



Best Games You've




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**Carl Meister & Matthew Holben
Northern District Worksop**

About Us

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 **@Holben_pe**

Willow Creek Elementary

Springfield Elementary

Woodridge, IL

Midlothian, IL



Activities

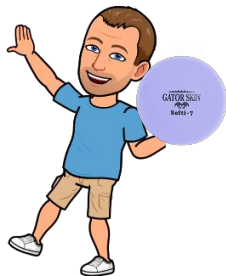
- **Dice Bonk - Mike Morris**
- **Cardio Cone Flipping 4-Square - Kevin Tiller**
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- **Cone Hole - Mike Morris**
- **Table/Mat Slam Ball - Mike Ginicola**
- **Strikerball - Numerous #physed teachers**
- **Cone Flip Relay - Ben Landers, Mike Morris, & Kevin Tiller**
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- **Head, Shoulder, Knees, Cone - Numerous #physed teachers.**
- **Up, Up, and Away - Mike Morris**
- **Winner, Winner, Steal the Dinner. - #physed teachers**



Dice Bonk

← Link to Activity!

By: Mike Morris
@MikeMorrisPE



Equipment: Cones; Dice; Balls

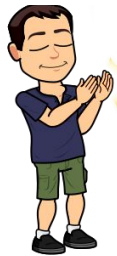
Set-up: Place the die on top of the cone.

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

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.

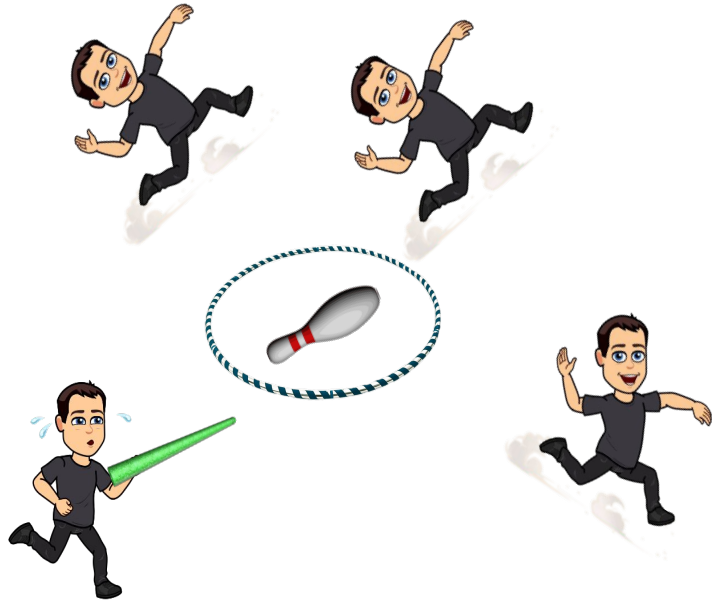
Procedure: Students are broken up into groups of 4. Students will have their own cone to flip. All the students in the group will flip their cone and try to get it to land right side up inside their hula hoop. If it lands right side up, they stay at their cone. If their cone does not land right side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

Spin The Pin Tag

By: Mike Morris

@MikeMorrisPE



Equipment: Hula Hoops; Bowling Pins ; Noodles

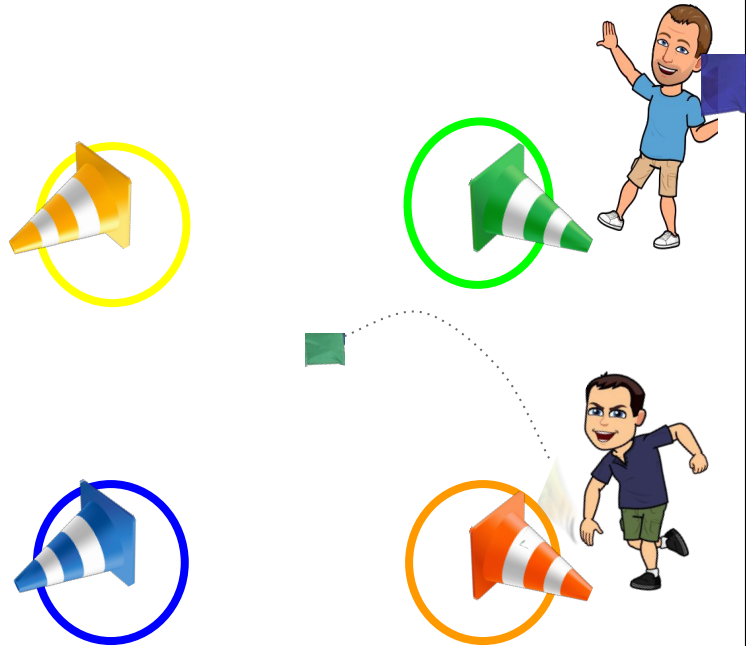
Set-up: Place the hula hoop on the floor with a pin on its side. Place a noodle near the hula hoop.

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

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.

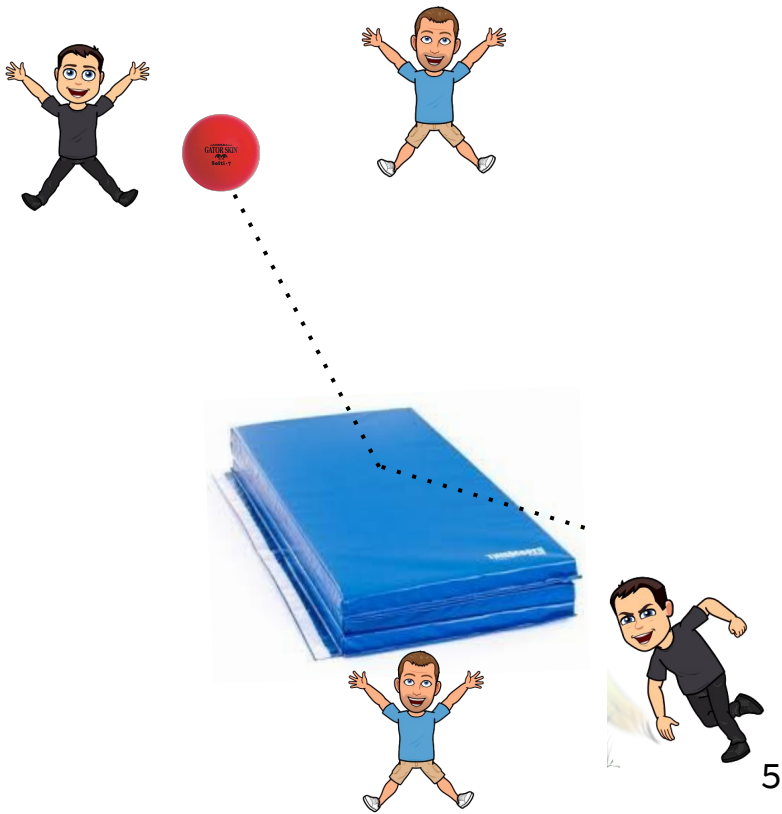
Procedure: Students will be divided into groups of 4, 2 at each cone/hoop. One student will toss their bean bag overhand/underhand towards the other group's cone to try and get it in the cone or hula hoop. If it lands inside of the cone, it is 3 points or if it lands on/inside of the hula hoop it is 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.

Table/Mat Slam Ball

By Mike Ginicola

@PhysEdDepot



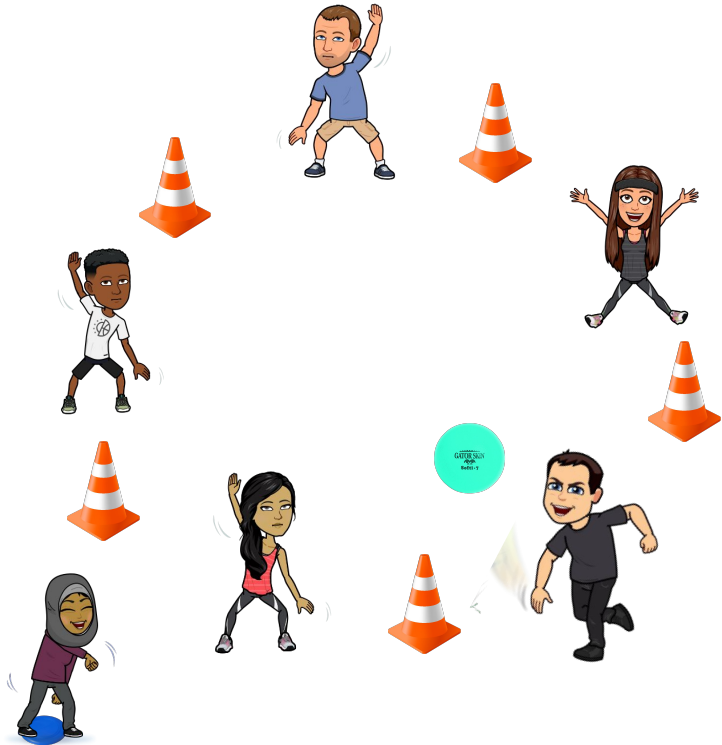
Equipment: Mats/Hula Hoop; Foam/Rubber Ball

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

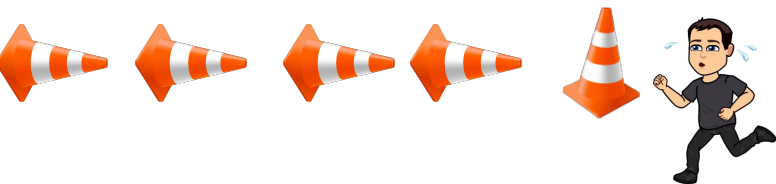
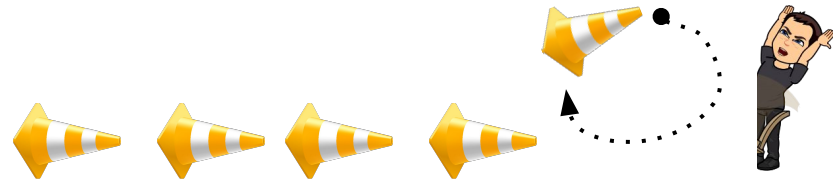
Set-up: Place 5 cones in a circle or hexagon formation. Place a cone/poly spot away from the cones for a line up spot.

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

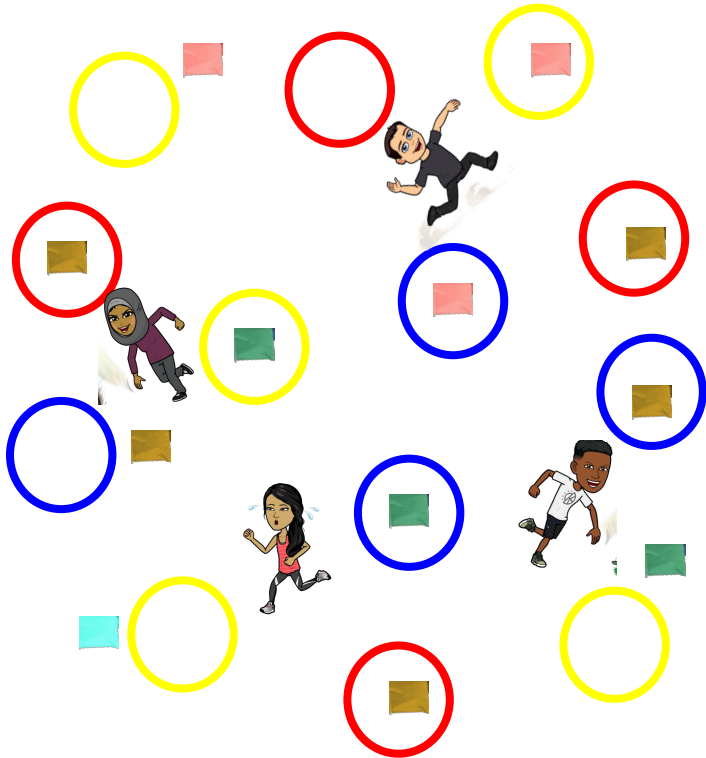
Set-up: Place a line of cones tipped to its side. Students will be in groups of 3 to 5, or more depending on your numbers.

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.

Innies vs Outies

By Justin Cahill

@justybubPE



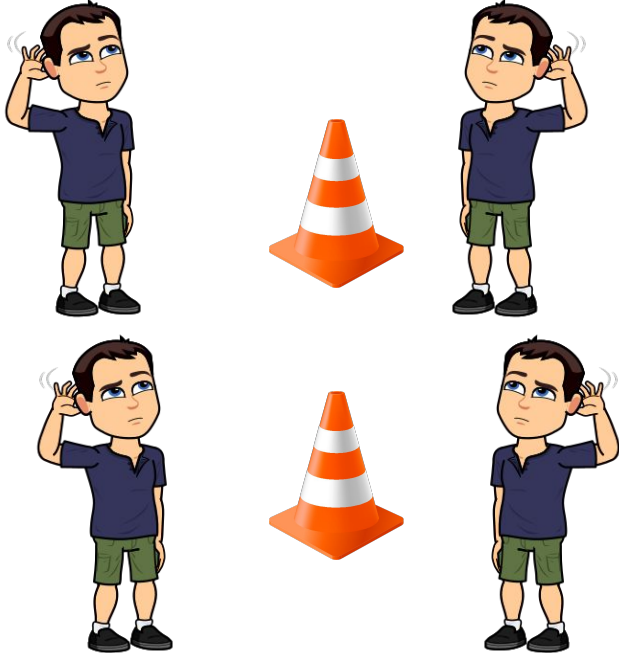
Equipment: Hula Hoops, Bean Bags

Set-up: Hula hoops are spread out throughout the playing area. One bean bag place in or near the hula hoops.

Procedure: Have the students divided into two different groups. One group will be the “innies” group, they must take a bean bag that is out of the hula hoop and place it in the hula hoop. The other group is the “outies,” this group takes the bean bag that is in the hula hoop and places it right outside the hula hoop. The two groups keep going until the time limit is done. Have students switch roles and begin again.

Variations: Use variety of locomotor movements, students can dribble basketball, soccer ball, or hockey stick.

Head, Shoulder, Knee, Cone!



Head!

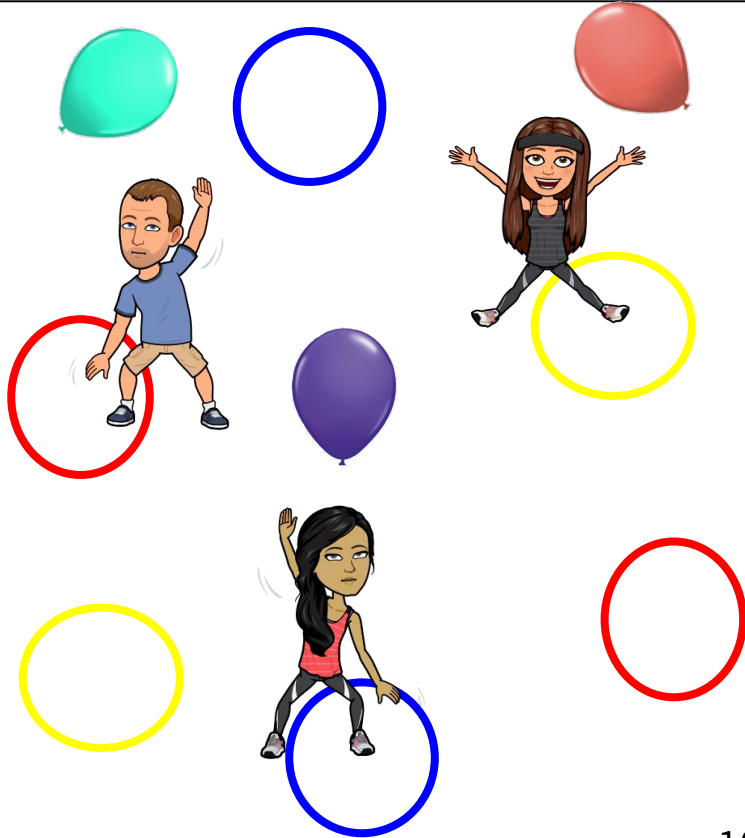
Equipment: Cones

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.

Up, Up & Away 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.

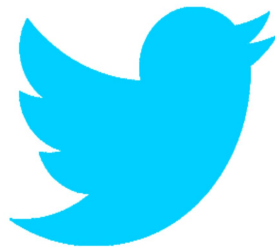
Winner, Winner, Steal the Dinner!

Equipment: Cones, Rubber Chickens, Hula Hoops

Set-up: Place a cone with a rubber chicken on top, and scattered around the gym. Have 3-4 students around each hula hoop.

Procedure: Students will be in a pushup position around the hula hoop structure. They need to hold the push up position until they hear the whistle or a specific word. When they hear the whistle or a word, they must reach to grab the chicken first. If the student grab the rubber chicken first, then they stay at hula hoop, and the other students must move to a different hoop to play the champion.





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- **Networking with others around Illinois, Midwest, National, and Global**
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- **Best of all, it is FREE!**

The link below is a page full of #physed activities!

#Physed Activities Link





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