“SPELL OR SWEAT”

GRADE LEVEL: 3RD-5TH

EQUIPMENT:
Scramble Game tiles and Fit Deck Jr. Cards

SET UP:
Spread letter tiles out face down in the center of the circle

GROUPS:
Divide students into 4-6 teams

RULES:
Students will run out to the middle one team member at a time and retrieve one tile for their team until all the tiles have been collected. Then the students will be given a word to spell. (Example words: run, ribs, bike, stretch, push-ups, tibia, etc.) If the group can not spell the word given then they must perform an exercise/task given by the teacher. Teams that are able to spell the word will not have to do the exercise/task.

Created By:
Donna Murray

Teaching More Than Just Games
THE MUSCLE HUSTLE

GRADES: 3-8
EQUIPMENT: Muscle Group Hotspots™, exercise cards and exercise order sheet.
PRE-ACTIVITY: Students are introduced to the muscles in a brief daily warm-up session for a month before beginning this game. Students should be able to show knowledge of different exercises to strengthen the muscles of the body.
DESCRIPTION OF ACTIVITY:
Divide the class into three or six teams. Give each team a set of colored exercise cards and same colored exercise order sheet. Have the group go and find the muscle that matches up with the exercise that it strengthens. Put the exercise card underneath or next to the Muscle HotSpot™. Then perform 10 repetitions of the exercise as a team. The team to complete the Muscle Hustle™ first is the winner.

**MUSCLE HUSTLE EXERCISE CARD LIST**
These are the exercises students should know to play the game.

1. Toe Raises  
2. Squats  
3. Lunges  
4. Arm Circles  
5. Shoulder Shrugs  
6. Bicycle  
7. Dip Push-Ups  
8. Bench Press  
9. Seated Rows 
10. Wrist Curl  
11. Shoulder Press  
12. Jump Rope  
13. One Leg Stretch  
14. Pull Down  
15. Curl-Ups  
16. Push-Ups  
17. Side Bends  
18. Power Climbers

**MUSCULAR SYSTEM**

[Front and Back illustrations]
HotSpots™
MUSCLE GROUPS™
TARGETED TRAINING

Maximize your students understanding of muscle anatomy with Muscle Group™ HotSpots™. Each spot contains the name, pronunciation, location and definition of one of the body's major muscle groups. Muscle Group™ HotSpots™ allow you to customize your fitness program to fit your needs. Ideal to use as exercise stations, Muscle Group™ HotSpots™ are designed to be used with virtually any type of equipment. To create an exercise station, simply place a spot on the floor along with the type of equipment you desire to exercise that particular muscle group. For example, use a stability ball at one station to work on abdominal exercises or resistance tubing to work on biceps at another station. You can also create exercise stations by employing non-equipment type exercises such as calisthenics that don't require any additional equipment. Muscle Group™ HotSpots™ are ideal to use in combination with any of our other great HotSpots™ exercise sets to create stations that cover an entire spectrum of targeted fitness training.

Benefits:
- Targeted training for twelve major muscle groups
- Maximizes students understanding of muscle anatomy by providing muscle name, pronunciation, location and the definition of twelve major muscle groups
- Highly visual teaching aid
- Can be used with or without any additional equipment
- Allows you to tailor fit your fitness program based on your students needs and abilities
- Muscle Group™ HotSpots™ are manufactured using safe environmentally friendly materials

Exercise Safety Precautions:
- Allow students time to study the exercises before attempting to perform them
- Practice exercising using controlled fluid movements
- Exercise duration should be combined with short periods of rest between repetitions
- If pain or cramping is experienced while performing any exercise, stop and relax before attempting further repetitions
- Increase repetitions gradually to build muscle strength and endurance
- Always choose exercise equipment that is appropriate for your age and ability

Targeted Muscle Group Training Exercises:

- **Abdominals** Crunches, Russian Twist, Side Bends, Side Bridge, Kneeling Twist, Body Fold
- **Biceps** Dumbbell Curls, Push Ups, Seated Rows, Pull Ups
- **Calves** Squats, Toe Raises, Lunges, Straight Bridge, Dead Lifts
- **Deltoids** Shoulder Press, Upright Row, Military Press, Arm Circles, Dumbbell Shrugs
- **Forearms** Wrist Curl, Pull Ups, Reverse Dumbbell Preacher Curl, Shoulder Press
- **Gluteus** Scissor Kicks, Leg Curls, Lunges, Squats, Bridge
- **Hamstrings** Leg Curls, Bicycle, Squats, One Leg Squats, Walking Lunges, Jump Rope
- **Latissimus Dorsi** Lat Pull Down, Pull Ups, Russian Twist, Side Bend
- **Pectoralis** One Arm Press, Seated Row, Push Ups, Bench Press, Dumbbell Fly
- **Quadriceps** Squats, Lunges, Leg Curls, Hip Flexions, Bicycle
- **Trapezius** Upright Row, Dumbbell Shrugs, Pull Ups
- **Triceps** Push Ups, Military Press, Lateral Raise, Bench Dips

Many of these exercises may be performed using a variety of equipment including medicine balls, resistance tubing, stability balls, dumbbells etc... Create and design your very own customized Targeted Training stations with equipment and exercises you currently have in your inventory. Impress upon students to really concentrate on the particular Muscle Group they are training. Allow enough activity time so that students can move from station-to-station until all Muscle Group exercises have been completed. Monitor your students understanding of muscle group locations and definitions throughout the activities by quizzing their knowledge.
“FITNESS SPELLING”

GRADE LEVEL:
5TH-3RD

EQUIPMENT:
Spelling word cards
Alphabet letters
Buckets

ACTIVITY/SET-UP:
Students will be divided into teams of 2 or 3 members. One member of each team will draw a word from the word bucket to take back to his/her team. Teams will then begin moving around the room going to all the letters in that word to spell it out. Once the team has moved to all the letters in the word they will then begin to do the exercise that is on their card.

*Some cards may have two words such as “jumping jacks” which means the team must move to all the letters for both words. If the Spelling Word is an exercise itself such as “push-ups” then they will do that exercise the correct number of times that is written on the card under the Spelling Word. If the Spelling Word is not an exercise such as “flexibility” then they will do the exercise that is written on the card under the Spelling Word.

Once the team has completed the spelling of their word and they have all completed the exercise that goes with it they will return that card to a bucket and select a new one. Teams will continue to move, spell and exercise until they have completed 2-3 cards or time is up.

*NOTE: ALL TEAM MEMBERS MUST STAY TOGETHER AT ALL TIMES. NO TEAM MEMBER CAN MOVE AHEAD UNLESS EVERYONE IS READY TO MOVE. ALL TEAM MEMBERS MUST MOVE TO THE LETTERS ON THE WALL FOR EACH SPELLING WORD THEY DO.

CREATED BY:
DONNA MURRAY
2013

TEACHING MORE THAN JUST GAMES
“THE PRICE IS RIGHT”

GRADE LEVEL: 3<sup>RD</sup>-5<sup>TH</sup>

EQUIPMENT:
Run for the money tiles and Fit Deck Jr. Cards

SET UP:
Spread money tiles out face down in the center of the circle

GROUPS:
Divide students into 4-6 teams

RULES:
Students will run out to the middle one team member at a time and retrieve one tile for their team until all the tiles have been collected. The teams will then count their money. Groups will be given a chance to decide whether or not they want to do a given exercise. If a group decides they do not want to do the exercise they will pay the teacher the amount requested. The group with the most money at the end wins.

*Teacher decides the amount and the exercise

Created By:
Donna Murray

Teaching More Than Just Games
“NOODLE/ROCKETS MATH”

GRADE LEVEL: 2ND-5TH

EQUIPMENT: Pool noodles with numbers written on them or number rockets

SKILL: throwing, catching, adding, subtracting, multiplication, division

ACTIVITY: Divide students up into groups of two to four and have them spread out on the playing area. Give each team a noodle or rocket and on the “go” signal have them begin throwing their noodle or rocket to each other. Students will add the number their hand landed on to the number their partner had. Give them a number they are to reach such as 21. The first team to reach that number is declared the winner. Tell them they must get that number exactly. If a team goes over their number then they will have to subtract the number they got and then continue on until they reach the desired number.

*You can have students start at 0 and add up to a desired number or give them a number to start at and have them begin subtracting until they reach 0. You can work on multiplication by having them multiply the number they have to the number their partner had.

DONNA MURRY
LEISURE PARK ELEMENTARY

TEACHING MORE THAN JUST GAMES
“TEACHING MORE THAN JUST GAMES”

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Session Notes:
“ODDS/EVENS MATH”

GRADE LEVEL: 2ND-5TH

EQUIPMENT: Math cards

SKILLS: tagging, dodging, fleeing, addition, subtraction, multiplication, division

SET-UP: Two lines, partners

ACTIVITY: Have students find a partner and form two lines down the middle of the playing area with all students facing the teacher. Designate one line as ‘odds’ and the other line as ‘evens’. Hold up a math card so the students can all see it. If the answer is ‘odd’ then the ‘odd’ line will attempt to move to their side line before being tagged by their partner, if the answer is ‘even’ then the ‘even’ line will move to their side line before being tagged.

Donna Murray

Leisure Park Elementary

Teaching More Than Just Games
“EVAPORATION GAME”

GRADE LEVEL: K-5TH

EQUIPMENT: Hula Hoops, 6 colored cones, 6 colored Frisbees

REVIEW: Before starting the activity, talk to your students about rain and evaporation. Explain to them that the hoops are the water puddles and the Frisbee is the sun. In order for the puddle to evaporate, the sun must shine on the puddle.

*RULES:* The Frisbee must land completely inside the hoop in order for the player to be able to retrieve it. If the Frisbee is under or lying on the hoop it will not count. If two Frisbees land in the same hoop then the first player to it will be the one who retrieves it.

SET UP: Spread hoops out in the middle of the floor or playing area so they are all touching one another but none are overlapping. Place the cones around the hoops at least 5 feet away from the outsides of the hoops. Divide the class up into teams of 6 and give each team a Frisbee matching their cone.

ACTIVITY: The first player will throw their Frisbee from their cone trying to land it inside a hoop. If successful, the student will run out and bring the Frisbee and that hoop back to their team and place it around their cone. If the Frisbee does not land inside the hoop, the student will retrieve only the Frisbee. After the first player returns they will give the Frisbee to the next person in line and the game continues.

DONNA MURRAY
LEISURE PARK ELEMENTARY
TEACHING MORE THAN JUST GAMES
“GEOGRAPHY SCAVANGER HUNT”

GRADE LEVEL: 3RD-5TH

EQUIPMENT: Work sheets, pencils, clipboards, geography cards, pedometers (if you have them)

SKILLS: Reading, writing, walking

ACTIVITY: Divide the class into groups of 4-6. Each team will receive a clipboard with a worksheet on it and a pencil for recording their answers. All students need to stay with their group as they travel around the designated playing area. Students must walk at all times no running allowed. Students will follow the instructions on their worksheet to locate the geography cards and answer the questions. When everyone has finished bring them all together to review and share their answers.

*You will need to place the cards around your playing area prior to your students arriving to your class. Spread the cards out far enough apart that it doesn’t get congested in one area. Use two or three different worksheets with different states, regions and types of answers on them.

Donna Murray
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TEACHING MORE THAN JUST GAMES
“WARM-UP GAMES”

GRADE LEVEL: K-5TH

SKILLS: Letter recognition, number recognition, addition, subtraction

EQUIPMENT: Numbers and letters posted on the wall

ACTIVITIES:

1) **Find the Number**: have students find a number on the wall, and then give them a second number they must add to their number, and then tell them to go find that number. You can do the same thing but have them subtract a number to their number.

2) **Spell the Word**: have students spell their name using the letters on the wall. (first name, last name) *You can use their spelling words for the older students and use site words for the younger students.

Created by: Donna Murray
Leisure Park Elementary

Teaching More Than Just Games
“FANCY FEET READ AND DO”

WARM-UP ACTIVITY

GRADE LEVEL: 3RD-5TH

EQUIPMENT: Music

ACTIVITY: When students walk in the room they are given a card “Footprint” with an activity written on it. The ‘stand up’/locomotor activities: walk, jog, gallop, slide, hop, jump, leap, skip are to go to the outside of the gym floor and move in the same direction. The ‘get down’ activities: crab walk, seat scoot back, seal walk, seat scoot forward, push-ups, sit-ups, mountain climbers are to go to the center of the gym floor to do their activity.

After about a minute, stop the music and have the student’s trade cards as quick as possible. Have the students in the center trade with the students on the outside. Remind them that all students must trade cards. Continues to go and switch a few times.

BORROWED FROM LAMAR CISD PHYSICAL EDUCATION TEACHERS
“BONUS BALL SCRAMBLE”

GRADE LEVEL: K-5TH

SET UP: Divide the class into teams of 4-8 relay lines

EQUIPMENT: Tennis balls with numbers 0-9 on them, one hula hoop per team

SKILLS: Finding numbers in sequential order from least to greatest or vice versa

ACTIVITY: All tennis balls are at one end of the gym and relay lines are on the other. On the signal “GO” the first person in line goes and retrieves a ball and places it inside their hoop. The person must tag the next person in line. Have the students retrieve balls in ascending numerical order or you can have them retrieve them in descending order. First team to collect all their numbers is declared the winner.

*Note: You can have student work on their locomotor skills as they retrieve their numbers or you could also use scooters. You can have students waiting in line perform and exercise so that all students are working and no one is just sitting.

Borrowed from Lamar CISD Physical Education teachers