

IDEAS AND ACTIVITIES FOR LARGE CLASS SIZES

Note from Ben:

Hey guys, this activity is from one of my good PE buddies who has taught HUGE (100+) class sizes by himself successfully. When I told him I was giving a webinar on the topic, he agreed to provide a few of his favorite activities that worked well with large class sizes.

Unfortunately, he it's able to answer questions about the activities, and neither am I, because I haven't played many of them.

But I hope that it sparks some ideas for you and gives you a start for a successful lesson.

Enjoy!

PS - If you want to get in touch, hit me up on my contact page below:

<https://www.thepespecialist.com/contact/>

Activity: Lightsabers and Droids

Students Will Be Able To: Use a long handed implement during a game

Equipment: All the long noodles

Structure: Those who have a noodle are Jedi. They are trying to tag other Jedi's feet with their noodle or "light saber". The rest of the class are droids. Droids are seated and cannot move anything except their arms to tag nearby Jedi. If a droid tags a Jedi or a Jedi gets his or her foot touched by a light saber then the Jedi must switch and become a droid. This is not a running game. Be sure to talk about spatial awareness and knowing what's around you. Call it the force. "May the Force be with you."

Activity: Scavenger Hunt

Students Will Be Able To: Use memory and team work to locate items in a relay game

Equipment: Cones to mark where teams start from, Cones to hide equipment, six different types of equipment

Structure: Students will get into teams for a relay race type game. There will be cones spread out all over the room and each cone will have one of the six types of equipment. The point of the game is for teams to find all six pieces of equipment and bring it back to their spot. First team to find all the items wins.

Activity: Multi Sport Hot Shots

Students Will Be Able To: Use a variety of skills (Shooting, Throwing, Kicking) to practice skills

Equipment: Basketballs, soccer balls, small foam balls, poly spots and stars

Structure: Relay race setup with cones and teams. Each team has one of each three balls to use. When it is the students turn they can choose one ball and must go to either shoot, kick, or throw depending on what they choose. If they make their target then they get to pick up the polyspot and bring it back to their group. Different colored spots are worth different points so teacher should spread them out according to points and difficulty of target. At the end of the round whoever has the most points wins.

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Activity: Sling Tag

Students Will Be Able To: Display game strategy and aim for a target

Equipment: Box of bean bags, Volleyball stations, rope long enough to cover half court line, 8 bowling pins

Structure: Students enter gym and sit on spots. Explain rules of the game. Play the game.

Sling Tag Rules:

Two teams will be divided by the half court line and rope that is knee high. Bean bags can be thrown underneath the rope but must never be thrown above the rope. The goal is to knock down the other team's bowling pins which are located in front of the jail. If your foot touches a bean bag then you must walk around the game to the other team's jail and stay inside until you can grab a key/beanbag to get out and walk back to your side. Game ends when one team has knocked down all the pins or an entire team is in jail. Bowling pins cannot be picked up after they are knocked down.

Activity: Down the Line Relay Adventure Game

Students Will Be Able To: Use their legs and core muscles to complete a team based activity

Equipment: 10 Noodles, 5 exercise balls, 10 frisbees

Structure: Students enter gym and sit on their spots. Split them into ten groups at cones on the baseline. Explain the rules of Down the Line Relay race.

Rules: Teams cannot use their hands to move the object across the court, but must find a way using their legs to move the ball from one cone (and back in some rounds). Recommend laying on your back with the next person's feet beside your head so you can tilt your body backwards and "hand off" the object to their feet. After handing off they will need to move to the end of the line to receive the object again. Round one will be with the noodle. Must make it to their teams finish cone. Round two will be with a Frisbee. In round three the exercise ball will be the object and teams will join up. Two teams form one team. The first team takes the ball down and the other must bring it back.

Activity: Creative Dance

Students Will Be Able To: Create a dance using a list of cue cards

Equipment: Music that can be easily counted in an 8 count step pattern, cue cards with action verbs or fun nouns I.e. Kangaroo or astronaut (each card should have all different words), bucket so each group can randomly draw a cue card

Structure: Demonstrate what an 8 count dance move could look like. Call this a freestyle dance that they create with a small group. Try to make groups of three to four students only. They will choose a member of the group to draw a card from the bucket. The card has 8 words on it and they need to use at least 4 during their dance. The dance restraints can be as easy or hard as you see fit for your class or grade level. I also allow one redraw if the groups votes for a new card. Give them plenty of activity time but stop once or twice depending on whole group refinements. During class walk around and attempt to view and refine individual group progress. At the end of class allow time for two or three groups to show off their dance to the entire class.

Examples of cue card:

Card 1: Cowboy Spring Wash Splat

Twist Airplane Hammer Kick

Card 2: Smell Stomp Freeze PE teacher (Kids will enjoy turning your profession into a dance move)

Spin Balance slo-mo chicken