

## **Children’s Council for Expanded Physical Education- February 23, 2008**

**Brian Wood-** Has information about Rock Walls and Pedometers  
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### **Meg Greiner- Team Time**

Meg has a couple of group dances she did that I have not seen. One of the dances was a circle group dance and the other had limbo in it- some modification of Limbo Rock maybe.

Meg has used some Greg and Steve CDs that I have not used. Dale wrote them down. There were two novelty dances discussed- Cupid shuffle and another one. They are on Youtube so it should be easy to get the moves.

### **THE RESPECT DANCE:**

Music: “*RESPECT*” by Aretha Franklin Jock Rock 2

Formation: Lines – two wall dance

R Gator, R Gator, (right foot swivel toe to right and back to center)

Front, side, back, stomp and yell RESPECT

L Gator, L Gator, (left foot swivel toe to right and back to center)

R touch Front, side, back, stomp (yell RESPECT on stomp)

Grape vine to the right

Grape vine to left

Grape vine right with a 1/2 turn (facing opposite wall) and continue with left grapevine.

Repeat dance to opposite wall.

**Note:** A new one for us- we will try it soon. This dance was a little unintuitive with the starting foot for the grapevine, especially after the 1/2 turn. It felt like we were going the wrong way.

### **CELEBRATION LINE DANCE** (learned from John Bennet)

Music: “Celebration” by Kool and the Gang CD: Pure Disco Vol. #1

Formation: Scattered or lines (4 wall dance)

Cues: Point 2 (right arm palm down point 2xs to R)

Point 2 (left arm palm down point 2xs to L)

Over 2 (right arm palm up point 2xs to R)

Over 2 (left arm palm up point 2xs to L)

Hitchhike 2 (right thumb point 2xs over R shoulder)

Hitchhike 2 (left thumb point 2xs over L shoulder)

Roll Down

Roll up

Cross 2 (R hand point to L knee 2xs)

Cross 2 (L hand point to R knee 2xs)

Thigh (R hand slap L thigh 1x)

Thigh (L hand slap R thigh 1x)

Hip (R hand slap R hip 1x)

Hip (L hand slap L hip 1x)

Jump in place 3xs

Jump 1/4 turn to right and repeat dance

### **COTTON EYED JOE**

Music: Cotton Eyed Joe Remix - the Rednex

Scattered or in groups

Stomp kick, back, back, back

Stomp kick, back, back, back

Stomp kick, back, back, back

Stomp kick, back, back, back

8 two steps forward

repeat one million times

**Note:** In this version instead of crossing one foot in front of the other bending at the knee and kicking out (traditional Texas Two Step), Meg went to Stomp, Kick of the move.

### **INSIDE OUT MIXER**

Music: The Locomotion performed by Kylie Minogue

Formation: 3 in a line-join hands

Cues: walk (forward) 2, 3, 4, 5, 6, 7, 8

circle, 2, 3, 4, 5, 6, 7, 8

inside out (arch), 2, 3, 4, 5, 6, 7, 8

circle (inside out), 2, 3, 4, 5, 6, 7, 8

break (into a line) 2, 3, 4, 5, 6, 7, 8

change (center person moves to next group) 2, 3, 4, 5, 6, 7, 8

Repeat from beginning.....

**Note:** In Meg's version, the players who join hands to form the circle to go around are the ones who form an arch. They are also the ones who split the circle to face line of direction. As a result, two players are always together in the group as the dance progresses. I got worn out always doing the arch. It is more predictable, but does not vary the group as much.



**Elen Abbadessa (Keynote)- Wellness... Live it, Love it, and leave a legacy**

**Note:** Get a copy of the PowerPoint to get the details. Also refer to the Conference booklet.

Much of what she discussed was on her PowerPoint presentation and centers around the mandated Wellness Policy for each district which derived from the WIC Act.

Much of the Information was taken from a conference where Judith Rink, Tom MaKenzie, Russ Pate and others were presenting.

There are 5 Components

Physical Education in Contemporary Education (PACE)

<http://www.conferences.uiuc.edu/PACE/>

Food of the Week- Google It- March Healthy Food Week

Use Your Physical Best Materials

Look at 5th Grade Health Book

Pedometer- Use your personal pedometer to model desired result

Field Day- A day to celebrate the whole child

Activities for Music-PE-Art-Library- Etc.

**Elen Abbadessa- Wellness... W.E.L.L.N.E.S.S.**

Use the line that runs the length of the gym as the center line. Lots of options for 1 on 1 tag games. She played that the **winner** runs to the safe line. That was difficult to get used to. I am used to the **loser** running to the safe line.

**1 v 1 Tag-** We played a math version. One player is the even #s- 2, 4, 6. The other player is odd- 1, 3, 5. On 3, show the symbol. If the product of the numbers is odd, the odd player chases. If the product is even, the even player chases. Can do it with addition, etc. If the even player always shows a 2, he wins every time. Make a rule that you can't show the same number twice.

**True/ False Version-** One player is true, the other one is false. Ask a question- rule related, health concept related, etc. If true, the true player runs (or however you want to set it up).

**Fruit/ Vegetable or Bone/ Muscle Version-** Players name fruits, the one who names a vegetable is it and chases the partner.

**Ease on Down the Road-** Taggers are in the middle of the gym. Runners are in the end zone at one end of the gym. The free players travel down the gym (running, foot dribble, hand dribble, etc.) If tagged, a player goes to the side of the gym and reads one of the concepts (Health Factors you Can- Exercise, Diet and cannot- Age, Heredity, Gender). During a stretching/ exercise break, discuss the concepts. Could also put an exercise on the cards. The game structure can stay the same and the concepts can change (Food groups, etc.).

**I Get Around-** Cards in the center are from GeoFitness, Inc. The team has a member choose a card and bring it to the group. The group must join hands (drop 1 link) and run to touch 1 wall if food item card is <50 calories, 2 walls if < 100 calories, 3 walls if < 150 calories and 4 walls if < 200 calories. Could play the 50 song- I Get Around for the fitness activity.

**Note:** Very similar to the program from Spokane we saw at Linus Pauling demonstration.

Another game similar to ones in the Physical Best materials.

**Place In The Sun-** Setup can be similar to Tommy Tucker's Land. The targets are spread out in the playing area. Several taggers (the health threats) protect the targets. If a player secures a target, they take it to a hula hoop base. The bases have a card with a concept sign associated with it. In this game, (presenter lives in Arizona) the concepts were healthy practices in the sun- 1) Drink, 2) Wear a Hat, 3) Wear Sunglasses, 4) Wear Sunscreen, 5) Avoid the Hottest Part of the Day.

**Don Fogel- Manipulate, Motivate, Integrate**

<http://www.wecaresports.com/>

Big time JVC Box- \$350 from COSTCO

**Everybody It-** "These are the rule- there are no 'what ifs' in the game"

Prior to the start of the game- "Put your hands up, touch your head, shoulders- Go!"

If hit- do 5 jumping jacks, 3 pushups outside the playing area, 10 elbow to knee moves.

**Striking with Success Balls**

**Both** hands together in front of body striking forehand and backhand side.

Same challenge with **One Hand**.

**Other Surfaces-** Play the ball off an elbow (chicken wing), off should and the head.

**Leg and Feet-** To play the ball off the Thigh- point the toe down.

For **Inside** of Foot (Hacky Sac)- Curl the toe like a hand.

For **Outside** of Foot (Hacky Sac)- Hold the ball away from the body outside the stance, and lift the whole leg bent at the knee.

**Geometric Mesh Paddles with Success Balls**

Change hand/ foot/ paddle- The idea is to get creative playing the ball. Add something to your striking routine- turn, touch the ground, etc.

Partner Striking- **1 Up 3 Down-** Each player plays the ball one time, two times, three times, two times, one time and a catch.

**One Spider Ball- One Success Ball**

1) **Toss each one-** let the spider ball bounce and catch the success ball (no bounce).

1) **Toss each one Across-** let the spider ball bounce and catch the success ball (no bounce).

3) **Choice/ Challenge-** Add a spin, use the juggling toss under, wrap a leg over the top, etc.

**Team Hula Hoop Challenge-** Team of 4-6 players or so. Number pattern specifies how many team members move into the hoop, pull it up over the head of the players, and then return the hoop to the ground.

Patterns Don specified- 3-2-3-2-1 and 2-3-4-2-1

Toss the larger Success balls in the group and catch it. On the catch, add skip counting (math), names of muscles or bones, sports, states, capitols.

### **Jim Stiehl (Keynote)- Boosting Kids' Engagement in Physical Activity**

#### **Changing Kids' Games- Don Morris, Jim Stiehl book**

Get a copy of this PowerPoint from Meg Greiner or Barb Cusimano

He studied under Muska Mosston. Figure out a way to shift decision making from adult to kids. Adults played croquet. Kid wants to play, but told he cannot play. Child insists he could play if they could change some of the rules.

All his career Jim trying to figure out “Why don't some kids participate?”

Sit and Click (videogame) generation.

James Naismith's dilemma- create a new indoor game.

Change- Challenge- Choices

Equipment, Movement, Rule, Grouping, Organizational Pattern

**“The rules of the game are not sacred, the kids are the sacred part.”**

Choices- Mosston- Slant the Rope, Graham- Teach by Invitation, Skill Stations- select among options and within those options there are individual challenges.

Failure- Make sure there is only one way to do something. Make sure everyone is watching the child fail to do the one thing you are requiring them to do.

**2 Player Relays-** Players start at each of the red or black sidelines. One player has the following challenges.

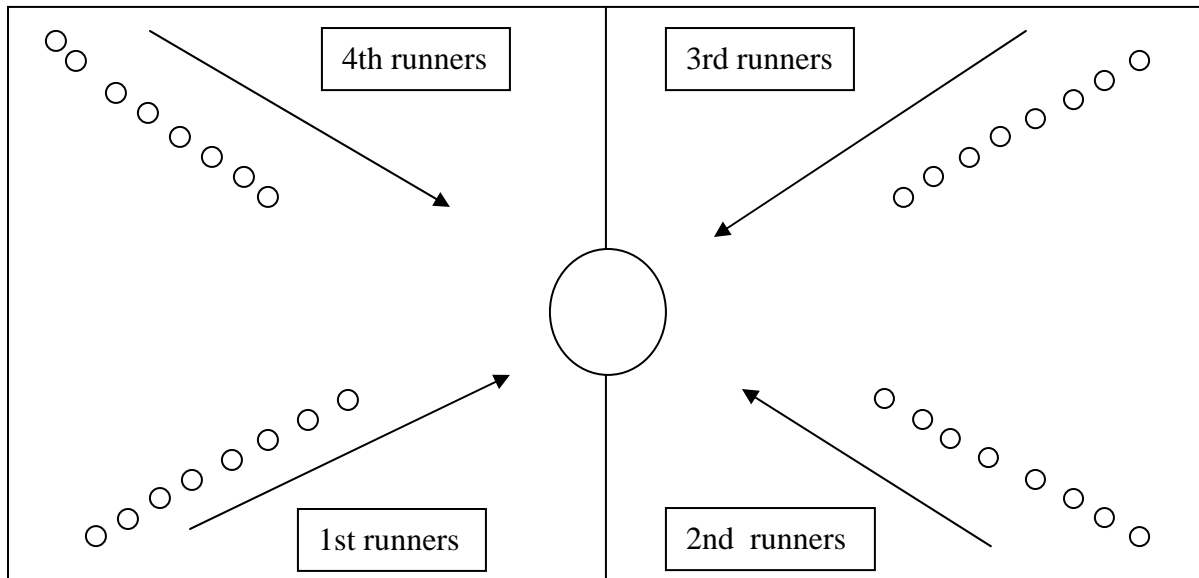
Parameters- Get 15 seconds to talk to their partner about choosing a the sequence of the moves.

Challenge 1: 1) Jump 2 times over the black line, 2) Shake the hand of your partner, 3) Shake the hand of someone else in the group, 4) Go through the legs of the partner.

Parameters- 20 seconds to discuss strategy with partner and choose 3 of the challenges in pattern.

Challenge 2- 1) Touch 4 Walls, 2) Leapfrog over partner, 3) Touch elbow to elbow with partner, 4) Jog around the group, 5) Jog around partner.

**4 Corner Travel Activity (groups of 6 to 8)**- First group to travel is the leader. Players in the leader group choose a way to move that matches the beat of the music. Members of the second group copy a move from the leader group as they travel across the court. Each time the new traveling group copies a move they see from a member of the immediately preceding group. As the sequence starts again, a new group starts the initial traveling move. The activity continues until all the groups have started the pattern. Could go through one time, and then change the music.



**Shirley Betournay- Individual Challenges and Multicultural Activities (Yellow handout)**

**Poi-** Lot of different types of homemade poi. Used two webbing finger slots (like from a key ring), swivels, thin rope, tennis balls, and streamers at the end. Good idea to thread the rope through the ball and then put the ribbon on the end before tying the rope. In that way the knot at the end of the rope would secure the ribbon onto the ball.

**Patterns- start with one poi, then try to add the other**

- 1) Turn the poi on the side of the body (vertical plane).
- 2) Cross the poi across the body and then turn it on the side of the body (diagonal plane).
- 3) Put the left elbow up to the side (diagonal plane). Turn the poi over the outstretched elbow, on the right side of the body (vertical plane), and then under outstretched elbow (diagonal plane).
- 4) Turn the poi over the head helicopter style (horizontal plane), and then below the knees (horizontal plane)

Poi- look it up on wikipedia

Poi tricks- look them up on wikipedia

[www.domorepoi.com](http://www.domorepoi.com)

Youtube domorepoi teaser

Youtube Awesome Poi Spinner Nick Woosley

**Gong-Gi (yellow handout for rules with session follows)**

Gong-Gi (or Kong-Gi) is a traditional Korean game played by children for many years. The game was introduced to USA in 1997 and is becoming very popular.

The game is very simple. You play with 5 pieces of Gong-Gi within a pre-determined area (about 2' x 2'). The goal of the game is to reach the pre-set number of points faster than opponents. Each player takes a turn. You can only use one hand to play. While picking up Gong-Gi's on the ground, you should continue to hold the picked ones in your hand. If you drop any of these, you lose your turn.

**Simple Game Directions:**

Keep in mind that this game is similar to the American version of "Jacks."

- 1) Place all five kong-gis on the palm of your hand.
- 2) Roll them on the floor as if they were regular dice.
- 3) Pick only one kong-gi up and place it in your hand.
- 4) Throw that kong-gi in the air, while you pick up one kong-gi from the floor and then catch the kong-gi that you previously threw in the air. Now you have two in your hand. You lose your turn if you drop one on the floor.
- 5) Now it gets trickier. Keep one kong-gi in your fist, while you keep the other between your index finger and your thumb. In one motion, throw the kong-gi between your fingers in the air, put the one in your fist on the floor, pick up two kong-gis from the floor, and then catch the one in the air. You should now have three kong-gis in your hands.
- 6) Repeat step 5 but increase the number of kong-gis you pick up from the floor (3 to 4).
- 7) Once you have the five kong-gis in your hand, you carefully toss all them in the air and try to catch all of them on the back of your hand. You don't lose a turn if you don't catch all the kong-gis on the back of your hand. Don't do anything with ones, which dropped on the floor.
- 8) Toss the kong-gis in the air again and catch them in a fist again (in your hand). You do lose your turn if you can't catch all of them this time.
- 9) Start all over again.

\*Keep in mind that you have to throw the kong-gi steadily into the air, so that you will not experience any difficulties when you are catching it.

\*Timing of the toss is also very important. You don't want to throw it too short into the air or else you will not have enough time pick up the kong-gis from the floor.

**Game Objective:**

- ✓ The objective of the game is to achieve pre-set points first.
- ✓ Points will only be given if step 8 has been completed successfully.
- ✓ One point for each caught kong-gi is given at the end of step 8. Record the points and tally them.

Beginners can catch the kong-gis the easy way. That is by way of keeping the back of tile hand parallel to the floor.

Advanced players should be able to catch them by not rotating the hand at all.

To Buy Kong-Gi

Cultural Areas in San Francisco might allow you to buy Kong-Gi.

When sold, also called Sports Jackstones

I was given the box- Korean writing to try to find the types of “stones” I like.

Books:

**Play with Us: 100 Games from Around the World (Paperback)** by Oriol Ripoll

**Multicultural Games- Lorraine Barbarash**