

Phys. Ed. activities for June 8 to 12, 2020

For this week's activities, I included some ideas to have fun with 1 pool noodle, 1 balloon and 9 stacking plastic cups.
Have fun!

DROP AND CATCH



Hold the bottom of the pool noodle in front of you. Let it go and try to catch it near the top using the same hand.

5

POOL NOODLES

NOODLE WALK



Place your pool noodle on the ground and walk back and forth across it. Be slow and steady as you move.

6

POOL NOODLES

JAVELIN THROW



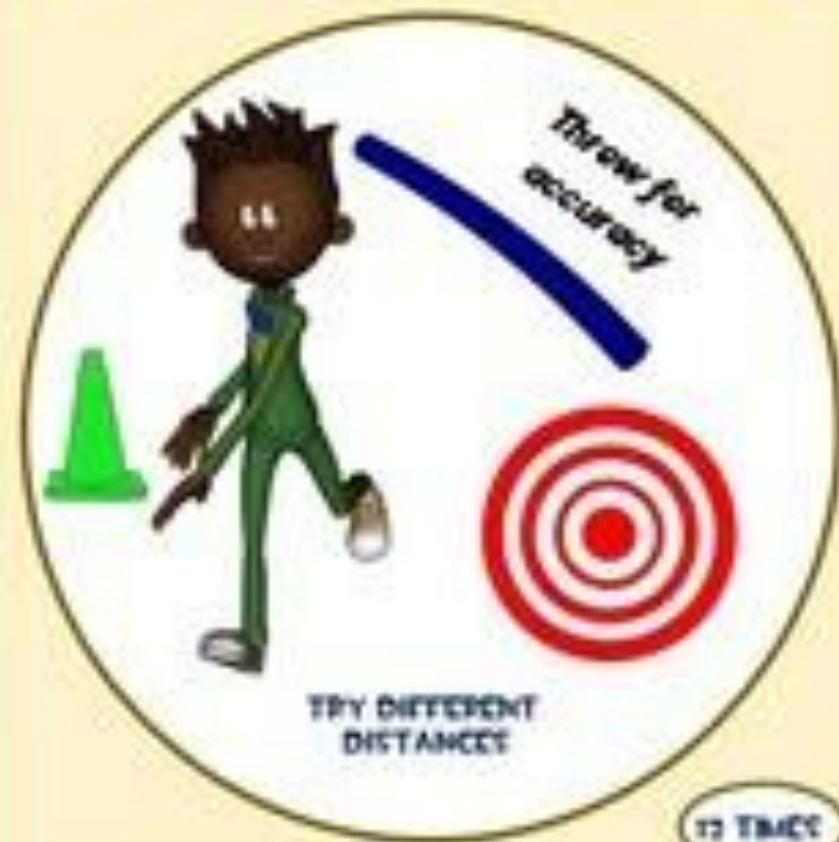
10 TIMES

Starting from a gym line, pretend your pool noodle is a javelin, take a few steps, and throw it for distance.

17

POOL NOODLES

HIT THE TARGET



12 TIMES

Mark a distance from a wall target using a cone. Throw the noodle like a javelin to see if you can hit the target.

18

POOL NOODLES

BALANCE ON HANDS



Balance a pool noodle on the palm and the back of your hand. Try using both your left and your right hand.

1

POOL NOODLES

BALANCE ON HEAD



Balance a pool noodle on top of your head. Try moving around the room while you balance it.

2

POOL NOODLES

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<p>1 POOL NOODLE IN LEFT HAND TAP BALLOON UP</p>  <p>25 Times</p>	<p>2 POOL NOODLE IN RIGHT HAND TAP BALLOON UP</p>  <p>25 Times</p>
<p>3 2 HANDS ON OUTSIDE TAP BALLOON UP USING MIDDLE AREA</p>  <p>25 Times</p>	<p>4 HANDS IN MIDDLE TAP BALLOON UP USING EITHER END</p>  <p>25 Times</p>
<p>5 SIT DOWN TAP BALLOON UP WHILE SITTING</p>  <p>20 Times</p>	<p>6 LAY DOWN TAP BALLOON UP WHILE ON BACK</p>  <p>20 Times</p>

SUPER CHALLENGES

Instant PE task

Jump the noodle



Setup (each pair needs 1 foam noodle)

› One player holds the foam noodle

Gameplay

1. The player with the noodle swipes the noodle left...right...left...right...low on the ground
2. The other player must try to jump over the noodle without touching it
3. Complete 10 jumps, then switch turns

AGILITY

SINGLE 4-3-2 STACK

9 CUPS



Upstack and downstack 9 cups in one, 4-3-2 pyramid. Time yourself and see if you can beat your best time.

9

CUP STACKING



TRIPLE 2-1 CLOSED STACK

9 CUPS



Upstack and downstack 9 cups in three, 2-1 pyramids. Time yourself and see if you can beat your best time.

10

CUP STACKING



CRAB AND STACK

6 CUPS



Start at a cone and crabwalk to the cups to upstack 6 cups in two, 2-1 pyramids. Travel back to the cone and repeat to downstack the cups.

21

CUP STACKING



SCOOT AND STACK

6 CUPS



Start at a cone and ride a scooter board to the cups to upstack 6 cups in two, 2-1 pyramids. Ride back to the cone and repeat to downstack the cups.

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CUP STACKING



DOUBLE 2-1 CLOSED STACK

6 CUPS



Upstack and downstack 6 cups in two, 2-1 pyramids. Time yourself and see if you can beat your best time.

1

CUP STACKING



DOUBLE 2-1 OPEN STACK

6 CUPS



Upstack and downstack 6 cups in two, 2-1 pyramids. Time yourself and see if you can beat your best time.

2

CUP STACKING

