

One Minute to Fitness and Skills!

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After attending many physical education conferences over the summer I discovered so many extraordinary physical educators across the nation who do what you and I do everyday! They are creative, fun, and enjoy working with students and gaining new ideas to implement into their curriculum. This session is designed to engage students in skill-based and fitness-based activities that keep them active and moving for the time you teach them in PE class.

Each station is set up for students to be in groups of two or more. Students are engaged in each activity for about a minute, or until the teacher calls a rotation. Students understand and can determine which of the National Standard best fits the training activity based on the student objectives.

- *(Students Objectives were created from Lisa Summers, 2009 National High School PE teacher of the Year)*

National Standards:

- **Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
Student Objectives: “ I CAN MOVE CORRECTLY”
- **Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
Student Objectives: “ I CAN TRAIN MYSELF AND OTHERS/I CAN MOVE CORRECTLY”
- **Standard 3:** Participates regularly in physical activity.
Student Objectives: “I PARTICIPATE REGULARLY”
- **Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.
Student Objectives: “I AM FIT”
- **Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
Student Objectives: “I CAN PLAY FAIRLY”
- **Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Student Objectives: “I VALUE MY HEALTH AND FITNESS”

Station #1: Bowling

- Start behind the starting line.
- Step in opposition from the release hand and step forward toward the pins and release the bowling ball without letting it bounce.
- Two attempts per lane. Partner bowler will reset the pins and clear the ones knocked down.
- Scoring: Strike = 10 points, no strike = each pin down is one point.
- Helpful hint: Stay low and think of sliding the bowling ball along the ground towards the first pin.

Station #2: Yoga Pose – Warrior (Strength & Flexibility)

- Hold each pose for 15 seconds
 - Warrior 1, Warrior 2, Reverse Warrior 2, Warrior 3

Station #3: Target Throw

- Start the activity with both feet behind the line. You may toss the ball or do an overhand throw
- To Throw: Point the opposite shoulder toward the target. Weight on back foot. Hold the ball in the fingers.
- Hand and ball behind the elbow and the elbow leads the throw.
- Step in opposition. Use opposite foot toward the target while transferring weight from the back foot to the front foot.
- Release the ball, point, and follow through.

Station #4: Pop it up!

- Rack and a tennis ball individually pop up a tennis ball.
 - Eye hand coordination and ball control
 - How many pop ups can you do in a row without the ball hitting the floor?
- Variations: Pop up the ball and catch it on the racket. OR - Pop up the ball, let it bounce once on the ground, and then back up.
 - How many can you do in a row?

Station #5: Resistance bands - Bicep Curls (Strength)

- Place feet in the middle of the bands and hold onto the handles.
- Curl the band toward the body.
 - Alternating curls or at the same time.

Station #6: Surfing/balance – Indo board

- Must have a confident peer for a spotter.
- Place the IndoFlo cushion centered beneath the deck. The deck is centered when it sits level on top of the IndoFlo cushion.
- Step up onto the Indo board with your feet centered on the deck.

- Make sure your heels and toes are the same distance from the front and back edges of the Indo board and the outside of your feet from the ends of the board.
- The width of your stance determines the level of difficulty you will experience in trying to stabilize yourself.
- Designed to improve balance, core fitness, flexibility, coordination, and strength
 - The wider apart your feet are, the greater the degree of difficulty
 - Start with stance that positions your feet at shoulders width apart.
 - Always maintain a bent knee stance and look straight ahead.
 - Push hips slightly forward as you tighten your gluts and abs.
 - Upper body is quiet – no movement from head, shoulders or arms.
 - To stop movement in upper body, step off and try again.
- **Variety:** Give it your best and us the roller to Surf!
- **Safety:** Make sure you always have a spotter

Station #7: Circle Run (Cardio Fitness)

- Move lower body quickly by running around cone
- Run for the entire time.

Station #8: Jump rope tricks

- Use short jump ropes and practice a variety of movements with the ropes
 - Quick feet, hopping on R/L foot, crisscross, double under, x jumps, ski jumps, backward, back crossing, doubles (partner).

Station #9: Horse shoe/ring toss

- Start from behind the line
- Feet together, shoulders face the target
- Focus on the target.
- Swing arm back, step towards the target with opposite foot.
- Point fingers in the direction of the target.
 - How many times can you toss the ring directly on the target?

Station #10: Yoga Poses (Strength)

- Hold each pose for 15 seconds
 - Downward Dog, Chaturanga, Plank, R/L side Plank, Upward Dog

Station #11: Partner beanbag soft toss

- Stand at the line facing the target (bucket)
 - Toss the bean bag into the bucket
- R (L) arm straight by your side
- R (L) arm swing back and bend the knees
- Take a step forward with opposite foot.
- Release the bag and follow through to target (bucket)
 - Every time you make it in the bucket, step back one-step to increase difficulty.

- Can you toss all 5 beanbags into the bucket? Switch partners.

Station #12: Jumping Jacks (Cardio fitness)

- Complete as many jumping jacks as possible until the station ends.

Station #13: Trash the Frisbee

- Stand sideways or forward with your dominant foot towards the can.
- Hold the Frisbee with your dominant hand at hip level.
- Point the Frisbee toward the Can, step and throw (snap the wrist) to release the Frisbee.
- Scoring: 5 points if the Frisbee banks off the wall and into the can.
3 points if the Frisbee goes into the can.
- Partners work at the same time.

Station #14: Body Bars – Bicep curl sequence (Strength)

- Complete 2-3 sets of 15 repetitions.
- Use bicep curl variations (full extension/flexion, half up, half down)
- Concentrate on breathing correctly and using proper technique.

Station #15: Football throw

- Find a partner and face each other on the markers
- Spread your fingers on the football (use the threads)
- Point the opposite shoulder toward the target
- Weight on back foot
- Step with non-dominant foot when throwing, while transferring weight from the back foot to the front foot.
 - Release, point with opposite hand and follow through.
- Can you throw the football in a spiral?
- How many times can you throw and catch without dropping the ball?

Station #16: Bow to Boat (Core Strength)

- Start on the stomach and perform the bow pose (yoga). Hold for 10 seconds
- Roll onto back and do boat pose – legs and arms 4-6 inches off the ground. Hold for 10 seconds. Repeat sequence

Station #17: Forehand Rally (tennis)

- Move the ball across the “center line” with a partner
 - Start at centerline, rackets touch.
 - Every time the ball is contacted correctly, students move back one step.
 - If missed, students begin at the centerline.
- Start in ready position, face the “net”
 - Proper grip – shake hands with racket.

- Turn sideways. Point opposite shoulder to target
- Weight on back foot
- Step with opposite foot towards target, move arm from hip
 - Weight transfer from back to front, rotate hips
- Contact ball and follow through.
- Return back to starting position
- How many steps back can you take per rally?

Station #18: Calf Raises (Strength)

- Rise up on balls of feet, slowly.
- *Variations:* Toes out, heels together, feet parallel, toes in heels out. Do 15 reps each variation.

Station#19: Foot juggling

- Using hacky sacks!
- Individually or with a partner, juggle the sack.
 - How many times can you move the hacky sack without it dropping to the ground?

Station #20: Squat Jack (Cardio fitness/strength)

- Start with a jumping jack and once down, complete a squat with arms out to the side. Repeat.

Station #21: Hand juggling

- Use of scarves or juggle balls
- Toss, toss, catch, catch (scarves – catch like a cat claw)
- Juggle balls, use two first and then move to three
 - Challenge, use one hand - R and L
- How many times can you keep the juggle ball moving without dropping it to the ground?

Station #22: Jump Squat (Strength)

- Perform a squat and on the way up, explode into a jump.
 - Keep chest up, gluts back, “sit in a chair” and keep knees from crossing over toes.
- Popcorn” – (Microwave Mix) – The Boomtang Boys
- “The Twilight Zone (Rave Edit) - 2 unlimited
- “Body Rock” – Black Eyed Peas
- “U Can’t Touch This” – MC Hammer
- “Beat It – Michael Jackson
- “Space Jam” – Space Jam original movie
- “This is your night” – Amber

- “Everybody, Everybody” – Black Box
- “Axel F” – Crazy Frog
- “We like to Party” – Crazy Frog
- “Because We Can” – Fatboy Slim
- “Give It Up” – The Goodmen
- “I love Rock & Roll” – Joan Jett & The Black heart
- “Jump” – Kris Kross
- “Funky Town” – Lipps, Inc.
- “Shake it” – Metro Station
- “Rhythm is a Dancer” – Snap
- “Whoomp, there it is” – Tag Team
- “Pump Up the Jam” – Technotronic Featuring Felly
- “Start the Commotion” – The Wiseguys
- “Zombie Nation” – Zombie Nation
- “No Limit” – 2 Unlimited
- “Get Ready for This” – 2 Unlimited
- “Calabria 2007” - Enur
- “Chocolate” – Author Unknown
- “Cotton Eyed Joe” –
- “Techno to Don’t Go” – Yaz

“Ms. Barry’s PE classes are designed to practice & promote lifelong physical activity”