

An aerial view of the Chicago skyline at dusk, with the city lights glowing against the darkening sky. The Lake Michigan is visible on the left side of the image.

# **#Physed: The Great Activities of Twitter**

**Carl Meister, Matthew Holben, Kerry Santefort & Stephanie Weber**

**Chicago District Workshop**

# About Us

**Carl Meister**

**Matthew Holben**

**Kerry Santefort**

**Stephanie Weber**

 **@Mr\_MeisterPE**

 **@holben\_pe**

 **@KerrySantefort**

 **@MrsWeber\_PE**

**Willow Creek  
Elementary**

**Springfield  
Elementary**

**John Middleton  
Elementary**

**Goodrich  
Elementary**

**Woodridge, IL**

**Midlothian, IL**

**Skokie, IL**

**Woodridge, IL**



# Activities

- **Dice Bonk - Mike Morris**
- **Cardio Cone Flipping 4-Square - Kevin Tiller**
- **Spin the Pin Tag - Mike Morris**
- **Cone Hole - Mike Morris**
- **Table/Mat Slam Ball - Mike Ginicola**
- **Strikerball - Numerous #physed teachers**
- **Cone Flip Relay - Ben Landers, Mike Morris, & Kevin Tiller**
- **Hula Hoop Twister - Justin Cahill**
- **Head, Shoulder, Knees, Cone - Numerous #physed teachers.**
- **Winner, Winner, Chicken Dinner. - #physed teachers**
- **Up, Up, and Away - Mike Morris**
- **Yoshi- @physedgames**
- **Benchball-@physedgames**

## [Dice Bonk](#)

← Link to Activity!

By: Mike Morris  
@MikeMorrisPE



**Equipment:** Cones; Dice; Balls, Score Cards

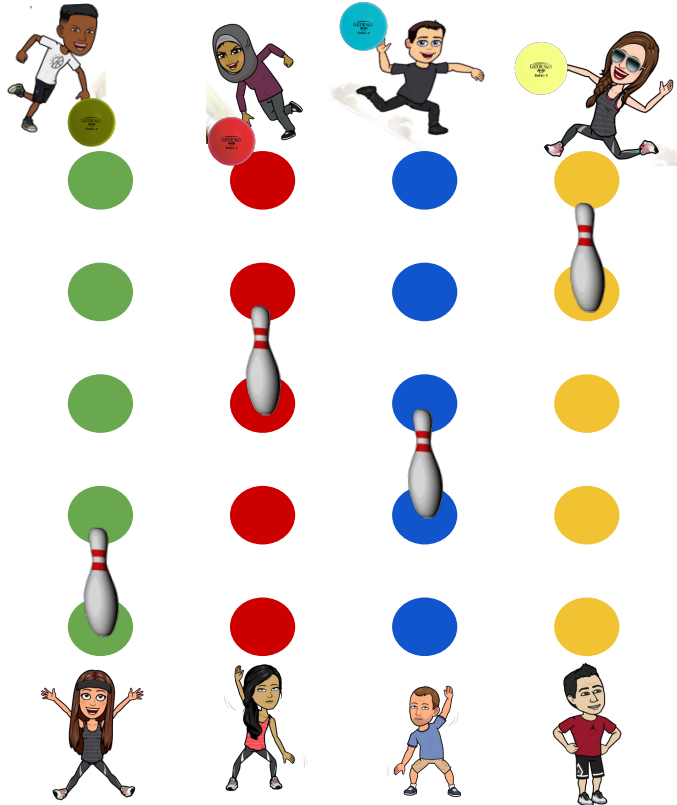
**Set-up:** Place the die on top of the cone.

**Procedure:** Students will stand across from the cone with the dice on top of it. Students will perform an overhand throw towards the dice. If they knock the dice off the cone, the number on top of the dice tells them how many points the throw was worth. They will then place the dice back on top of the cone for the next person.

**Variations:** Various objects to throw  
Various skills (kicking, rolling, tossing, striking)  
Various distances

## Move the Pin!

By Ryan Armstrong  
@RArmstrongPE



**Equipment:** Pins, Poly Spots, Foam Coated Balls

**Set-up:** Line up the poly spots in row, place a bowling pin on the spot closest to the starting line.

**Procedure:** Pair/Group students together and have them face one another on each side of the poly spot lines. One partner rolls the ball to try to knock over the pin. If they miss, their partner gets the ball and they switch spots/jobs. If they knock over the pin, they move the pin to the next spot and switch spots/jobs with their partner.

Scoring Variations:

- They can earn *x number* of points/spot.
- They can earn *x number* of points after they have successfully knocked the pin down at each spot.

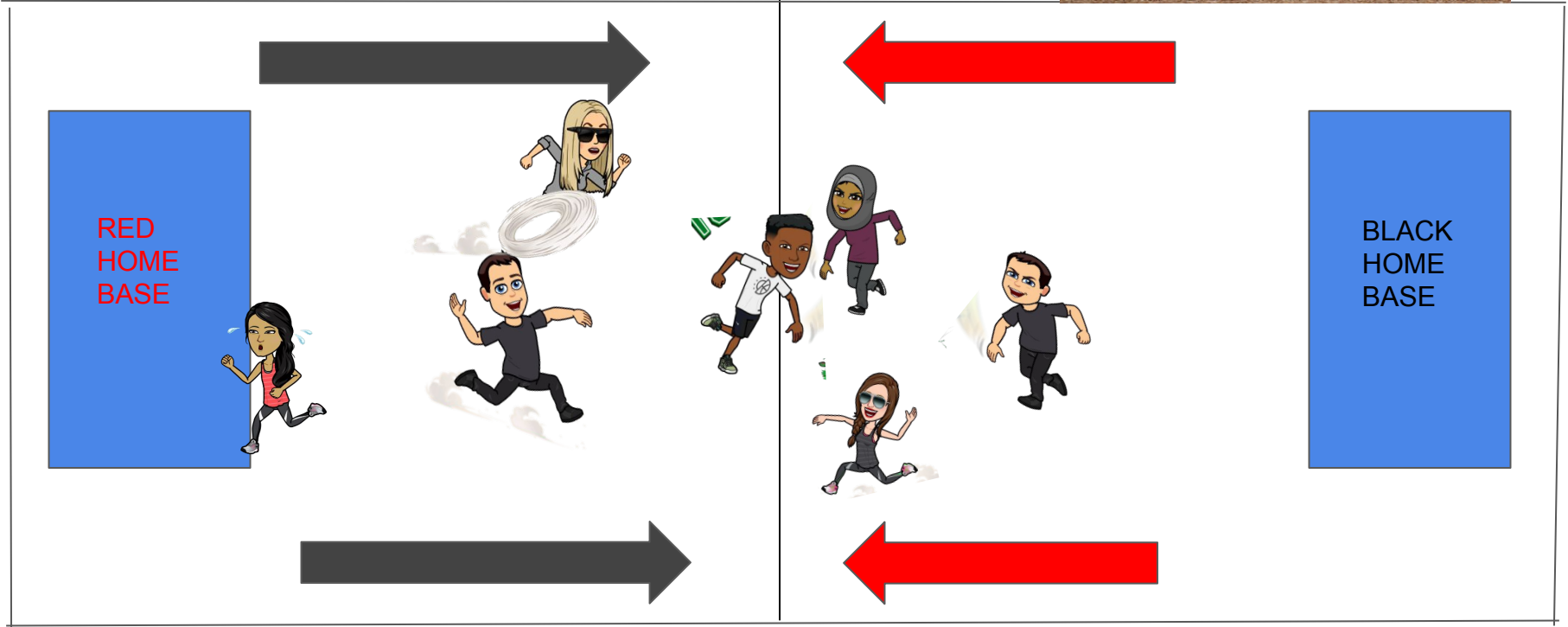
**Variations:** Kicking, Striking with an Implement, Overhand/Underhand Throwing



# “YOSHI”

[VIDEO AND RULES HERE](#)

 @PHYSEDGAMES 



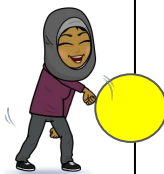
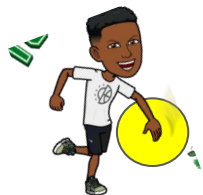


# “BENCH BALL”

[CLICK HERE FOR VIDEO AND RULES](#)



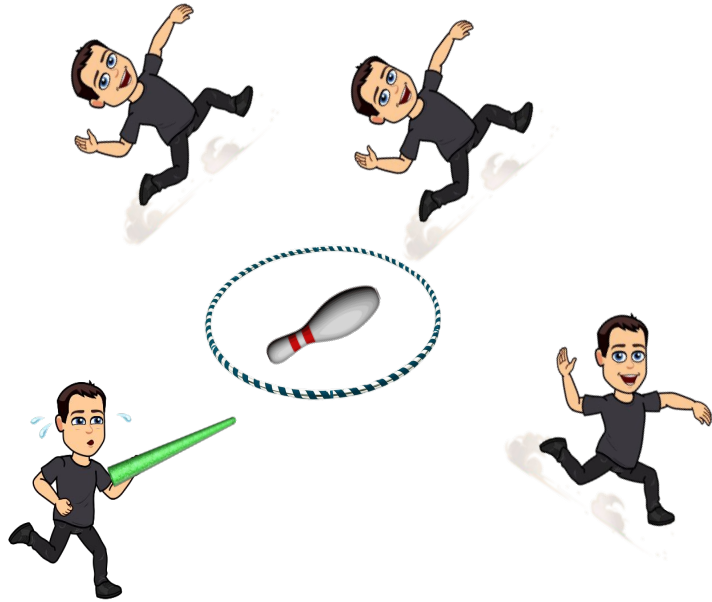
@PHYSEDGAMES



## Spin The Pin Tag

By: Mike Morris

@MikeMorrisPE



**Equipment:** Hula Hoops; Bowling Pins ; Noodles

**Set-up:** Place the hula hoop on the floor with a pin on its side. Place a noodle near the hula hoop.

**Procedure:** Students will be divided into groups of 3 to 5. One student spins the pin. If the pin lands on you, you grab tag stick and try to tag someone in your group. Once a student is tagged, everyone returns to the hula hoop and the pin is spun again.

**Variations:** The pin could point to a poly spot and the whole group does a exercise based on which color it lands on



# Spin the Pin Fitness!

BY FERRIS KELLY

@MRKELLYSPETWEET

Spin the pin. Whichever color the pin lands on do 10 reps of the corresponding exercise. Rest while the pin is spinning.



**Wild Card!**  
Give everyone  
in your group  
a high five!

## Cardio Cone Flipping 4 Square

By: Kevin Tiller  
@physedreview



**Equipment:** 4 Hula Hoops; 4 Cones

**Set-up:** Place the 4 hula hoops in a 4-square formation with a cone inside each one.

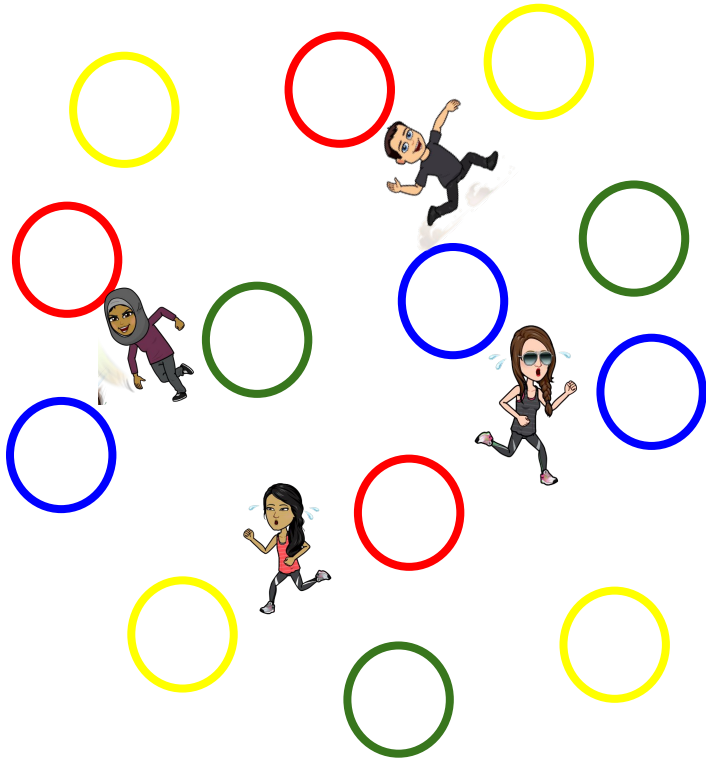
**Procedure:** Students are broken up into groups of 4. Students will have their own cone to flip. All the students in the group will flip their cone and try to get it to land right side up inside their hula hoop. If it lands right side up, they stay at their cone. If their cone does not land right side up, they have to run 1 time around their group and back to their cone. When everyone is back at their cone, they will flip their cone again.

**Variations:** Different locomotor skills; fitness exercises if cone does not land.

# Hula Hoop Twister

By Justin Cahill

@justybubPE



**Equipment:** Hula Hoops

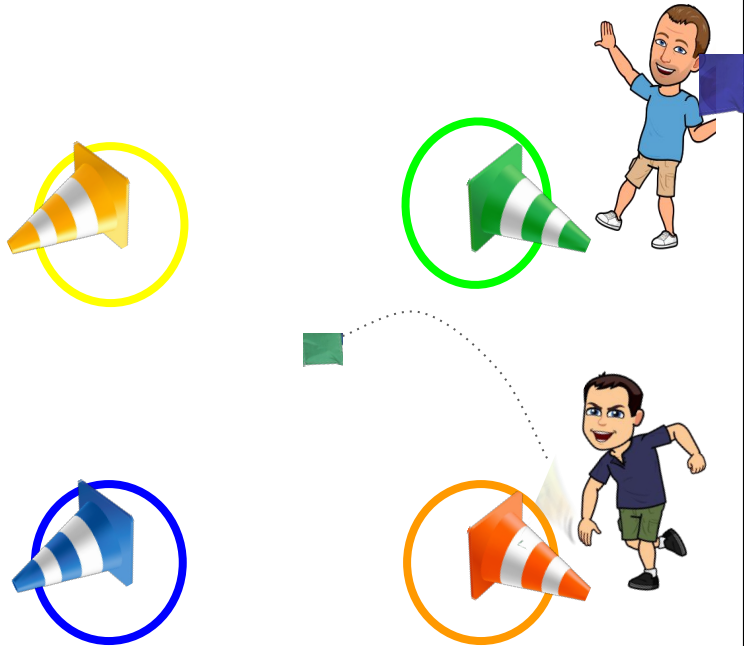
**Set-up:** Hula hoops are spread out throughout the playing area.

**Procedure:** The students will move around the gym with a designated locomotor pattern. When the teacher signals, he/she will call out the body part and the color. For example: “Right Hand, Red!” The students then have to go to that colored hoop and place that body part inside their hoop. The teacher will quickly check and then call out the next locomotor pattern.

**Variations:** Use the names of bones or muscles to place in the hula hoop. Do a math problem for a number of hands/feet that must go in a hoop.

## Cone Hole

By: Mike Morris  
@MikeMorrisPE



**Equipment:** Hula Hoops; Cones; Bean Bags

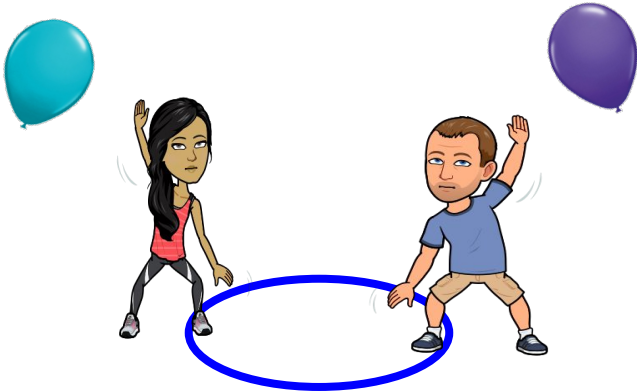
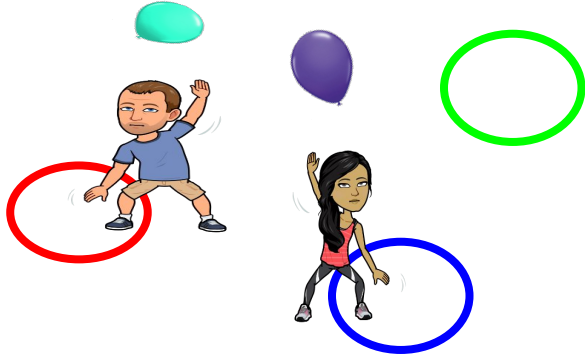
**Set-up:** Place the hula hoop on the floor with a cone on its side.

**Procedure:** Students will be divided into groups of 4, 2 at each cone/hoop. One student will toss their bean bag overhand/underhand towards the other group's cone to try and get it in the cone or hula hoop. If it lands inside of the cone, it is 3 points or if it lands on/inside of the hula hoop it is 1 point. Students will take turns tossing the bean bag. Once the bean bags are at the other end, the other 2 students will take their turn to toss them underhand/overhand back.

**Variations:** After scoring points, that is how many times they have to perform an exercise.

## Up, Up & Away and Balloon Battle

By Mike Morris



**Equipment:** Hula Hoops and Balloons

**Set-up:** Scatter hula hoops throughout the gym. Each student should be in a hula hoop with a balloon.

**Procedure:** Students will volley their balloon 5 times in their hoop, then move to a different hoop to volley. If the student's foot comes out or their balloon drops, their volley count starts over. Students will try to see how many different hoops they can volley in before time expires.

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**Equipment:** Hula Hoops and Balloons

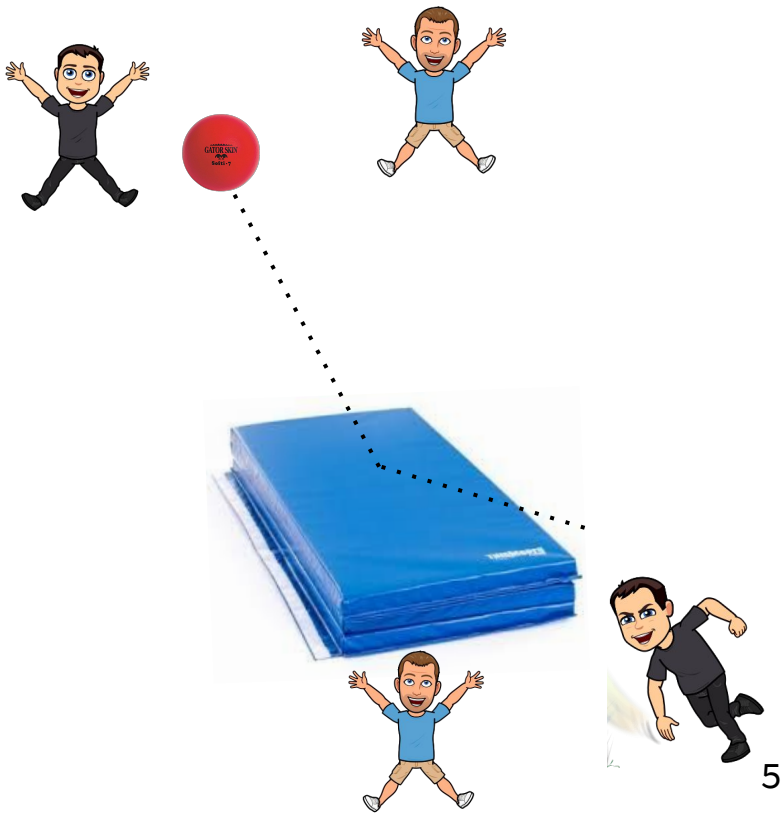
**Set-up:** Scatter hula hoops throughout the gym. Two students in each of the hula hoops.

**Procedure:** Students will see who can volley their balloon longest while keeping one foot inside of the same hula hoop. If one of the students balloon hits the ground first, they catch it, or if their foot comes out the hoop, shake hands, say "good game", and find new opponent.

## Table/Mat Slam Ball

By Mike Ginicola

@PhysEdDepot



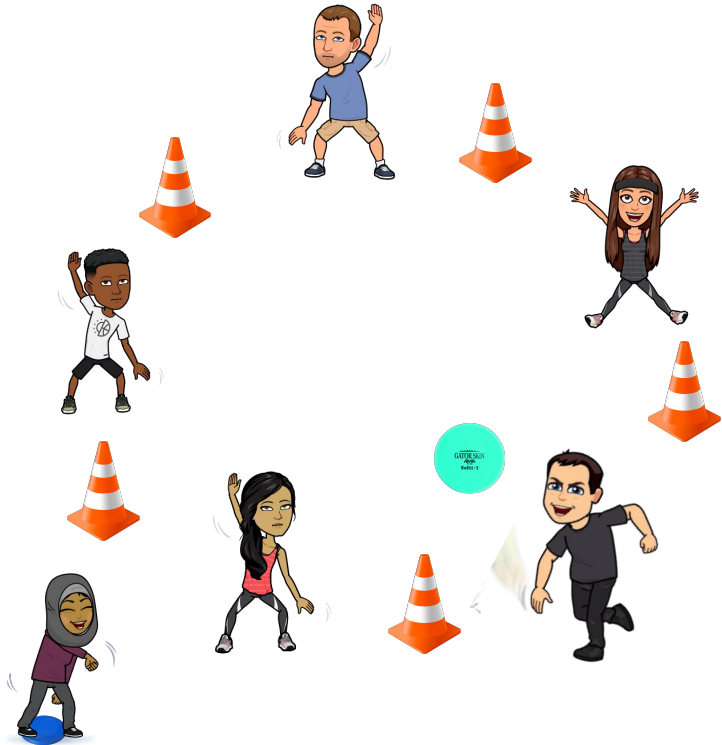
**Equipment:** Mats/Hula Hoop; Foam/Rubber Ball

**Set-up:** Place the hula hoop on the floor. One Student in the group has a rubber/foam ball.

**Procedure:** Students will be divided into groups of 2 to 5 with two teams on each side. One student throws the ball onto the mat. If the ball lands off the table on the other side, then the team that threw it receives a point. If the other team catches it, then they thrower does not receive a point.

**Variation:** Using a table works best, but the mat does a good job as well. The students could strike the ball onto the table.

## Strikerball



**Equipment:** Cones; Playground Balls

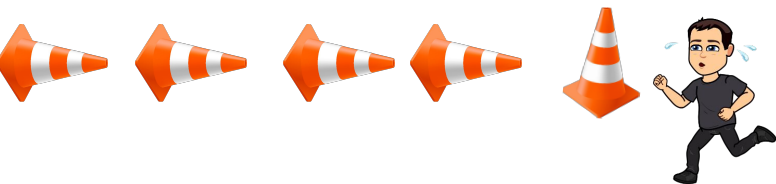
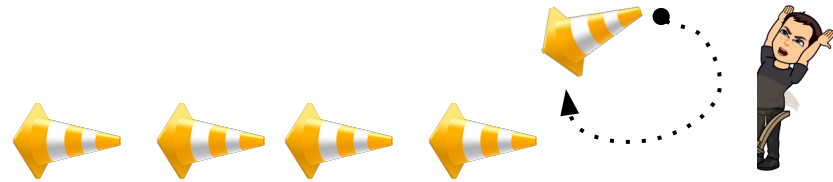
**Set-up:** Place 5 cones in a circle or hexagon formation. Place a cone/poly spot away from the cones for a line up spot.

**Procedure:** Have one student stand in between each of the 5 open spaces in the cone. Students will strike the ball, on the ground, using their hand in attempt to score the ball in another students goal. The ball must never go above the height of the cone. If the ball goes between your cones or you hit the ball too high, then you are out. The next student in line will take your place and you go to the back of the line.

**Variations:** You could add cones or lose cones depending on your numbers. You can use this with different sports, like hockey.

## Cone Flip Relay

By: Ben Lauanders, Mike Morris,  
Kevin Tiller



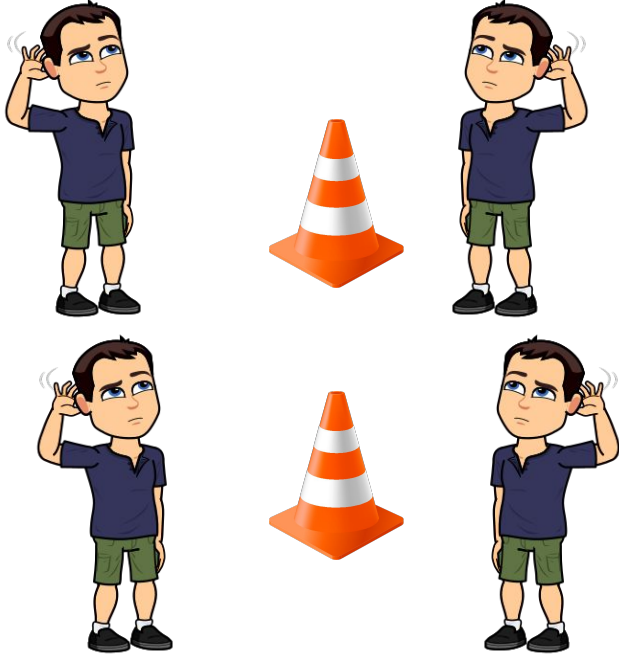
**Equipment:** Cones

**Set-up:** Place a line of cones tipped to its side. Students will be in groups of 3 to 5, or more depending on your numbers.

**Procedure:** One student will run to the cone and flip the cone. If the cone lands facing up, they can move to the next tipped over cone. If the cone is still tipped, then they have to run to the back of the line, and the next student in their group can go. Keep playing until all cones are facing up.



## Head, Shoulder, Knee, Cone!



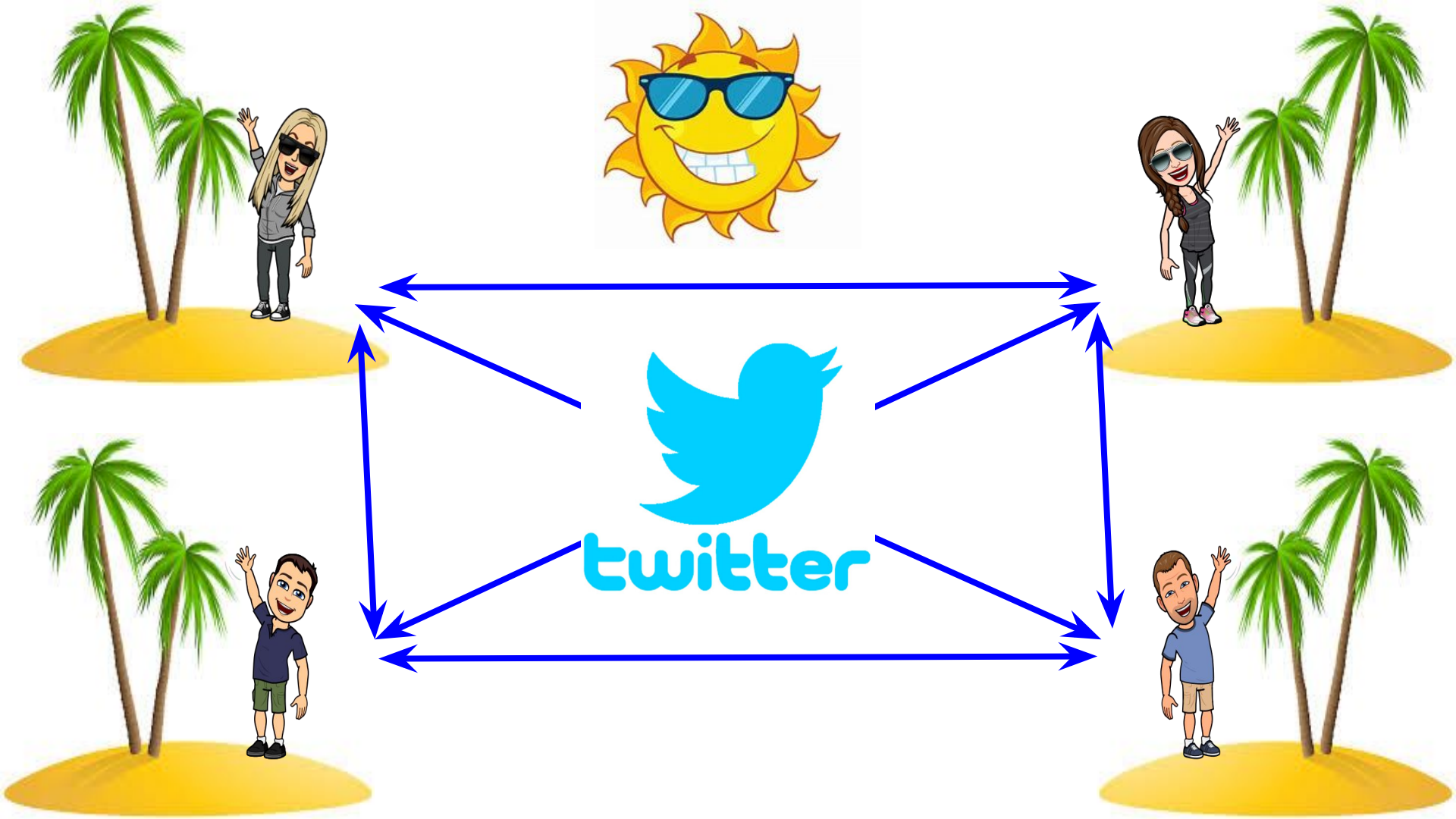
**Head!**

**Equipment:** Cones

**Set-up:** Place a line of cones down the middle of the gym.

**Procedure:** Pair students together and have them face one another on each side of the cone. The teacher will call out a body part (head, shoulders, knees, feet, etc.) and the students must touch it with both hands. When the teacher calls out cone, the students will try to grab the cone, whoever grabs it first gets a point.

**Variations:** Use bones, muscles to practice anatomy. Student that doesn't pick up the cone could chase the other across a line.



# Benefits of Twitter

- **Networking with others around Illinois, Midwest, National, and Global**
- **Never alone in the #physed Twitterverse**
- **New and Different Modifications to Activities**
- **Weekly Twitter Chats and Discussions about Physical Education Topics**
  - **#iahperdchat, #espechat, #pechat**
- **Book Talks**
- **Advocacy for local and national Phys. Ed Programs**
- **News about what is happening in the Phys. Ed. profession**
- **Best of all, it is FREE!**

# Resources on Twitter - People to Follow

**Pete Charrette**

**Cliff Roop**

**Andy Hair**

**Kyle Bragg**

**Mike Graham**

**Jason Steele**

**Randy Spring**

**Daniel (@superdanpe)**

**Becky Foellmer**

**Tanner Roos**

**Mike Morris**

**Dan Tennessen**

**Justin Cahill**

**Kelly Zerby**

**Brandon Hedwick PhysED Games**

**Mark Foellmer**

**OPEN Phys Ed**

**Joey Feith**

**Mike Ginicola**

**Kevin Tiller**

**Ben Pirillo**

**Jorge Rodriguez**

**Jamie Sparks**

# Our Information



**Carl Meister**

**Twitter: @Mr\_MeisterPE**

**Email: meistercarlw@gmail.com**



**Matthew Holben**

**Twitter: @holben\_pe**

**Email: mholben@msd143.biz**

## Presentation:



**Kerry Santefort**

**Twitter: @KerrySantefort**

**Email: ksantefort@sd735.org**



**Stephanie Weber**

**Twitter: @MrsWeber\_PE**

**Email: webers@woodridge68.org**