

If you think a squat is a squat, you don't know SQUAT!!

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Re-energize your teaching with this multi-headed monster of a session that includes advocacy for your program, appropriate practice's, assessment, classroom management, curriculum development, Jump and Hoops for Heart at the HS level.

Classroom Management

- **Warm-up Activity – Circuit Stations**
- **Taking Attendance**
- Attention Command –
 - *“Hooty-Hoo!”*, *“Cowabunga!”*, *“Chah-reot!”*
- **Attendance / Note-cards**
 - **Divide class into groups** - Colored Cards
 - Instructional Lines
 - Exercise Lines
 - Finger Groups
 - Clumping with music
 - **Formative Assessment**

Brain Activities

- Switch, Change, Rotate
- “Gotcha!”
- Thumb and Index Finger Change/Nose and Ear Change
- Neck/Chin Infinity Sign
- Hip Stretch / Elbow to Knee Stretch
- Crazy Eights
- Music Conductor
- Hook-Ups
- Rock, Paper, Scissors
- Knife-hand Strike
- Passing Out Papers
- Double, This, That

Brain Activity – Partner & Group

- **Double, Double**
- **This, This**
- **Double, Double**
- **That, That**
- **Double This**
- **Double That**
- **Double, Double**
- **This, That**

Find Someone Who Knows.....

- **Double Circle - Literacy Activity**
- When the music stops, match-up with the closest person in the opposite line and discuss:
 - Five Health Related Fitness Components
 - Six Skill Related Fitness Components
 - F.I.T.T. Guidelines
 - Five Fitness Principles
 - Six National Standards for Physical Education
 - The Benefits of Physical Activity

This is NOT a Weight Lifting Session! This is a teach what is on your Syllabus Session!

- ***What do you teach to your physical education classes?***

National Physical Education Standards

Standard 1: Demonstrate Competency in motor skills and movement patterns needed to perform a variety of physical activities. (*Psychomotor Domain*)

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (*Cognitive Domain*)

Standard 3: Participates regularly in physical activity. (*All Domains*)

Standard 4: Achieves and maintains a health enhancing level of physical fitness. (*Fitness Domain*)

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings. (*Affective Domain*)

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (*Affective Domain*)

Frisbee Calorie Blaster

- Body Composition
 - Discuss Benefits of a healthy body composition.
 - Seven bowling pins are set up at each end of the playing area in the neutral zone.
 - Objective is to knock down the other teams pins by sliding the Frisbee along the ground without crossing the mid-court line.
 - Each Bowling Pin represents 500 Calories
 - (3500 Calories =1 pound)
 - Teams can consist of:
 - Throwers, Defenders, Retrievers. (switch positions after points are scored or between each round)
 - Skill Assessment – Frisbee Throw
 - Cognitive Assessment – Name activities they enjoy doing that expend calories and promote healthy body composition.
 - Modify – for other activities

Mission Push-Up Possible

- Health Related Fitness Components
 - Muscular Endurance & Muscular Strength
 - Review FITT, (Intensity)
 - Review the Principle of Progression
 - Your Mission is to design five different push-ups
 - Range in difficulty from 1. LEAST difficult to 5. MOST difficult
 - May use a mat, chair, wall, fitness ball etc.
 - Name each Push-up, and illustrate each push-up in order of difficulty. (Stick figure drawings are acceptable.)

- Assessment
 - Individual Student Progress Sheet, Groups Share how the activity relates to the Health Related Fitness Components, Intensity, Progression, Standards.

*From: Physical Best Activity Guide: Middle and High School Levels, 2nd Edition, by NASPE, 2005, Champaign, IL: Human Kinetics

Teambuilding Activities

- **Grouping students**
 - Finger Groups
 - Clumping with music
 - **Spin Round-Round**
 - **Team Juggling**
 - 1-3 balls/Group
- **Lead-up to Squat Jump throws & Hooverball**
 - Light Ball
 - Medicine Ball

Hooverball

- **Level** – 6-12
- **Training Concept** – Type/Specificity
- **Health-Related Fitness Component** – Muscular Endurance & Strength
- **Purpose/Objective** – T.L.W. demonstrate muscular end. & strength through participation in the game Hooverball.
- **Standards** – All six National Standards
- **Equipment** – Volleyball court, 4-6lb Medicine Ball
- **Procedure:**
 - Introduction of Concepts – Teambuilding Activities, Skill practice with lighter balls.
 - Activity Steps/Directions – Throwing Jump Squats, Underhand Throws
 - Closure/Assessment – 3 pt. Rubric through game play
- **Inclusion Tip** – Pass to each player on your team before volleying.

Curriculum Development

- Turning Over a New Leaf Activity
 - What units do you currently teach?
 - List all the units you have taught in the last year.
 - Circle all of the Team Sports activities.
 - What units are you going to teach in the next year?
 - List as many units as you can from the following categories.
 - Dual and Individual Sports
 - Rhythm And Dance
 - Adventure Sports
 - Team Sports

Advocacy, Advocacy, Advocacy

- Brain Research
- District Curriculum Council
- Dialog Classes
- NASPE “Speak-Out” day, or “Lobby Day”
- Other AAHPERD days on the hill
- State “Lobby Day”
- State Report Card (Shape of the Nation)
- District Leadership

- District School Board
- Newsletters, Newspapers, News TV stations
- Website, Flyers, Video's, Family Fitness/Health Nights.
- "Let's Move in School!"

American Heart Association

- Jump Rope for Heart
- Hoops for Heart

Contact Information

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