful rotation.
8. If the ball bounces more than once, start a new "countdown." The last player in the circle becomes the new #1.
9. Everyone gets a new number after each countdown round.



CHALLENGES

- Can you volley (bump or set) the ball up straight and not out of your circle?
- How quickly can you move into the circle to volley then move back to your position on the circle?

CUES

- Call "Mine!" when it is your turn.
- Move quickly to get your body under the ball.

STANDARDS ADDRESSED

NASPE

#1, 2 Forearm pass, overhead set, moving into and out of position

#5, 6 Group practice

#2, 6 Challenge completion