

KENT ISD Workshop

Creative and Innovative Activities for Elementary Physical Education

Presented by:

Ingrid Johnson

Colleen Lewis

GVSU- Movement Science

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Come on up and grab a pedometer to wear throughout the day!



NASPE Standards

National Standards for Physical Education: Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

- **Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- **Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- **Standard 3:** Participates regularly in physical activity.
- **Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.
- **Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- **Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- **Standards Provide the Framework for a Quality Physical Education Program:**

What is worth teaching and learning in physical education?

The national content standards define what a student should know and be able to do as result of a quality physical education program.

They provide a framework for developing realistic and achievable expectations for student performance at every grade level.

These expectations are the first step in designing an instructionally aligned program.

- **National Standards Provide Guidance for Developing State and Local Standards:** States and local school districts across the country have used the national standards to develop standards, frameworks, and curricula. Others have revised their existing standards and curricula to align with the national standards.
- **Standards Increase the Professional Stature of Physical Education:** The national standards demonstrate that physical education has academic standing equal to other subject areas. They describe achievement, show that knowledge and skills matter, and confirm that mere willing participation is not the same as education. In short, national physical education standards bring accountability and rigor to the profession.

Team Building

8:30-9:00

- Team building forces people to exchange ideas and work together to solve a problem.
- You learn to listen to others, cooperate, deal with failures, and persevere as a team
- **Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- **Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



Team Building Ideas- Time to get up and MOVE!

- Hog Call
- Almost Infinite Circle
- Ice Cube Challenge
- In a Line
- Human Knot
- Fastest Game of Tag in the West/Everybody's It
- Shuffle Foot

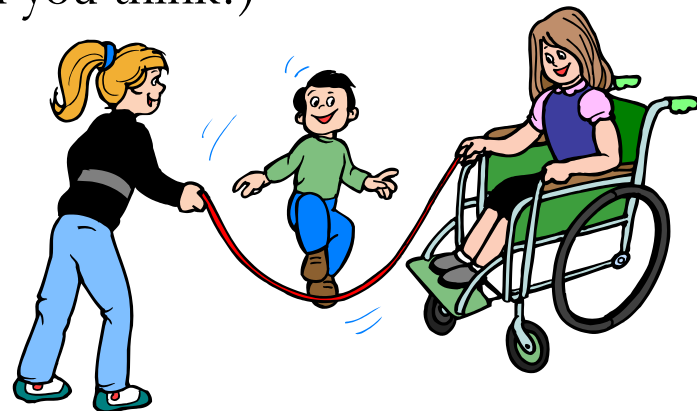
Pedometer Check....

Write
down the
number of
steps
you've
taken so far
today!



MI Curriculum Models and Adapted Physical Education 9:10-10:10

- Michigan Model
 - GLCES, Strands and Domains
 - Content across the years
- Adapted Physical Education
 - Warm up questions (articles found in 2010-2011 MAHPERD Journal)
 - Least Restrictive Environment
 - Modifying activities (its easier than you think!)
 - Ecological Task Analysis



Special Reports

Special Reports

- White House Task Force on Childhood Obesity Report to the President
www.LetsMove.gov
- Shape of the Nation 2010
<http://www.aahperd.org/naspe/publications/Shapeofthenation.cfm?cid=00007>
- Naspe Position Papers: Variety of short papers.
<http://www.aahperd.org/naspe/standards/positionStatements.cfm>
- www.americanheart.org/healthykidshealthymichigan

Michigan Department of Education – Physical Education

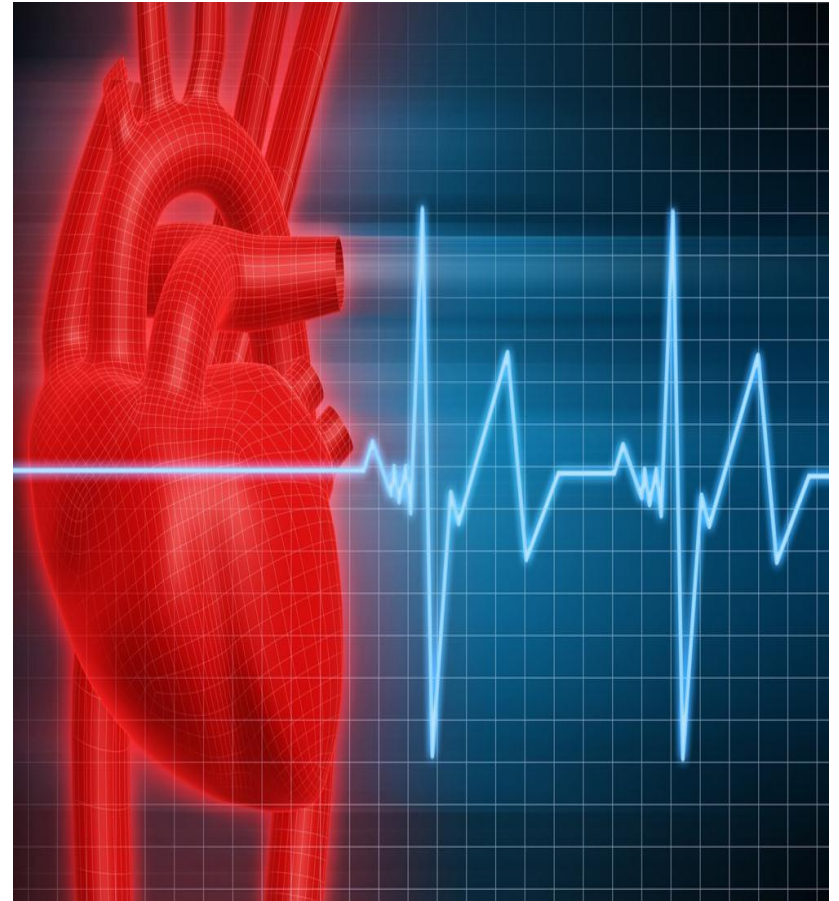
- http://www.michigan.gov/mde/0,1607,7-140-28753_38684_29234---,00.html

Come on up and grab a heart rate monitor (HRM)!

If you have a pace maker or anything electrical in your chest please DO NOT wear a HRM.

Place the HRM directly on your skin, directly above your xiphoid process. Grab a watch and place that on your wrist!

The HRM should be snug!



Health-Related Fitness Activities

10:15-11:15

- Aerobic Capacity/ Cardiovascular Endurance
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition
- **Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.
- What are you currently doing in your classes?
- Any roadblocks at your school?
- What is missing or needs to change?
- Any special needs at your school?

Sample Activities for H-R Fitness

- **Aerobic Capacity**
 - **Red Light, Green Light-** understand HR and how to increase/decrease
 - **Jumping Frenzy-** understand aerobic fitness, intensity, checking HR
 - **Animal locomotion-** understand intensity
- **Muscular S and E**
 - **Circuit training without weights**
 - **Inuit Activities -they develop strength and endurance**
- **Flexibility and Body Comp**
 - **Jackson Pollock Stretch-** kinesthetic creativity to increase flexibility
 - **Off Balance-** focus on balance activities
 - **Fitness Bingo/ Fact Finding Fitness**

Time to MOVE...

- BINGO
- Human Fitness Treasure Hunt
- Scramble Fitness Dice
- Movement Mystery
- Dandy Dice
- Upper Body Flexibility
- Abdominal Challenges
- Jackson Pollock Stretch
- Off- Balance Challenge
- Jumping Frenzy
- Inuit Activities
- Mission Push up!

Record your Steps and/or Heart Rate!



Useful Websites and Links to Information

Fitnessgram : <http://www.fitnessgram.net/home/>

Physical Best:

<http://www.aahperd.org/naspe/professionaldevelopment/physicalBest/>

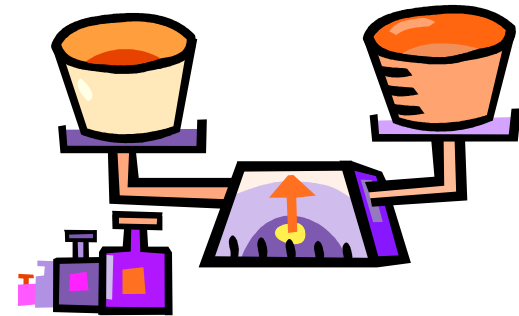
Websites:

- AAHPERD <http://www.aahperd.org/>
- MAHPERD <http://www.mimahperd.org/>
- PE Central <http://www.pecentral.org/>
- PELinks4U <http://www.pelinks4u.org/>
- PE Universe <http://www.peuniverse.com/>
- Great Activities <https://greatactivities.net/>
- Bonnie's Fitware, INC <http://shop.pesoftware.com>

Assessment Strategies

11:20-12:00

- Norm vs. Criterion Referenced Tests
 - Brockport Physical Fitness Test
 - Test of Gross Motor Development 2
- Formative vs. Summative Assessment
 - Rubrics
 - PE Metrics



Lunch Break
12:00-1:00



Record your Steps!

How many
steps did
you take
during
your lunch
break?



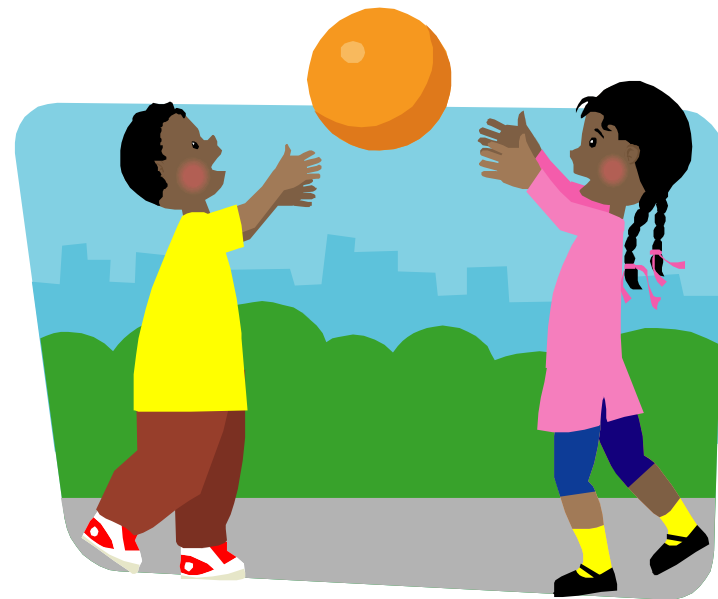
Rhythmic and Cooperative Activities

1:10-2:00



Time to MOVE...

- Snap, Clap, Snap
- Group Orienteering
- Rock, Paper, Scissors
- Elephant Space
- Line Dance
- Catch the Tail
- Bolan Maldecida
- Peteca



Record your Steps and/or Heart Rate!



Books

- Resources

- Teaching Children PE: Becoming a Master Teacher. George Graham
- Essentials of Team Building Daniel Midura and Donald Glover
- Changing Kids Games Don Morris and Jim Stiehl
- Chicken and Noodle Games : Byl, Baldauf, Doyle and Raithby
- Innovative Games Brenda Lichtman
- Teaching Responsibility Through Physical Activity Don Hellison
- Active Body, Active Brains Mary Ellen Clancy
- Cooperative Learning Steve Grineski
- Movement Based Learning- Ages 3-8 Clements and Schneider
- Adventure Curriculum for PE (Project Adventure) Jane Panicucci
- Using Technology in PE Bonnie S. Mohsen

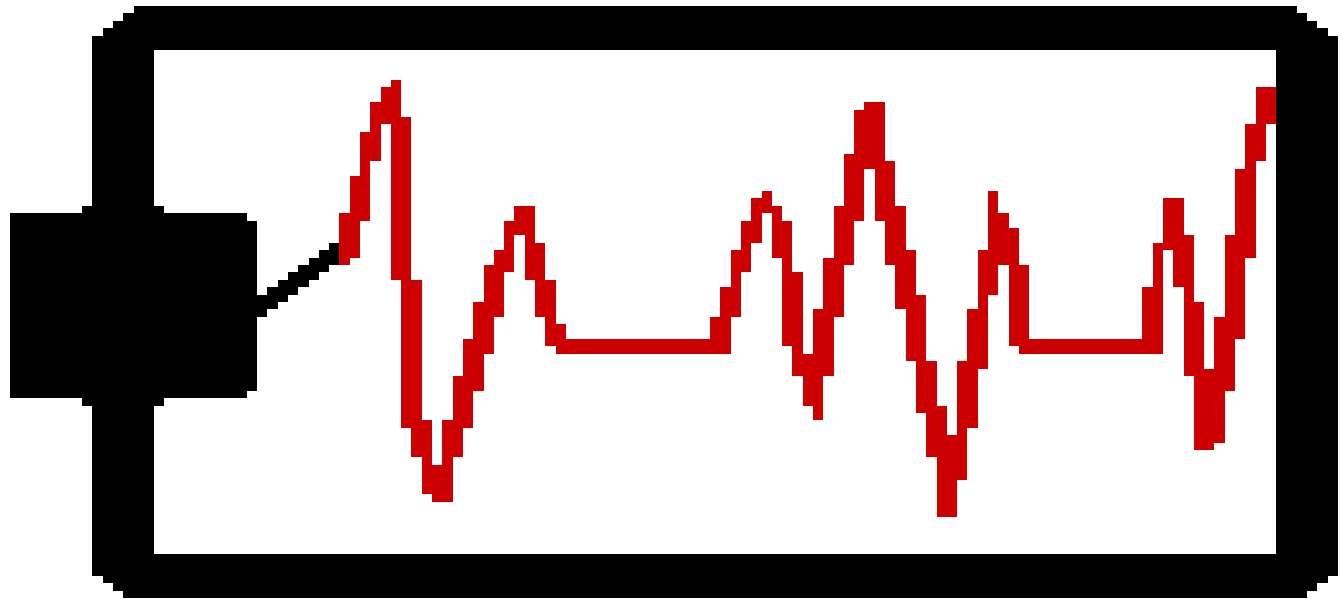
Books

- Resources

- Adapted Physical Education & Recreation 5th ed. Joe Winnick
- Innovative Games. Brenda Lichtman
- Inclusive Games: Movement for Everyone. Sue Kasser
- Games for People with Sensory Impairments
- Test of Gross Motor Development 2nd ed. Dale Uhlich
- Assessing Sport Skills. Bradford N. Strand & Rolayne Wilson
- PE Metrics Assessing the National Standards
- The Brockport Physical Fitness Test. Joe Winnick and Francis Short
- Basketball Skills Test Manual. AAPERD
- Volleyball Skills Test Manual. AAPERD
- EPEC Exemplary Physical Education Curriculum K-5

Technology Integration

2:10-3:10



Technology in Physical Education

- What is happening in your school/district?
- What would you like to become more familiar with in regards to technology?
- What is “realistic” for you to use/do?



Appropriate Technology for use in the Gymnasium!

- Physical Best
- Fitnessgram
- HRM
- Pedometers
- Flip Videos
- PDA
- I Pad
- DDR
- Wii

- Technology Books
- PE Metrics
- Physical Education
Technology Playbook-
Castelli and Fiorentino

Grants for Technology

- ING Run for Something Better
- MAHPERD
- MEEMIC
- BCBS

Questions and Wrap Up

3:15-3:30

