

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

Clayton Ellis

Aurora Central High School – Aurora, Colorado

2010 National High School Physical Education Teacher of the Year

[ceellis@aps.k12.co.us](mailto:ceellis@aps.k12.co.us)

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

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

### **Classroom Management**

Warm-up Activity –

Attention Command – *“Hooty-Hoo!”*, *“Cowabunga!”*

Attendance / Note-cards

- Divide class into groups - Colored Cards
- Instructional Lines
- Exercise Lines
- Formative Assessment

### **Advocacy Resources**



“Spark” By Dr. John Ratey

“Brain Rules” By Dr. John Medina

Jean Blaydes Madigan – [ActionBasedLearning.com](http://ActionBasedLearning.com)

### **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
- Basketball Figure Eights – Passing/Dribbling – (Paper)
- Knife-hand Strike
- Passing Out Papers

## **Teambuilding Activities**

Grouping students

- Clumping

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.

# HOOVERBALL

“It required less skill than tennis, was faster and more vigorous, and therefore gave more exercise in a short time.”

Herbert Hoover

## **HISTORY**

- The sport originated in 1928, when shortly after his election Hoover took a goodwill trip to South America. While aboard the battleship Utah on his return, he watched a game of "bull-in-the-ring", a medicine-ball game that was popular on naval ships.
- A soft nine-pound medicine ball was thrown from one to another of the players standing in a circle as the "bull" in the center tried to intercept it.
- During the trip, the president-elect played and enjoyed the game, which was the inspiration for Hoover-ball.
- The sport originated in 1928, when shortly after his election Hoover took a goodwill trip to South America. While aboard the battleship Utah on his return, he watched a game of "bull-in-the-ring", a medicine-ball game that was popular on naval ships.
- A soft nine-pound medicine ball was thrown from one to another of the players standing in a circle as the "bull" in the center tried to intercept it.
- During the trip, the president-elect played and enjoyed the game, which was the inspiration for Hoover-ball.

## **RULES**

The court is 60 feet by 30 feet

A 4-6 pound medicine ball and 8-foot volleyball net are used.

Teams consist of 2-4 players

Points are scored when a team: fails to catch the return pass, fails to return the ball across the net, or returns the ball out of bounds.

The ball is served from the back line.

A ball that hits the out-of-bounds line is a good return.

## **Preparation:**

### **Prisoner Squats:**

1. Start with feet shoulder width apart, toes pointing slightly angled out.
2. Make sure hips, knees and toes are aligned correctly throughout the range of motion.
3. Hands are placed behind the head to make sure that the chest is up and shoulders are back throughout the range of motion.
4. As you lower your center of gravity, the gluts push back (as if you were sitting down), bending at the hips and knees.
5. Make sure the knees don't pass over the toes, and stay on your heels
6. Also make sure that you don't lean too forward, which can cause strain on the lower back.
7. Remember to keep the core tight.

## **CROSSFIT:** High Intensity Interval Training.

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

*Coach,*

*Just thought I would let you know about a little PT session we had. We played Hoover Ball with a 12lb TKO medicine ball, 5 players per side, 6 games to 10 points. It took 55 minutes and everyone was wiped out.*

*Sincerely, SSgt Frank Ollis U.S. Marines*

## **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

### **Memory Game:**

Find a Hand Shake Partner – Introduce yourself!

- Review the **six national standards** with one word per standard.

Find a High Five Partner – Introduce yourself!

- Review the **five health related fitness components**.

Find a Pinky to Pinky Partner – Introduce yourself!

- Review the **six skill related fitness components**.

Find an Elbow to Elbow Partner – Introduce yourself!

- Review as many **fitness principles** as you can.

With the music - greet each of your partners in order using a different **loco-motor movement** between each Partner.

**Create Groups:** In Groups of 4-6 write down and practice with your group an exercise, activity or skill you can use for each of the **Health and Skill Related Fitness Components**. (Complete Worksheet)

**From: Essentials of Team Building Principles and Practices, by Daniel W Midura & Donald R. Glover, 2005, Champaign, IL: Human Kinetics**

Memory Game– Music – Natasha Bedingfield, “Pocketful of Sunshine”.

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

### **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*)

## **Rituals & Routines & First Day PowerPoint**

### ***Work habits-***

#### **In class expectations**

It is expected that all students will dress and actively participate in each and every class period. Students should try to improve, learn rules, and learn strategies no matter what level they are at the beginning of the class. Students are expected to encourage their classmates and function on teams appropriately. It is expected that all students will be cooperative and show respect to each other and all instructors and teachers.

Full participation in ALL class activities and cooperation with teachers, student groups and individual classmates is important for progress toward meeting the PE standards.

Locks and lockers will be issued to students at the beginning of each semester. Students are responsible for their own belongings in the locker room. It is very important that students double check to ensure that their lock is locked on the correct locker. Teachers are NOT responsible for items lost in the locker room.

**PE uniforms are required for ALL PE classes.** Appropriate swim wear is also required for swimming classes.

PE Uniforms include: Aurora Central PE T-shirt, Aurora Central PE shorts, athletic shoes and white socks.

\*Sweats may be worn as needed over the PE Uniform.

\*T-shirts and/or shorts may be worn in the swimming pool as long as they are over a regular swimsuit.

Swimmers with a medical excuse will complete a dry land work out in a PE uniform.

Students are required to keep either a **notebook or a digital folder** on the schools server in order to show progress toward the standards. Notebooks or folders should include 6 dividers, 1 for each standard.

**Attending class**, being on time ready for instruction when the final bell rings, is essential to success in meeting the PE standards for this course. The Aurora Central Tardy and Attendance Policy will be applied in physical education.

**Cell Phones** and other electronic devices are **NOT** allowed in class.

#### **Homework expectations**

Physical Education is considered a **Core Content Course** by the Colorado State School Board.

Physical education is education of how to be healthy, mentally and physically. Students should value physical activity so that they have the minimum skills that allow a person to pamper their body and stay healthy for life.

Students will be assigned homework in my physical education classes.

Homework should be turned in by the expected due date.

#### **Policies for absences and make-up work**

To demonstrate proficiency, students must keep up with the pace of the class. It is the student's responsibility to find out what work they had missed due to an absence and complete make-up work. Students can make arrangements with the instructor to make-up participation time. For example, a student may attend another class if they have an open period.

#### **Required/ recommended supplies-**

Appropriate swim wear is also required for swimming classes.

PE Uniforms include: Aurora Central PE T-shirt, Aurora Central PE shorts, athletic shoes and white socks.

\*Sweats may be worn as needed over the PE Uniform.

\*T-shirts and/or shorts may be worn in the swimming pool as long as they are over a regular swimsuit.

Swimmers with a medical excuse will complete a dry land work out in a PE uniform.

#### **Course fees-**

Physical Education Uniforms – **\$15.00**

Cost of notebook and dividers, thumb drive.

Lifeguarding Book – **\$35.00** at the beginning of the second semester. (Lifeguarding Class only)

Lifeguarding Certification – **\$8.00** at the end of the lifeguarding course. (Lifeguarding Class only)

Other fees may apply for special events.

## **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 team's 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, and 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

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

## **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.

Each group may use a mat, chair, wall, fitness ball etc. to create their push-ups. 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, 2<sup>nd</sup> Edition, by NASPE, 2005, Champaign, IL: Human Kinetics**

## **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

Cross out the Team Sports from the other side of the paper.

Music - Natasha Bedingfield, "Unwritten".

## **Skillastics**

Fitness Extreme Skillastics – [www.skillastics.com](http://www.skillastics.com) – toll free (888) 842-7746 -\$256.95

- To achieve a higher level of fitness in a unique and non-competitive environment.
- Designed as a health related activity tool to prepare students for the Fitnessgram Assessment.
- Instills positive exercise habits that last a lifetime.
- Meant to coincide as a motivational supplement to your instruction on health and fitness
- Allows the teacher to organize a group of children quickly utilizing more time for physical activity.
- Considered a new and innovative twist on circuit training.
- A player from each team approaches the oversized mat where they roll their colored die and move their matching colored beanbag to a corresponding space on the mat.
- They jog back to their group and explain and perform the exercise with their group.
- Each team moves independently around the mat.

## **Advocacy, Advocacy, Advocacy**

Brain Research

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

## **American Heart Association**

Jump Rope for Heart

Hoops for Heart

## **Yoga Cool Down**

- Mountain Pose
- Upward Salute
- Standing Lateral Flexion
- Warrior 1
- Warrior 2
- Warrior 3
- Reverse Warrior
- Triangle
- Reverse Triangle
- Downward Facing Dog
- Cobra or Upward Facing Dog
- Childs Pose
- Cat/Cow Stretch
- Butterfly Progression
- Pretzel Progression
- Final Relaxation

## **There is an App. for that!**

- Nike
- Spark People
- Daily Burn
- Cal Counter
- Eat This Not That Game
- Heart Rate
- IMapMyFitness
  - IMapMyRun
  - IMapMyRide
  - IMapMyWalk
- IMuscle
- Interval Trainer
- Lose It
- Push-Ups
- RunKeeper
- Play
- Yoga Free
- Body Fate
- Body Fitness
- Daily Workout
  - Butt Workout
  - Cardio
  - Ab Workout



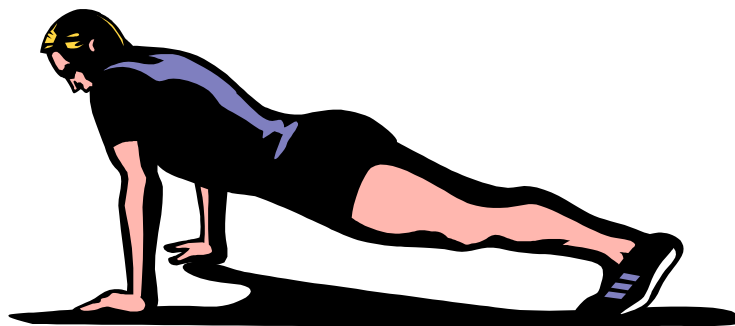
# 1. Jog



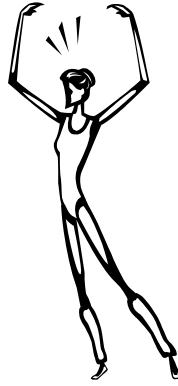
# 2. Skip



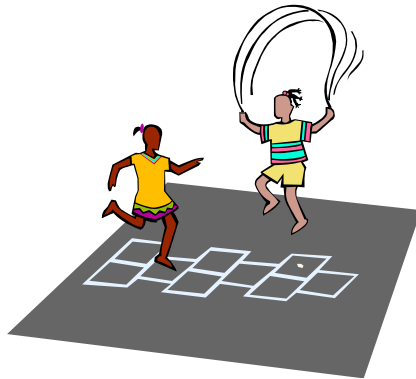
# 3. Push-Ups 10X



# **1. Slide**



# **2. Power Skip**



# **3. Curl-Ups** **10X**



# **1. Walk Backwards**



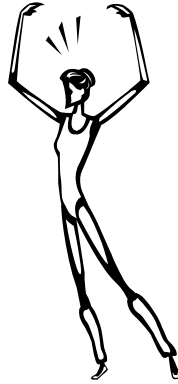
# **2. Gallop**



# **3. Mountain Climbers 10X**



# **1. Slide**



# **2. Carioca**



# **3. Prisoner Squats 10X**

