

December 2013

# Let's Go!



## President's Message

*Zoe Hamilton*

My new teaching partner taught me how to slow down time! Simple really, just stop and be a part of the moment you are in. Don't think about what you should have done yesterday or what you need to get done tomorrow; enjoy the present and what is happening right now! Unlike us adults, children perceive time as long. They do not have the responsibilities or life experiences that come with age, so an afternoon of play can seem an eternity

because they have little else to think about and there is always something new to experience. As we get older we have "been there, done that", rushing through one task to get to the next. If we concentrate on what is right in front of us, we smile more often and find the unexpected in what we usually consider mundane tasks. Practice in class. Practice at home. If nothing else, you should find yourself accomplishing more as you focus your attention on one thing at a time.

Now that time is practically standing still as you concentrate on THIS moment in time, relax and enjoy this issue of *Let's Go!*

## PHE Canada National Conference Experiences: "Fields of Plenty, Fields of Play" October 2013 – Winnipeg

*Stephen Pike*

As a recent BPE (Honours) graduate at MUN, I was thrilled at the opportunity to attend PHE Canada's National Conference in Winnipeg, Manitoba. I was very grateful for the chance to participate in such an uplifting learning experience and want to give special thanks to PESIC, the School of HKR (Kellie Baker), the Student Innovation Fund at MUN, and Dr. Tim Fletcher for helping me attend.

This past spring I applied to present my honours research at the pre-conference's Council of University Professors and Researchers (CUPR) Forum, which is supported by PHE and integral to the advancement and connection of knowledge among delegates in the field of physical and health education. I was very glad to be accepted as an undergraduate student and had a very positive experience presenting at the forum. It was inspiring to see the commitment to the research and advancement of knowledge in our field by the delegates attending from all over the country. They have put a tremendous amount of time into investigating how we can continue to progress the quality of physical and health education, and the forum plays a key role in allowing them to connect and share this knowledge.

At the main conference, which took place over two days at the University of Manitoba and surrounding venues, professionals were immersed in exceptional professional development and learning opportunities that challenged their views/beliefs about teaching physical education and health, and directed them towards the resources available to improve their programs. I had the chance to meet a variety of physical and health education professionals. In my opinion, there is no greater learning

opportunity than networking with hundreds of like-minded individuals who genuinely care about their own development and the status of physical education. It was an invigorating and worthwhile experience to partake in workshops, seminars, and sessions focused on developing my skills and abilities to teach. For example, I participated in a Dance Education workshop for grades 9-12 that is going to be implemented into Manitoba physical education programs beginning next year. It was very insightful, and gave me a new curricular and pedagogical approach to teaching dance in a way that is progressive, engaging, and fun for the students. In addition, the conference gave me the chance to access the wide variety of resources available in Canada that are important to evolving and improving our teaching and PE and health programs.

As an aspiring physical educator I highly recommend this experience for students, teachers, administrators, or any other member of the school community who wish to partake in a wonderful learning experience and contribute to the development of physical and health education in our province. As a student, I am now more aware of the existing potential of high quality professional development. In addition, I gained insight into the contribution PESIC makes to this province's educators and physical education programs. By providing the resources, knowledge, and information for physical educators to partake in this experience and others like it, they are furthering the quality of our teaching and physical education programs.

*Paul Hamilton*

You might ask, "What can PESIC do for me?" Well I'll tell you what PESIC can do for you and your growth as a Physical



Educator. I recently returned from the PHE Canada National Conference in Winnipeg, which was a valuable learning experience, talking to colleagues who also teach PE. I attended many great sessions which helped me to refresh old ideas, learn new approaches and collaborate with others. It was a great experience and one I would do again if given the opportunity. As an educator, it provided great learning opportunities and has already given me some new tools to engage my students.

There were many great sessions to attend; unfortunately, it's hard to be in two places at once. One session I attended, *PE Games: How to Keep the Most Kids Active for the Most Amount of Time*, was excellent. The session focused on a fitness-based approach and included many games that use little or no equipment, while others used equipment that many Physical Education teachers would have on hand or could easily improvise if necessary. The number of games played made it too hard to remember them all, but the presenter had a website that includes some of the games also found in his two books. The website is excellent and provides great descriptions that I have used thoroughly since returning from Winnipeg and purchased both books. Visit [www.pegames.org](http://www.pegames.org) and have a look.

Another session was the *Easy Play Model (EPM): An inclusive approach to enjoyable sport participation*. It was an interesting session which had participants thinking differently about games and how we play. The premise was to *play easy on each other and play hard for each other*. EPM includes self-regulation, rule modification, optimal challenges, and the ability of participants to allow lesser skilled players opportunities for success during the game. Upon my return to school I used this approach and had some success with a Grade 8 class, instructing them to allow others a chance to make a pass, score a point and handle the ball. Overall it worked well.

Attending the Conference was fantastic, but to get a chance to visit another part of Canada and do a bit of sightseeing is a huge bonus. Having never been to Winnipeg it was neat to visit the Royal Canadian Mint, The Forks Market and Investors Group Field, home of the Winnipeg Blue Bombers. To all PE teachers in Newfoundland and Labrador, consider attending the next PHE National Conference in Banff. I'm sure the scenery and sessions will be great. Find out how PESIC can help you get there!

### Ellis Coles

I had the privilege of attending the PHE Conference in Winnipeg. There was quite a selection of sessions to choose from, and it was not always easy to select which session(s) would benefit my teaching situation. When you attend a mega conference of this sort, you just have to go with your gut feeling and hope the sessions are exactly as described.

My most difficult choice was the last session of the conference. I chose PE Geeks. It was a last minute decision but it was certainly a great move. We explored the different avenues PE teachers use to communicate with their colleagues as well as the amazing apps

PE teachers can utilize to assist in the delivery of their program.

I also decided to attend "TGFU with Gator Balls", "Extra Ordinary Team Games", and "40+ years in the Gym." I have shared one interesting game later in this issue that I hope you enjoy.



**Back row (l-r): Paul Hamilton, Ellis Coles, Dr. Antony Card**  
**Front row (l-r): Kellie Baker, Charlene Shears, Zoe Hamilton, Trish Boyer** (Missing from Photo: Graduate student Stephan Pike)



## PESIC Executive 2013

President	Zoe Hamilton	zoehamilton@esdnl.ca
Vice-President	Luke Neville	lukeneville@esdnl.ca
Secretary	Jacinta McGrath	jacintamcgrath@esdnl.ca
Treasurer	Trisha Boyer	tboyer@sportnl.ca
Communications Officer	Andrew Martin	andrewmartin@esdnl.ca
Newsletter Editor	Mervin Parsons	mparsons@lsb.ca
Webmaster	Shannon Sweetland	Shannon.sweetland@wnlsd.ca

## Provincial/Regional Representatives 2013

Avalon-Eastern	Debbie Shortall	debbieshortall@esdnl.ca
Avalon-Western	Paul Hamilton	paulhamilton@esdnl.ca
Burin-Vista	Michael Penny	michaelpenny@esdnl.ca
Central	Dana Pittman	danapittman@ncsd.ca
Western	Roland Peddle	roland.peddle@nf.sympatico.ca
Labrador	Vacant	
Post Secondary Student Reps	Lisa Murphy Justin Noseworthy	c25lcm@mun.ca jcn375@mun.ca

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# PHE Canada Student Leadership Conference Experience

Caitlyn Clarke

In September, I was one of 67 privileged Canadian students who attended the PHE Canada Student Leadership Conference in Brancroft, Ontario. Also present at the conference were 15 mentors who represented various provinces across Canada, and even the United States, who have been advocating for better physical education and health programs for youth across Canada and the world. Throughout the duration of the conference our Mentors helped guide our thoughts, mold our visions and expand our knowledge by challenging us mentally and physically. It is amazing what you can learn from other people when you take the time to listen, think and share. The heartfelt words and stories of the mentors at the conference have fueled my passion for physical education. I feel supported by the network of people

I know I can turn to for advice and encouragement on my journey to a better world for physical education.

If you are a Physical Educator in Newfoundland and Labrador, or a person in the health profession who believes in a healthier tomorrow for our youth, I encourage you to apply to be a Mentor at the 2014 PHE Canada Student Leadership Conference. PHE Canada seeks a diverse background of individuals who share a passion for health and physical education. If you want to share your passion to improve the health, education and wellness of youth all over the world, with students and fellow professionals, this conference is the place for you. It will be a life changing experience you will never forget!

*Caitlyn Clarke is a student of the School of Human Kinetics and Recreation studying physical education at Memorial University.*

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## Just Ask

Zoe Hamilton

There are many ways to do the work of PESIC and allow PESIC to work for you. Time and resources are the consistent themes that PE teachers and teachers in general across the province tell us they need. There are many agencies that can provide help and support, some well known and others that you may not have considered. I have provided a list of some of these to help get you started.

Your greatest support and champion should be your school. Teachers are allotted professional development days at the school level. **Ask** your administrator what your piece of the PD pie is. Some teachers do not use their share of PD days and you may be able to acquire extra days within a particular year to attend locally, provincially or nationally organized professional development sessions.

The NLTA also provides various grants for funding. The “Teachers Talking to Teachers” program is designed to supplement and enrich the other forms of professional development provided by branches, councils and schools. Out of province grants can be provided to individuals every five years to support teachers wishing to attend conferences and other professional development outside our province. **Ask** your Regional PESIC Affiliate Council or **ask** the NLTA directly for support.

**Ask** our Program Specialist for Physical Education, Health and Active Living, John Elkins. He is a fantastic resource for PD delivery and support. By working cooperatively with NLESD, PESIC can help teachers realize their PD needs.

Your Provincial PESIC offers a biennial province-wide conference dedicated to teaching and learning in physical education which provides valuable resources, networking and an award recognition program. Travel grants to aide with the financial cost of attending these is available to all PESIC members. Anytime, teachers can connect with resources and share ideas on the PESIC website and through this newsletter. **Ask** PESIC.

All avenues of opportunity mentioned can be adeptly backed by our organizational structure, especially if you have included a goal relating to PE in your professional growth plan. They can be used in combination to create a comprehensive personal or regional PD plan that can be personalized to meet individual and local needs. PESIC recognizes that what works in one region may not be the best fit for another. By working and contributing to your Regional PESIC Affiliate Council you can direct your own learning with the above supports. This is by no means a complete list. You may have benefitted from other agencies/programs that PESIC would love to hear about and share with the province. As president, I **ask** for your suggestions, experience and contribution to PESIC regionally and/or provincially.

*Zoe Hamilton teaches physical education at Davis Elementary in Carbonear and is PESIC's current President.*

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# Physical Education Teaching Excellence (PETE) Award National Recipient Charlene Shears

Charlene is a K-12 physical educator at Gros Morne Academy in Rocky Harbour, NL. She is a strong advocate for a quality physical education and health program and works tirelessly to meet the needs of her diverse students with a multitude of interests and ability levels. Charlene delivers a K-12 curriculum that is all-inclusive, embracing a wide range of activities that meet the needs of learners of all abilities. This is done through the use of differentiated instruction, group activities, interactive/cooperative learning and tiered instruction. Charlene runs before school programs and supervises and coaches many curricular and extra-curricular programs. Her love of outdoor activity has motivated her to create outdoor lessons for her students so they can utilize the opportunities provided by her community and beautiful environment.

For this honor Charlene was awarded a plaque, a \$500 gift certificate from Wintergreen and an all expense paid trip to the PHE Canada National Conference in Winnipeg, Manitoba. PESIC would like to take this opportunity to thank Charlene for her contributions to PE and also thank her nominators: Principal, Lisa Shears-Smith; Teacher, Eileen Gerrow; and Speech-Language Pathologist, Sheila Rowe. Without their recognition and initiative to complete the nomination process, Charlene's efforts would have gone unrecognized nationally. Charlene was also the recipient of the PESIC Honour Award at PESIC's provincial conference this past February in Corner

Brook. What a year!

There are many deserving physical educators in our province. We depend on teachers and administrators in our schools to acknowledge their contributions not only to PE, but also to positive school culture and the growth of comprehensive school health. PESIC provides an avenue of recognition through our provincial award program and PHE Canada encompasses a wider program on the national front. Please encourage your physical educator by nominating him/her for an award!



**l-r: Charlene Shears; representative from Wintergreen; PHE**

## Web Based Fitness Classes for FREE

Shannon Sweetland

Many people are not motivated to exercise. Some excuses that are often used are gym memberships being too expensive, not having enough knowledge to exercise safely, dealing with the intimidation of exercising in front of others and/or not having enough time. However, there are a lot of options that can allow a person to exercise safely in the comfort of their own home. One such option that has been proven safe, effective and economical is web-based exercise programs such as [fitnessblender.com](http://fitnessblender.com). They state their goal as “providing sound fitness information and full-length workout videos for every fitness level, completely free of charge. This way, everyone has access to what they need to keep their bodies strong and healthy.” Fitness blender provides over 200 full-length workout programs, individual exercise videos and tips on health, nutrition and fitness. These programs can easily be used anywhere there is Internet access. Physical Education or Health classes can use Smart Board technology or LCD projectors to display the videos for full class participation. Another option may be using tablets or smartphone technology for students to complete the

program of their choice on their own personal device. Either way, participants can get a variety of fitness programs with quality instruction for free!

Additionally, what is a workout without some music to get you motivated? One option is to use playlists from their smartphones or MP3 devices, iTunes or satellite radio. Or what about free music online! [GroovesHark.com](http://GroovesHark.com) is a free website that allows users to create their own playlists from many different genres or play pre-existing playlists. It is similar to pay websites but it is free!

Combining both websites can provide Physical Educators and students a positive fitness experience in the gymnasium, fitness center, classroom, home or anywhere there is an Internet connection...and it's FREE!

### Resources:

[www.fitnessblender.com/](http://www.fitnessblender.com/)

[www.groovesHark.com](http://www.groovesHark.com)

*Shannon Sweetland teaches physical education at Corner Brook Regional High in Corner Brook and is PESIC's webmaster.*

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# Physical Education: There's an APP for that!

Luke Neville

I like to pose the following statement to students whenever we discuss the abundance of technology at our fingertips: "The smarter we get, the weaker we get". More and more technology is taking over our lives and could be detrimental to our activity levels if we are not careful. However, if used appropriately, it can enhance our physical education environment, and not necessarily replace it or make us more sedentary.

There are many ways we can incorporate technology: The utilization of smartphones to Google a particular plant, footprint, snail shell formation, etc., can be used during hikes. Using iPads in groups to teach a particular dance set/move and then giving them the option of recording what they learned or demonstrating to the class. Team boards that show a particular skill set that students can refer to during a class. There are countless uses of technology.

Listed below are a few apps that may either be activity specific or may have a variety of uses. Hopefully, some or all of them may be useful to you. Perhaps you may even consider a much different application than is described below.

## Apps

**Ubersense** – Video Analysis and Collaboration App. This app is super cool. It allows you to record a particular skill and apply different features to the video (draw on it, add angles, slow motion, compare to pros or other classmates, etc.). It would also be a good idea to share with other departments (art, music, etc.)

**Teamshake** – Fair team picker. This app allows you to not only input class lists, but also rank players in ability. Then when you choose teams, it will automatically account for player experience and ability to ensure a fairer pick. There is also an option to ignore these ratings if skill and experience are irrelevant to your application.

**Tempo SlowMo** – This app allows the user to take a song and slow it down/speed it up. This would be very useful when you want to play a favored song that may initially be too fast or slow...adjust to your needs! Great for many applications in physical education. Share with your staff.

**Scoreboard** – This app is essentially an electronic scoreboard at your fingertips. Perhaps there are many mini games that are occurring at once and each group can keep score. Great for outdoor games too when you can't carry a scoreboard.

These are just a few apps, and are only one version of many different types. It may be trial and error to find the right app to meet your needs. Some of these apps are free, some aren't. Discuss with your admin the protocol for app purchases/reimbursements.

If you have any other ideas, please forward them to me at [lukeneville@esdnl.ca](mailto:lukeneville@esdnl.ca). I will ensure they are distributed to our physical educators!

*Luke Neville teaches physical education at St. Peter's Junior High in Mount Pearl and is the current Vice President for PESIC.*

## Western Ties: New PESIC Affiliate Council on the West Coast

A group of Physical Education teachers in the Western Region have established an affiliate of PESIC "Western PESIC" was recently formed to develop and guide professional development opportunities and activities for PE teachers in the Western Region. A group approach is planned which will involve many teachers sharing the responsibility for sessions related to: assessment/evaluation, curriculum objectives, use of technology, continuity of programming, promotion of PE to all stakeholders, development of a new teacher mentorship program, and aspects related to non-participation through escalating levels of intervention. Other activities will certainly arise as PE teachers in the area meet and share their experiences, needs and concerns.

Members of "Western PESIC" include:

- President: Sean Dwyer
- Vice President: Stacey Alexander
- Treasurer: Pearce Penton
- Secretary: Kayla Bailey
- Communications Officer: Sean Dwyer
- Members at Large: Karen Byrne, Dayna Dewling and Denise Dewling
- Western Liaison with Provincial Executive: Roland Peddle and Shannon Sweetland

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# PESIC Recap 2012-13

Jacinta McGrath

It's hard to believe but we have already completed almost four months of school and the holidays are upon us! Many of us have been busy getting back into the swing of the 2013 school year – preparing for new courses, getting our sports programs up and running, hosting tournaments, not to mention regular day to day teaching duties.

Likewise, it has been a busy year for the PESIC executive and its affiliate members. Over the past 12 months we have been working hard to meet our mandate in representing the views and best interests of physical educators throughout the province.

Below I have included a recap of happenings over the last year of how PESIC is working hard in your favor.

## Curricula:

- Effected a change to the MUN BPE program – Degree now reads, “Major: Physical Education (K-12 Teaching)”;
- Efforts made to promote curriculum resources such as “At My Best”, “Passport to Fitness”, “Teachers Talking to Teachers”;
- Consultations with Program Specialists to determine where PE resources would go once the boards merged. It was also discussed what would happen with shared files on board conference sites once the boards merged. As of now, district conferences have not changed and files can still be accessed.

## NLTA Resolutions and Relations

- Lobbied the NLTA to implement class size maximums for Physical Education;
- Recommended that the NLTA lobby the Department of Education to provide mandatory first aid certification for all Physical Educators;
- Recommended that the NLTA lobby government on the issue of school design to ensure that teachers have adequate space to deliver the prescribed curriculum;
- PESIC President and VP attended NLTA leadership conference in September 2013;
- Met with George Tucker of the NLTA to discuss the role of SICs in education. It was also discussed how we can continue to work together to best deliver curriculum and resources to teachers in the PE field;
- Calling on the NLTA to let us know who our contact is at the Department of Education.

## PESIC Conferences

- After the winter conference in Corner Brook there was a recognized need to develop a conference planning manual. Since then, there has been a committee put in place and work is being done to complete this for future conferences;

- Plans are being made to put in a bid for the 2017 PHE Canada Conference;
- Six PESIC members attended the National Conference in Winnipeg, October 2013 – it was a great conference by all accounts.

## Constitution

- PESIC is currently reviewing the entire constitution to ensure it is in line with our mandate and up to date with today's changing education system. Changes identified during BGM 2013 are also being included.

## PESIC and MUN

- Ongoing relations with MUN HKR faculty

## Let's Go! Bulletin/Website

- Seeking ways to promote fellow educators to share some of the wonderful things they are doing in their classrooms;
- Two issues were published and posted on our membership and posted on PESIC website;
- Updates have been made to website and continues to grow.

## Affiliate Councils

- Implemented Western Affiliate Council
- Working on increasing PESIC memberships and further affiliate councils throughout the province.

## Barnes Award

- Executive currently looking into nominating an individual for this award.

## Provincial Planning Meetings

- Provincial executive and regional representatives met in St. John's in April 2012 to develop a strategic plan with special emphasis on increasing memberships and developing regional affiliates;

After a particularly busy and productive year I would like to thank our members for all the hard work they put in so that students in every school receive opportunities to be physically educated. Thank you for providing opportunities for our provinces youth to attend schools where physical education, eating well and overall wellness become part of the school culture.

*Jacinta McGrath teaches physical education at Stella Maris Academy in Trepassey and is PESIC's Secretary.*

# PHE Canada Resources for Physical and Health Educators

## A Few Reminders of What PHE Canada Has Ready and Waiting for You

Membership is free and supports your National PE & Health organization. If you could please find a few minutes to become a member/renew your membership. You do get extras if you pay a nominal yearly fee. It was also just released that the 2015 conference will be in Banff, April 29 – May 2, 2015.

### Grants:

[www.phecanada.ca/awards/grants/legacy\\_grants](http://www.phecanada.ca/awards/grants/legacy_grants)

### Programs

As always, some are free such as Health resources that help meet NL curriculum outcomes

- [www.phecanada.ca/programs](http://www.phecanada.ca/programs)
- Mental Health
- Dance
- Physical Literacy (including videos and a 1 page checklist to see if you are working towards a programs that includes PL)
- FMS Video collections

Passport for Life is being suggested as a tool to learn about PL (for teachers, students and parents)

<http://passportforlife.ca/what-is-passport-for-life>

### Advocacy:

[www.phecanada.ca/advocacy](http://www.phecanada.ca/advocacy)

Still unsure about whether or not the teaching you are doing is really TGfU? Don't have time to read book after book? Try the following sites:

- 4 minute video – [www.youtube.com/watch?v=8yiZlXZ9rd4](http://www.youtube.com/watch?v=8yiZlXZ9rd4)
- Activities, videos and much more – [www.opheaprograms.net/playsport/en/activities.html](http://www.opheaprograms.net/playsport/en/activities.html)
- TGfU games by category – [www.thephysicaleducator.com/resources/games/](http://www.thephysicaleducator.com/resources/games/)

*Submitted by Kellie Baker (PHE Canada – NL Representative)*

## Thanks for Sharing: Games, Activities and Resources from Around the Province

### Hooky Ball – Great Gator Games

The object of this game is to score more runs than the other team.

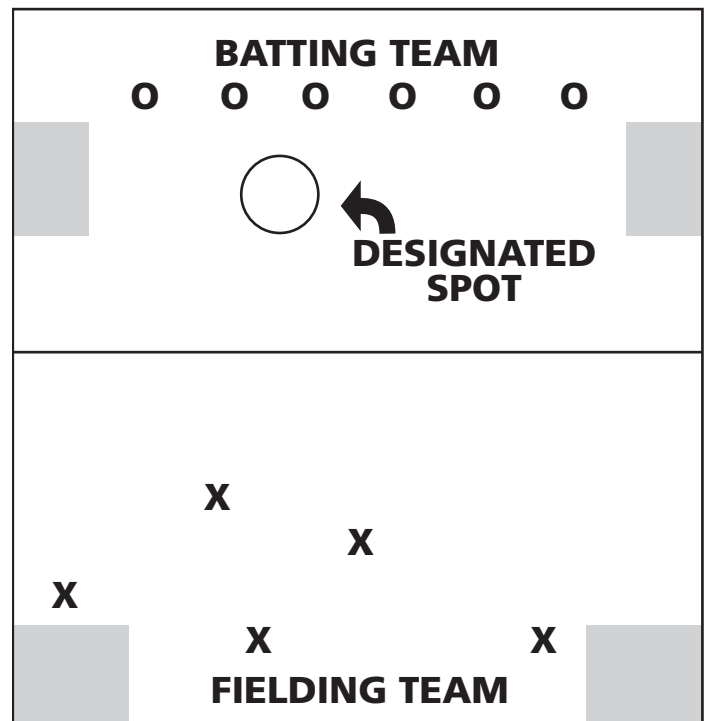
**Equipment:** mats, small gator ball, racquet or foam bat, pylon

### Activity:

- Divide the participants into two teams
- Place one mat in each corner of the gym to serve as bases
- Place the ball on the pylon or batting tee
- Have the first batter strike the ball with the racket and then run the bases
- The player may stop on any base and may stay for as long as he/she wants
- There may be any number of players on a base at a time
- Play is dead when the ball is placed back on the pylon
- Players continue to run until there are three outs or until the whole team has batted.
- If a ball is caught in the air, the batter is out, but the runners may advance until the ball is returned to the pylon.

### A player is out:

- The ball is caught before it hits the ground, ceiling or wall
- If the player is touched with the ball when running between bases
- If the runner is not on a base when the ball is returned to the pylon



*Submitted by Ellis Coles (Paradise Elementary)*

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## Bone Collector

The students are divided into six groups where they have a hula-hoop representing their coffin to collect the bones in. Students must complete the obstacle course one at a time by first crossing the river, going through the bear cave doing a bear walk, crossing through the stepping stones stream, and underneath thick brush in the scary woods where they get to collect the bone at center circle. They then have the option to collect a second bone for their group by winning a game of active tic tac toe. When they return to their group they high five the next student to go and they must complete 3 of my Halloween stations posted on the wall ghosts before lining up to complete the obstacle again.

*Submitted by Stacey Alexander (St. Gerard's Elementary)*

## Holiday Lesson Ideas

Are your holiday games in need of a little updating? Do you need a larger variety of holiday games? Check out the site below for Thanksgiving (modify to fit Canada), Halloween, 100th day of school, Christmas, St. Patrick's Day, Christmas, Valentine's Day, Black History Month and others. Most games are intended for K-5, some for up to grades 8 and some for any/all grades.

[www.pecentral.org/lessonideas/SearchResults.asp?page=1&from=,%20LessonSection%20as%20LS&where=L.ID%20=%20LS.LessonID%20and%20LS.CategoryID%20=%2059&sort=mod\\_date%20DESC&new=0](http://www.pecentral.org/lessonideas/SearchResults.asp?page=1&from=,%20LessonSection%20as%20LS&where=L.ID%20=%20LS.LessonID%20and%20LS.CategoryID%20=%2059&sort=mod_date%20DESC&new=0)

## Duck Dynasty

**Skills:** Throwing skills, throwing at a moving target, running, aerobic capacity

**Equipment:** 4 - 5 mats, many rubber chickens, waffle balls or sponge tennis balls or no bounce balls

**Background:** The season has come to hunt some ducks. Get your ammunition ready to catch as many ducks as you can. The goal of the game is to hit as many ducks as possible.

**Activity:** Divide students into 2 equal groups: the “duck tossers” and the “throwers”. Set up mats on their ends so they stand up and form a barricade. Have the “duck tossers” get behind the mats with their chickens. The “throwers” will stand at the end of the gym with their ammunition (3 – 4 balls each). When the signal is given to begin, the “duck tossers” will toss their ducks into the air to make them fly. The “throwers” will throw their ammunition to hit the ducks while in the air. After all ducks have been thrown, the number of ducks hit will be counted. Have students switch roles and collect the equipment they will need to begin a new round. Continue switching roles throughout the class.

### Teaching Tips:

- Remind students to toss the duck up into the air to allow throwers a better chance at hitting the duck.
- Encourage students to share out the equipment for their group.
- To make the game easier, only allow 2 - 3 ducks to be

thrown at a time and 5 - 6 throwers at a time.

- To incorporate aerobic capacity, allow “duck tossers” and “throwers” to retrieve their equipment during the game so they can play for a continuous block of time (5 minutes). Then switch roles.

## Halloween Noodle Games

### Guard the Pumpkin Patch (Halloween Activity)

**Skills:** Dodging, Fleeing, Teamwork, Aerobic Capacity, Speed, Agility

**Equipment:** 4 demi-noodles, large collection of orange, yellow, and green noodlettes, a large rope, cones, or hula hoops to mark the pumpkin patch

**Background:** It is getting close to Halloween and the pumpkins are getting ready to be picked. Unfortunately, the Halloween goblins are hungry and want to enjoy the delicious pumpkins and gourds from the pumpkin patch. The farmers must use their “pitchforks” (demi-noodles) to protect their crop from the hungry goblins.

**Activity:** The teacher will select 4 students to be the “farmers” (protectors). The farmers will each hold a demi-noodle. The rest of the class will be separated into small teams (about 4 goblins/students). Each team will be placed on the outside of the playing area and will have a hula-hoop to mark their location. Two goblins (from each team) will attempt to collect one pumpkin/gourd from the “pumpkin patch” (an area in the center of the space marked by cones). If a farmer touches a goblin on the legs while outside the “pumpkin patch”, the goblin's turn is over. If the goblin can make it into the “pumpkin patch”, they are safe until they come out of “pumpkin patch” and try to make it back to their hoop. Again, if tagged on the way out of the “pumpkin patch”, the goblin is out and must return the pumpkin/gourd taken back into the “pumpkin patch”. Each team will try to collect the most pumpkins/gourds in the amount of time provided. After about 2-3 minutes, the teacher can pick new “farmers” and the game can continue.

### Teaching Tips:

- Remind “farmers” that they may NOT go inside the “pumpkin patch” during the game.
- Give each team two objects (i.e. – football flags) that can be held by the players who are in the game. This will better organize the turn taking in each group.
- To make the game easier, only use two “farmers” instead of four.
- To increase the aerobic capacity used in the game, move the teams of goblins further from the “pumpkin patch”.
- Add different locomotor movements to the activity and/or allow students to collect more than one noodlette each turn to add some variety to the game.



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## Ghostbusters (Halloween Activity)

**Skills:** Dodging, Fleeing, Aerobic Capacity, Speed, Agility

**Equipment:** 2 or more demi-noodles (pool noodle cut in half) depending on size of class, a net or area to hold ghosts that are caught.

**Background:** Since it is Halloween season, the ghosts have shown up again this year! It's time for the Ghostbusters to get to work. Explain how in the movie the Ghostbusters caught ghosts, and placed them into a secure place. That is the job of the Ghostbusters, using their noodles to catch ghosts and take them to the secure place.

**Activity:** Select a number of Ghostbusters and give them a demi-noodle (their ghost catching gun) Have the ghosts scatter throughout the gym. When Ghostbusters tag the ghosts with the demi-noodle the ghost must hang onto the noodle and be escorted to the secure place (net or other area). Ghosts are let out of secure area by the teacher. Allow each student to have a turn to be a Ghostbuster.

### Teaching Tips:

- Play Ghostbusters theme song for added effect and possibly turn off some gym lights for added effect and excitement.
- Suggestion to allow captured ghosts to leave when music is turned off.
- To make the game easier for ghosts and allow more running, have less Ghostbusters.
- Add different locomotor movements to the game instead of running for all students to move.
- Stand folding mats or hang parachutes over nets/hoops for extra hiding places for ghosts.

## Web Links

The following web links are from a session that I attended at PHE Canada National Conference in Winnipeg. The author of the website presented many games to get kids moving and here are a few of the following I have used with great success in my classes. More games can be found at [www.pegames.org](http://www.pegames.org).

- Group Skittles: [www.pegames.org/primary-and-intermediate/full-length/group-skittles](http://www.pegames.org/primary-and-intermediate/full-length/group-skittles)
- Ham Sandwich Tag: [www.pegames.org/primary-and-intermediate/warmup/ham-sandwich-tag](http://www.pegames.org/primary-and-intermediate/warmup/ham-sandwich-tag)
- Hand Ball: [www.pegames.org/intermediate/full-length/handball/](http://www.pegames.org/intermediate/full-length/handball/)

*Submitted by Zoe Hamilton*