**PE BASICS**

**Routines:**

Most kids want to do PE and if you incorporate games into your class they will want to play. So if you set out some routines you won’t have to yell too much. You may have to practice these over and over again with the class to get them used to it (1-2mths).

1. To get attention/ save yourself from yelling:
   1. Whistle 3x = Stop! Sit! Listen! Or “Stop, put down equipment and listen!”
   2. Countdown from 5 to Stop if you don’t have a whistle
2. To reduce distraction:
   1. Keep every student in front of you – NO ONE is behind the teacher!
   2. Sit/kneel to listen = easier to see if they are **ALL** watching
   3. Face kids away from possible distractions (another class, the sun, etc)
   4. Keep rules/ instructions to a minimum (3 pts)
3. You will need penalties for kids not listening (nothing too harsh):
   1. Wait for quiet – time is taken out of **game time** at the end
   2. Move a talker to right in front of you
   3. Repeat offenders go touch all 4 walls, or far fence (add crunches, etc for repeats)
   4. Up/ Downs (stand up and then sit without talking) – repeat until they stop talking
   5. In extreme cases you may use an entire class doing these. If it goes beyond 10min I often will scrap the gym class and go back and have them write about why they need to be respectful, or the rules of the game, etc (notes or an essay)
4. Injured students or those who refuse to participate:
   1. Set up cones; referee games; take out equipment and put it away; clean/organize equipment (room)
   2. (refuse to participate, or goofing around too much) Walk around the field/ gym – make sure they understand that they get 0 for participation
5. Putting Equipment Away
   1. Chose a few children to gather and help put away equipment
      1. Can create a schedule or randomly choose depending on class
      2. I sometimes make it part of the participation mark (5/5 = have to help in some way)

**Teaching Skills & Strategies**

Some games have similar traits and therefore you can use the same drills and games for all of them. It will help those who play one sport potentially understand another game, as well as save time later, because the kids will have already done the activity.

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| Invasion  Sports | Ultimate, European Handball, Soccer, Basketball, Rugby, Hockey, Lacrosse, etc. |
| Net/Wall Sports | Badminton, Volleyball, Squash, etc. |

**Invasion Sports**

Offence --> Move to open space; Create Triangles to get around defenders

Defense –> Stay with your check as they move around; stay between them and their target (net, etc.)

Skills: Pass, shoot & dribble. (Shot= hard pass)

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| **Passing Cues** |
| 1. Foot/Hand/Elbow/Stick points to the target 2. Shift weight and movement towards the target 3. Follow through to the target |
| **Receiving Cues** |
| 1. Move your feet to be directly behind the ball 2. Provide a target out in front of your body (hands, feet, etc.) 3. Cushion the pass by drawing target back as the pass reaches you |

\* In sports like soccer, lacrosse, and hockey shooting is mostly just passing harder\*

**Dribbling Cues (Soccer, Hockey, and Basketball):**

1. Head Up to see opponents and teammates
2. Keep ball under control (close to you)
3. Protect the ball

**PASSING DRILLS/GAMES**

I mostly do partner/group passing back and forth from cones and mix in these.

* 1. Timed Activities
     1. (Passing) - Each partner is on a cone across from each other that you set up. (groups) Follow pass!
     2. Give the students 20-60sec to see how many passes they can make with a partner
     3. Modification = if you drop the pass you go back to 0! Or give better players less touches!
  2. British Bulldog/Octopus
     1. Have kids play where bulldogs are trying to get the ball from you and your partner. They must intercept a pass, or take the ball off the person with the ball, for you and your partner to be in the middle
     2. Octopus is like British Bulldog but when players are knocked out they stand in place.
  3. Teacher vs Students
     1. Kids pass and move around a designated space – if they fill the space they get 1 pt, if not you do
     2. First to 5pts wins; set up some sort of penalty for the loser to make it more interesting?
     3. If students go out of the area, run into someone, or drop a pass they have to stand at the side with their partner for 10sec!
  4. Pig in the Middle
     1. Work on passing around a defender + faking (in a confined space or not)
     2. Work on Defense – move hands!
  5. 5s
     1. Set up a target for the partners to try and hit (pair of cones works well)
     2. 1 partner is negatives and the other partner is positives. Start at 0 and see who can get to either -5 of +5 first.
  6. NO DRIBBLING final game (variation of Ultimate and European Handball but for other sports)
     1. Works well for Lacrosse, Basketball. Can be used for Soccer; but, do not use for Rugby!
     2. Players receive a pass and they cannot move
     3. Defense must be 2-3 steps away from the person with the ball
        1. You can only get the ball by intercepting the pass, the other team dropping the ball, or you picking up the ball

**DRIBBLING DRILLS/GAMES**

1. Relays
2. Set up a series of cones for groups of 2-4 to go through, or just a pair of cones to dribble to and from (groups of 4?)
3. Modifications: time the relay; move some cones closer or further apart to alter the difficulty; make it that they can only use one foot/hand (soccer/ basketball)
4. Octopus/ British Bulldog --> No tidal wave for Octopus.
   1. When the octopus knocks away your ball you try to knock away other peoples ball
      1. Octopus --> people stuck in place.
         1. Try 1-3 people as the Bulldogs/Octopi
5. Knockout
6. Everyone tries to knock away others balls while maintaining their own
7. Create a smaller and smaller space to stay within
8. Once knocked out they must do another activity to practice dribbling, etc.
9. Teacher vs Students
   1. Students dribble around an area and must fill all open spaces
      1. Run into another, lose control of the ball, go out of the area = 5 sec penalty on sideline
      2. If they don’t fill all the areas the teacher gets a point; if they do the kids get a point
         1. Create a reward/ penalty? Go directly to a game if they win?

**Final Games**

1. Whenever possible do **NOT** set up an out of bounds (leads to arguing and a lot of stopping)
2. Make “Competitive” and “Non-Competitive” teams so not sexist and no one quits because others aren’t passing to them (Also only need 1 colour of pinnies then too!)
3. Kids set up cones as nets for their games (Soccer)
4. Use skill practiced to influence games
   1. E.G. No dribbling + must pass to teammate to score; Must dribble through cones/ into area to score (NO goalies! Must be 3-5 steps away); Can score going in either direction (defenders MUST stay with check otherwise you get easy goals – also works on back passes in soccer, etc.)
   2. Less real shooting in soccer, lacrosse, etc. The less kids are just chasing

**Net/Wall**

Offence --> Make opponent move by hitting short/long and or side to side

Defense --> Return to central defensive spot.

**Skills**: Serve, Pass, Attack

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| **Serving Cues** | |
| **Badminton** | **Volleyball** |
| 1. Birdie out in front  2. Step to target  3. Follow through and snap | 1. Ball out in front of you  2. Step to target  3. Follow through to target (point) |
| \* Racquet must be below wrist & birdie below waist  **Passing/Hitting Cues** | |
| **Badminton** | **Volleyball (Forearm)** |
| 1. Turned to target (shoulder points to target)  2. Birdie out in front  3. Step, twist, and snap | 1. Square to target  2. Legs bent  3. Arms flat; little/no swing  4. Step to target |
|  | **Volleyball (Overhead)**  1. Diamond hands at forehead  2. Cushion on pads of fingers  3. Extend to high five on sides! |
| **Attack Cues** | |
| **Badminton** | **Volleyball (Spike)** |
| 1. Turn to Target (hand pointing to target)  2. Back Scratcher  3. Twist and Extend to bird  4. Snap the wrist | 1. Turn to Target (hand pointing to target)  2. Hitting Arm Back behind head  3. Twist and Extend up to ball  4. Snap the wrist |

**DRILLS/GAMES**

* 1. Timed Activities
     1. (Passing) - Each partner is on a cone across from each other that you set up. (KEEP CLOSE!)
     2. Give the students 20-60sec to see how many passes they can make with a partner
     3. Modification = if you drop the pass you go back to 0! Or allow some players to have a bounce (volleyball)
  2. 5s --> Work on movement and defensive positioning.
     1. Set up a target for the partners to try and hit (cone works well) OR stay within a section of the court (service court of badminton court)
        1. If playing target --> player must let the ball/birdie bounce
        2. If within an area --> you get a point if it bounces, or other players toss goes out of area
     2. 1 partner is negatives and the other partner is positives. Start at 0 and see who can get to either -5 of +5 first.
     3. Must toss/hit up and above head height
  3. Relays
     1. Players hit the ball to themselves in a relay and pass off to a partner
  4. Target Games
     1. (passing) One partner tosses the ball to the other and he/she tries to hit it to the target (cone inside a hula hoop = double target).
        1. Set up scoring system (give a time and see what the scores are, or have a score for them to get to)
     2. (serving) Server tries to hit it to the target (cone inside a hula hoop = double target).
        1. Set up scoring system (give a time and see what the scores are, or have a score for them to get to)
        2. Try to win within your group, and then see which group can win within the class
  5. Monarch of the Court (3 or 4 to a half court)
     1. Whomever wins their game (play to 1, 3, or 5pts) becomes the monarch then new challenger comes on the court
     2. Play the game to emphasize tactics!
        1. If ball lands in the front part of the court/ back part of the court you automatically win!
  6. Move UP/DOWN games
     1. Play for 5min. Winners move up and the others move down (balance abilities)
        1. Play big money spots for tactics (corners or deep = 2pts, etc)

**Track SAFETY!**

Throwing Events require a safe environment and proper technique for students to not hurt themselves. One injury could mean we lose the javelins!

**SAFETY**

* + 1. Always walking to prevent injury
    2. Lefties all together on the one left side of a row
    3. No one touches equipment when others are around (partners are 10 feet back)
    4. Students only touch equipment when teacher says:
       1. Ready = pick up and get into stance
       2. Throw = throw
       3. Retrieve = **WALK** to get equipment while partner moves into position

1. Javelin
   1. Hold javelins perpendicular to the ground at all times
   2. Javelin gets put into the ground and not passed to a partner
   3. Use pool noodles to start with technique (safer – also hilarious if windy!)
      1. Can do a relay race by throwing the noodles
   4. Similar stance/technique to badminton/volleyball attack, or a throw in baseball.
   5. Technique
      1. Turn body so shoulder (non-throwing hand) points to target
      2. Javelin should be held to cut across the palm of your hand
      3. Step and Turn (follow elbow!)
2. Shot Put
   1. Use dodge balls to practice (safety)
   2. Technique
      1. Turned like you are going to race away from the direction you are throwing
      2. Elbow High, + Scratch Chin like Dog (with the shot)
      3. Pull the cord and twist
3. Discus
   1. Use Frisbees to practice (safety)
   2. Technique
      1. Hold the edge like you are carrying books to class
      2. Turned like you are going to race away from the direction you are throwing
      3. Pull the cord and twist with arm out
      4. Snap all your fingers for the spin!
         1. Can practice i and iv by having kids roll the Frisbee (and later the discus) to their partner along the ground.
         2. The rest of the technique is similar to the shot put but let your arm swing wide
            1. Can play dodge ball where they can only spin to throw to practice!