

Go Big or Go Home

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All In Sync: A group of 4-10 students try to Sync up the movements of the exercises below, doing each activity 10 times in Sync with each other.

- All facing the rope: Jump Over and Back 2 feet.
- All facing the rope Jump Over and Back with 2 foot jump 2 bounces on each side
- Place right foot over the rope and left foot back. Switch feet in Sync all facing the rope:
- Every other student step to the other side of the rope. Jump Over and Back with 2 foot jump.
- Half start forwards and half start backwards Every other student on opposite side of the rope facing the rope: Jump Over and Back
- All facing one end of the rope with right shoulder towards the rope: Jump Over and Back with 2 feet.
- All facing one end of the rope with every other student on opposite sides of the rope: Jump Over and Back with 2 feet.
- With all on one side of the rope and right shoulder facing the rope the front person turns and faces the others: Jump Over and Back with 2 feet.
- With all on one side of the rope and right shoulder facing the rope the back 3 turns and faces the other direction: Jump Over and Back with 2 feet.

Spike Ball – Lead ups to the game

2 square with a hula hoop. One ball two players. Player must throw ball down in hoop and opposing player must catch and return.

4 Square with hula hoop. Two balls, four players. Players must throw ball into hoop without hitting the other teams ball and opposing player must catch.

2 Square with hula hoop. Same game but no catch must spike.

4 Square with hula hoop and agility or Z ball. One agility ball 4 players, two teams. Team 1 tosses agility ball into hoop and a player on team two must catch and toss back in.

Introduce spike ball net with a foam coated ball. 4 players and allow players to catch.

Progress to spiking with foam coated ball.

Introduce spike ball (yellow ball) with two man players first then progress to 4 players.

Mega Soccer

This is a great game to engage many kids in one game but still keep the benefits of small sided games. There are six teams with six players. Each team has their own goal and ball. There is one goalie, one captain and 4 kickers. (You could actually have 7 or 8 but wouldn't go more than that. The captain starts the game and the goalie rewards points with the wrist bands so must wear 5 different color wrist bands. The goals are set up around the perimeter of the field. There are no boundary lines to this game.

The game starts with all 6 balls in the center. All six captains start in a circle around the balls all other players are in the team goal. When the whistle blows the game begins and the captains may go in and get their team's ball.

The object of the game is to be the first team to collect all 5 wrist bands from the other team by scoring on every other teams goal.

The rules from there are variable depending on your students and playing area. Adjust as needed.

