

PE Activities for February 13 - Denis Walsh

Evolution (Warmup, fitness)

- This is a human rock paper scissors game, rock pose, squatting in a ball, paper pose, standing tall with arms and legs wide apart, scissors pose, partially squatting head at chest level with arms stretched out in a V around head
- All Ss start as eggs (basically rock pose) and hop around the room to music, when the music stops eggs start pairing off and stand up to a neutral position to play rock, paper, scissors - "rock paper scissors, one two three" (ON three Ss must commit to a pose)
- Winner evolves to chicken, losing players remain eggs, in a tie they must replay
- Each round players face off against the same stage of evolution (egg vs egg, chicken vs chicken, etc.)
- After chicken is Dinosaur, Leader, Leader-of-leaders, Planet, Galaxy, Universe, Multiverse (use as needed until game ends, ex. 20 eggs → 10eggs/10chickens→ 5eggs, 10chickens, 5dinos→ 3eggs, 7 chickens, 8 dinos, 2 leaders→ 2 eggs, 5 chickens, 7 dinos, 5 leaders, 1 leader of leaders→ 1 egg, 4 chickens, 6 dinos, 6 leaders, 3 leader or leaders→ etc. eventually there would be only or almost 1 of each stage, game can also end at any time, none of this needs to be explained to the Ss)
- Fundamental movements
- Egg, squat hops
- Chicken, half squat, medium speed
- Dinosaur, medium-fast speed (light jog)
- Leaders, speed walking or jogging
- Etc. (higher stages increase level of vigorous movement)

Snorps and Snipes (Chasing and fleeing)

- Ss line up in the center of the gym and lie on their stomachs while facing each other
- Each side is given a name (ex. Snorps and snipes) and when their name is called by a caller they chase the other team
- Tagged players switch teams for the next round
- Set a boundary before the wall or stage that counts as being safe, chasers do not benefit from going to the wall or stage, only fleers use it to cushion the run after crossing the safe line
- Cognition: it can be hard to know which side you are on (chasing vs fleeing) knowing which side chases and which side flees is the focus of cognitive activity in this game, tell Ss they will do better if they carefully anticipate what they will do depending on what they hear
- Replace running with other fundamental movement skills, only award tags if instructions are followed
- Change names to knowledge, examples: even/odd number teams, caller says numbers or equations, answer to equation determines chasing team, parts of speech, nouns vs adjectives, anatomy, digestive system vs skeletal system, caller says bone or organ, language, French, colours vs sports
- Combined with human rock, paper, scissors: teams huddle on the sides and decide on either rock, paper, or scissors pose for their whole team. From a standing position in the middle, caller says "rock paper scissors, one two THREE" and ON three teams reveal their chosen poses, winners become the chasers, tie leads to immediate rehuddle

