

Insert specific instructions regarding how you manage your PE class here. (Include freeze + release calls, putting away equipment, lining up, conflict resolution etc)

DAY ONE

WARM UP GAME 1
(5-8 minutes)

BRIDGE TAG

Objectives - For the Taggers to tag players, and for the players to free each other by crawling through the tagged player's bridge.

BOUNDARIES: The black line around the gym is the boundary, if a student needs to step outside to tie their shoe or adjust clothing they can do that. If they are being chased and they run outside the boundary, that counts as being tagged.

Players position themselves in a scattered position around the playing area. Appoint one Tagger for every five to eight players.

1. The Taggers need to chase the players around the playing area.
2. When a player is tagged, they must form a bridge using their hands and feet. To be released, a free player must go under the bridge.
3. Inform students that bridges must be made with their tummy's facing the floor (no inversions).
4. Change taggers often and increase the number of taggers until they are able to catch all free players.

MAIN GAME 1
(10-20 Minutes)

MUSHROOM

1. Students evenly spread out in a circle –while holding the edge. 2. Pull the parachute taut and then lower it between knee level and the ground. 3. On a signal-all raise the chute upwards; it will fill with air and rise like a giant mushroom (In the winter-call it an "IGLOO")

Get it as high as possible, all participants take a couple steps towards the center as the chute rises.

FLOATING MUSHROOM (Once the basic play is mastered, experiment!)

1. Mushroom and then all students run to the center while still holding the chute.
2. Mushroom and then have all students let go of the chute at the same time. If there isn't any wind, the chute will retain its perfect puff shape and rise straight up into the air. This is especially fun outdoors on a windy day. Indoors it may go up to the ceiling.

WAVES

While holding the parachute tightly, participants move their arms up and down to make small and large waves.

FREEBIE 3 | EMERG SUB PLANS

MAIN GAME 1
(10-20 Minutes)

PARACHUTE GAMES

TREASURE UNDER THE SEA

Place a variety of 'treasures' (anything you want) into a treasure box under the parachute. Make waves (above) as if in a Sea Storm. Send divers to retrieve called out items one by one from the box.

CIRCUS TENT

1. With the parachute lowered, players raise their arms (and the chute) as high as possible. 2. Once the chute is high, on a signal-all take 3-4 big steps towards the center. 3. Still holding the chute tightly, students sit down at the edge of the chute-under what should appear to be a circus tent.

PARACHUTE TAG

Lift the parachute high overhead. Call one student's name and have him/her run to the other side before the parachute comes down and tags them.

You can alter the game by having students skip, crawl or twirl to the other side. Additionally, you can have students try to tag each other.

DAY TWO

WARM UP GAME 1
(5-8 minutes)

SKUNK TAG

Objectives - For the Taggers to tag free players and transform them into skunks.

BOUNDARIES: The black line around the gym is the boundary, if a student needs to step outside to tie their shoe or adjust clothing they can do that. If they are being chased and they run outside the boundary, that counts as being tagged.

Players position themselves around the playing area. Appoint one Tagger for every five to eight players.

1. Taggers need to try to tag free players.

2. When a player is tagged by a Tagger, they are transformed into a skunk and must hold their noses and jump up and down on one foot.

3. They must continue to jump until a free player tags them and makes them free again.

4. Change the Taggers often.

FREEBIE 3 | EMERG SUB PLANS

| | |
|--|---|
| <p>MAIN GAME 1</p> | <p>CHUCK THE CHICKEN</p> <p>EQUIPMENT: Chicken or other animal. These can be found on the shelf in the equipment room.</p> <p>INSTRUCTIONS</p> <p>Divide class into two teams.</p> <ul style="list-style-type: none"> - Team 1 is responsible for chucking the chicken and the other team is responsible for retrieving the chicken. - The team that is chucking the chicken will have one person throw the chicken as far as they can. The rest of the team will then get as close as they can to each other respectfully and one person (usually who threw the chicken) will run laps around their team. Each lap is a point. - Meanwhile the other team is retrieving the chicken and then formatting a single-file line where they must pass over and under until it gets to the end of the line. - Once it gets to the end of the line, the team yell stop as loud as they can and the other team racing is done and the points are tallied. |
| <p>COOL DOWN</p> | <p>Gather students in circle in center of gym.</p> <p>BEAR BREATH Inhale through the nose, pause; exhale out the nose, pause. Breathe in for a count of 3 or 4, pause for a count of 1 or 2; breath out for a count of 3 or 4, pause for a count of 1 or 2. Repeat a few times. This will help ground and settle kids. Wonderful for restful, reflective time. Imagine a bear hibernating. Helpful before nap time, storytime or any creative activity.</p> |
| <p>DAY THREE</p> | |
| <p>WARM UP GAME 1 (5-8 minutes)</p> | <p>SOLE MATES TAG</p> <p>Objectives for the Taggers to tag free players and for free players to release their teammates by placing their soles on the soles of the tagged player.</p> <p>BOUNDARIES: The black line around the gym is the boundary, if a student needs to step outside to tie their shoe or adjust clothing they can do that. If they are being chased and they run outside the boundary, that counts as being tagged.</p> <p>Setup</p> <p>Players position themselves around the playing area. Appoint one Tagger for every five to eight players.</p> <p>Instructions</p> <ol style="list-style-type: none"> 1. Have the Taggers run around and try to tag free players. 2. When a player is tagged, they must lie down on their back with their feet raised. 3. To be freed, the soles of a free player must be placed against the soles of a tagged player. 4. They are now "Sole Mates" and can jump up and join the game again. 5. Be sure to change the Taggers often. |

| | |
|---------------------------|---|
| <p>MAIN GAME 1</p> | <p>Scavengers</p> <p>Equipment:</p> <p>Pylons (as many as you can find)</p> <p>Beanbags (20, does not need to be exact)</p> <p>Hoops (2-4 As many hoops as you have groups)</p> <p>Procedure:</p> <ul style="list-style-type: none"> · Pylons scattered across the gymnasium floor · Students are separated into groups · One group (Blue)of students hides bean bags underneath the individual pylons, when they are finished they can head back to their designated area. · Starting from their designated area, which is marked by a hoop, a different group will (pink) will then race to find all the hidden bean bags. However, they are only allowed to look under one pylon, after they have looked underneath a pylon they must return to their hoop before going to look under another pylon. If the pylon they look underneath has a bean bag they bring it back to their hoop. · The group with the bean bags in their hoop will be responsible for hiding the bean bags next round. Rotate through the groups so all students have the opportunity to hide and find the bean bags. · For an added element of competition, time how long it takes each to get all the bean bags back to the hoop. · This diagram shows four teams on the same side of the gymnasium however feel free to put each group on different sides of the space or in a corner. |
| <p>COOL DOWN</p> | <p>BUNNY BREATH</p> <p>Just 3 quick sniffs in the nose and one long exhale out the nose. Invite kids to pretend to be bunnies, sniffing the air for other bunnies, carrots to eat, or safety. It can be a lovely cleansing breath when you use it in this way. You can also use it when kids are very upset and can't find their breath, because it will help them connect to their exhale so that they breathe instead of spin out.</p> |