Activities for Limited Space

1. **Bean Bag Bocce**—use 2 of the same colored bean bags per player. You can use another colored bean bag as the polina or target ball or use something that would not roll (eraser, small milk carton…)
2. **Exercise videos**—I have a yoga tape, TaeBo… I would provide another activity as well so students can choose their activity.
3. **Shuffleboard**—this can be done in the gym or set up in the hallway. I have another set also.
4. **Balloon activities**—have students set up balloon challenges or create some other activities. The following are suggestions to begin with.
   - Tap the balloon with your hand 5 times?
   - Tap the balloon with one hand and then the other 10 times?
   - Tap the balloon with a different body part and then with your hand?
   - How many different body parts can you hit the balloon with?
   - Can you hit the balloon with a body part and then catch it?
   - How many times in a row can you hit the balloon?
   - Can you hit the balloon using two body parts and catch it? (elbow, head, catch)
   - How many different body parts can you hit the balloon with and still catch it?
   - Can you toss it in the air, kick it up with your foot and catch it?
   - Kneel down and hit the balloon with your hands.
   - Kneel down and tap the balloon from your head to your hand.
   - Lie on the floor, tap the balloon with your hands and kick it back with your feet.
   - Lie on the floor, tap the balloon up in the air by using different body parts.
   - How high can you tap your balloon in the air?
   - Can you tap it high and then tap it low to the ground?
   - How high and how low can you tap the balloon?
5. **Jumprope**—begin with short ropes. Review some of the skills that they remember from elementary PE. Can you add new challenges or skills?
6. **Can Jam**—Becky Marlow has this at Jefferson if you want to look at it. I would use foam Frisbees inside. This is a fun game that is played with a trashcan, Frisbee and some friends.

**Can Directions:**
- Use a large, clean trash can. Cut a rectangle, 8” from the top. It should be 4” wide and 13” long. Use colored tape or duct tape to outline the cut rectangle. This will also cover any sharp edges.
Game Play:
- Two people make up a team.
- One partner stands in front of the can, the other stands about 20 feet apart. (adjust this distance to meet your needs)
- One partner throws the Frisbee and the other partner redirects it toward or into the goal.
- After both partners complete one throw each, the Frisbee is passed to the opposing team. The game continues alternating team turns until an exact score of 21 is reached or there is an instant win scored. The object of the game is to throw the Frisbee and score the points. The thrower can score points with a direct hit to the goal or rely on his/her partner to deflect the Frisbee toward or into the goal. The deflector can redirect or tip the Frisbee to hit or enter the goal and score points.
  - Deflectors cannot double hit, catch or carry the disk.
  - Deflectors can move anywhere within the playing area to redirect the disk.
  - Players must be behind the goal area to throw.

Rules
7. Players must remain behind the goal when throwing. No points are given if the player crosses the line.
8. There are no points given when a throw hits the ground before striking the goal.
9. There is no score if the deflector double hits, catches, or carries the disk.
10. Three points will be given if an opponent interferes with play or defends the goal. If the score is 19 or 20, 1 or 2 points are awarded. 
11. A team must reach an exact score of 21 points to win. If a given throw results in points that raise a team’s total score above 21, the points from that play are deducted from their current score and play continues.
12. For examples, if a team has 20 points and scores a “BUCKET” (3 points), their score is reduced to 17.
13. Teams must complete an equal number of turns before the game is over. If an “instant win” is made, the game is over then.
14. In the event of a tie game, the winner is decided in a tiebreaker method overtime. Each team completes one round of throws and the team with the most point’s wins.

Point Scoring
- Dinger-Redirected Hit- Deflector redirects thrown disk and hits any side of the goal.
- Deuce-Direct hit- thrower hits the side of the goal, unassisted by partner.
- Bucket-Slam Dunk- Deflector redirects the thrown disk and it lands inside the goal. The disk can enter through the slot opening on the side or through the top of the goal.
- Instant Win-Direct Entry-Thrower lands the disk inside the goal unassisted by partner. The disk can enter through the slot opening on the side or through the top of the goal. When an “Instant Win” occurs, the throwing team is declared the winner and the opposing team does not receive a “last toss” option.

7. Asteroid Shower-Each person starts with a bean bag and a large ball in the center of the group. Your mission is to throw your asteroids at the planet in center of the galaxy. The object of your mission is to move the planet behind the line of opposing asteroids. Score a point for your side if you successfully move the planet behind their line. (You can only move the planet by hitting it with a beanbag- do not stop it from rolling).
8. **It's In The Cards**

**Materials Needed:** deck of playing cards, 5-6 jump ropes

**Activity**
- Designate one student as the dealer.
- On the start signal, the dealer deals one card face down to each member of the group.
- On the second start signal, the group members turn over the cards and perform the designated tasks according to the Card Key below.
- As the last group member completes his/her task, used cards are placed in the middle of the circle and new cards are dealt.
- To make this more of a cooperative activity, students perform each card together beginning with the dealer and work around the circle until each person’s card has been completed.

**Card Key**
- **Ace:** Takes precedence over all other cards- entire group jogs around the perimeter of the room
- **King:** Ten modified or regular push-ups
- **Queen:** Ten HIGH jumps
- **Jack:** Ten Jumping Jacks
- **Joker:** Twenty hops on one foot and twenty on the other
- **Any Heart:** Do that number of jump ropes
- **Any Spade:** Do that number of curl-ups/ sit-ups
- **Any Diamond:** Do that many LONG/BROAD jumps
- **Any Club:** Do a stretch with the group
- **3 of a kind:** Free pass for the entire group, new cards are dealt right away.

9. **March Madness**-This is a fun fitness activity that could be done during the month of March to celebrate all the final basketball games held in March. Feel free to modify these to fit your school and student needs/abilities. To begin, you will need 4 squads (who will each have a designated corner of the gym to perform their activities- squad 1 will be in corner 1...). Designate two squads to be for one Championship team and the other two squads for their opponent.

**Game Play:**
- Students begin in their squads in their home corner of the gym.
- When the music plays, students are to jog around the outside of the gym- staying away from any equipment.
- When the music stops, they are to quickly move to their home corner and perform the task given to them.
- Have students jog for 1 minute and then they have 1 minute to perform the activity 9vary this to fit your need).
- They are to return the equipment and record their score before jogging again. I recommend playing any of the Jock Rocks tapes.
- Students will need to work cooperatively within their squad and decide how each activity will work best for them in their allotted time.

**Fitness Activities**-
**Slam Dunk**-Each squad has a large, clean trash can, several 7-9” nerf balls, and a scooter board. In 1 minute, each student takes a turn moving on the scooter board and performing a Slam Dunk into the trash can. 1 point is scored for every ball that is successfully dunked into the trash can. Each student needs to take a turn being a shooter.
Out of Bounds Play- One person passes the basketball to each member of the squad. Record the number of successful passes and returns completed.

Cheer Pyramid-An assortment of objects should be provided to each team (bean bags, polyspots, foam pins, small cones...) Each student is given an object, one at a time, they are to run to a spot and place their item on top of each other - creating a pyramid. Record the number of items that are successfully stacked at the end of the minute. Feel free to perform a team chant during this activity.

Run, Dribble and Shoot-Using the trash can and a basketball. Students are to run to a spot, pick up a basketball, dribble and shoot into the trash can. Use polyspots to mark the beginning, dribbling and shooting spots. Record the number of successful baskets.

Defensive Shuffle-Each squad does the shuffle step down a line and whistles at the end. Record the number of times the line is able to complete the activity.

Referee’s Call-Done like Follow the Leader. Each person takes a turn leading a referee’s call complete with body action. Record the number of calls completed in 1 minute.

The Wave-This is done with all 4 squads at one time. Each squad receives 1 point if a successful wave can be completed by the entire class.

When the activity is completed, a cool-down is needed. In order to determine the championship team- have the two squads who are cheering for the same team add their score. The Champion will be the team with the most combined points.

Equipment Needed
Box for each squad's equipment
4 trash cans
1 basketball per squad
equipment for the pyramid
boom box/music
3-4 polyspots per squad
1 scooter board per squad
2-3 foam balls per squad
score sheet/pencil

SCORE SHEET
1. SLAM DUNK  score ____________________
2. OUT OF BOUNDS PLAY  score ____________________
3. CHEER PYRAMID  score ____________________
4. RUN/DRIBBLE/SHOOT  score ____________________
5. DEFENSIVE SHUFFLE  score ____________________
6. REFEREE'S CALL  score ____________________
7. THE WAVE  score ____________________
total score ____________________

10. Bowling- you can set this up in the hallway but not use 10 pins per team. You could also use a beanbag instead of a ball and have the students slide the beanbag to knock over the pins.
11. Cup Stacking-I’m not sure if you have any at the high school. I think there are some at the elementary. I have a few sets and a teaching video.