**Instant Activities**

Instant activities are designed to get physical education classes off to a quick, dynamic, and fun start. Physical educators know and understand the need to get students active and engaged as soon as they enter the PE classroom. This collection of instant activities serves to help teachers get students moving quickly, while also providing meaningful learning tasks designed to work toward grade-level outcomes.

**Title of activity: Partner Frisbee**

Equipment needed: Frisbee (1 per group of 2), cones and tennis balls

Objective: Class goal is to knock down all the tennis balls of the cones in a determined time limit (3 minutes)

Developing SHAPE America Standards: 1, 2 and 5 (follow through, team work & increased cardio)

Appropriate for grades K-5

Setup equipment:

1. Place students in groups of 2
2. Place Frisbees on a straight line
3. Scatter cones with tennis ball on top 10 feet in front of students

How to play:

1. Students will take turns throwing Frisbee at cones/tennis balls
2. Collect any tennis balls that are knocked down and place on a line behind you
3. Continue to take turns until all tennis balls are knocked down
4. Place letters and numbers on every tennis ball

Challenges:

1. Increase distance of cones
2. Place all cones in a straight line
3. Throw with other foot
4. Place letters and number on the pins
5. Have them solve math problems
6. Have them try to make words

**Title of activity: Hula Hoop Bowling**

Equipment needed: Hula Hoops (1 per group of 2), bowling pins

Objective: Class goal is to knock down all the pins in a determined time limit (3 minutes)

Developing SHAPE America Standards: 1, 2 and 5 (follow through, team work & increased cardio)

Appropriate for grades K-5

Setup equipment:

1. Place students in groups of 2
2. Place hula hoops on a line
3. Scatter bowling pins 10 feet in front of hula hoops

How to play:

1. Students will take turns kicking hula hoop at bowling pins, hula hoop will slide on ground
2. Collect any pins that are knocked down and place on a line behind you
3. Continue to take turns until all pins are knocked down
4. Place letters and numbers on every tennis ball

Challenges:

1. Increase distance of bowling pins
2. Place all bowling pins in a straight line
3. Kick with other foot
4. Place letters and number on the pins
5. Have them solve math problems
6. Have them try to make words

**Title of activity: Kings Court**

Equipment needed: Basketball 1 per group of 3

Objective: Team goal is to score 3 lay ups, 3 free throws and 3 three pointers before any other teams in a determined time limit (3 minutes)

Developing SHAPE America Standards: 1, 2 and 5 (shooting, dribbling, passing, team work & increased cardio)

Appropriate for grades 3 - 5

Setup equipment:

1. Place students in groups of 3
2. 1 basketball per group

How to play:

1. Team will make 3 lay ups
2. Then Team will make 3 free throws
3. Then Team will make 3 three pointers
4. First team to complete is Kings of the Court

Challenges

1. Increase number of baskets made
2. Change location of shots
3. Shoot with a different ball

**Title of activity: Gymnastics**

Equipment needed: 18 mats and 9 benches

Objective: Develop gymnastics and balancing skills

Developing SHAPE America Standards: 2, 3

Appropriate for grades 3-5

Setup equipment:

1. Place 2 mats together
2. Place 1 bench in between 2 mats
3. Students will be placed in groups of 3 or 4 to a mat
4. Place shoes by the gopher, left side of mat
5. The next student may begin when the person ahead of them is halfway

Sequence of activities:

1. Army crawl
2. Log roll
3. Forward roll
4. Backward roll
5. Create your own routine

Sequence of activities for returning on the bench:

1. Walk forwards
2. Walk backwards
3. Lay on belly and pull to end
4. Dance
5. Move like an animal

**Title of activity: Jump Roping**

Equipment needed: Short jump ropes on rack

Objective: Learn how perform a variety of jump roping skills

Developing SHAPE America Standards: 1, 2 and 4 (strategy, fun & increased cardio)

Appropriate for grades 4 - 5

Setup equipment:

1. Place students in groups of 2 - 3 with iPad per group and 1 jump rope for person

Warm-up

1. Students will run for 2 minutes, perform 10 jumping jacks and 10 push-ups

How to play:

1. Students will scan the QR code, watch the QR video and then jump

1. Begin the activity when the music is turned on
2. After 2 minutes, groups will rotate 1 station to the right

Group reflective questions

1. What did you see and/or hear from your team during the activity?

2. What jump was the most challenging to pass to a teammate and why?

3. What challenge would you like to add for next time?

**Title of activity: Balloon Challenges**

Equipment needed: 1 balloon, 1 ball, 1 bowling pin, & 1 noodle per student

Objective: Keep the balloon in the air for each activity (2 minutes per activity)

Developing SHAPE America Standards: 1, 2 (motor skills, strategy)

Appropriate for grades K - 2

Setup equipment:

1. Equipment will be placed near a bench with easy access for students.

How to play:

1. Students will form a line to collect the item
2. Students will perform the challenges for 2 minutes each after the warmup.
3. The objectives are to stay on their feet, eyes on the item, and strike the object safely.

Warm-up

1. Students will either run around the outside of the gym for 2 minutes or then perform 5 jumping jacks and 5 push-ups.

Challenges: 1 minute each

1. Walk, toss and catch
2. Toss, touch both elbows and catch
3. Toss, touch both knees and catch
4. Toss, touch both shoes and catch
5. Toss, touch the ground and catch
6. Toss, give somebody a high 5 and catch
7. Toss, turn in a circle and catch
8. Collect a ball from the blue container and then hit the balloon with the ball
9. Collect a bowling pin from the blue container and then hit the balloon with the bowling pin
10. Collect a noodle from the bag and then hit the balloon with the noodle

Student reflective questions with a partner

1. What was your favorite activity?

2. What was the most challenging activity?

3. What item could we add next time to hit the balloon?

**Title of activity: Object transfer**

Equipment needed: Variety of balls students can pass to a teammate

Objective: Transfer ball from point A to point B with their team (2 minutes)

Developing SHAPE America Standards: 1, 2 and 4 (strategy, fun & increased cardio)

Appropriate for grades K - 5

Setup equipment:

1. Place students in groups of 5-6 on the baseline

How to play:

1. Students will make a line with the first person holding a ball

1. Begin the activity when the music is turned on
2. After the student passes the ball they will run to the end of the line

Warm-up

1. Students will either perform 2 minutes on the Swork it app or the Spin it app

Challenges:

1. Have the students lay down and transfer the ball from feet to feet, forwards
2. Have the students lay down and transfer the ball from feet to feet, backwards
3. Have the students lay down and transfer the ball from feet to feet, sideways
4. Have the students stand and transfer the ball with the elbows
5. Can your team think of another method of transferring the ball with a different body part
6. Video tape one activity, have students watch the video and reflect on the 3 questions below

IPad reflective questions

1. What did you see and/or hear from your team during the activity?

2. What object was the most challenging to pass to a teammate and why?

3. What challenge would you like to add for next time?

Plickers question

1. What is the purpose of a proper warmup?

**Title of activity: Table Ball**

Equipment needed: Tables

Objective: Goal is to develop hand-eye coordination, agility and strategy

Developing SHAPE America Standards: 1, 2 and 5 (Agility, team work & strategy)

Appropriate for grades K - 5

Setup equipment:

1. Scatter tables in your space
2. Need 1 ball per table
3. Can play singles or doubles

How to play:

1. Say the score before serving
2. Allow the ball to bounce off the ground once before returning with hand
3. Continue to play until point is earned
4. Side of table is out
5. It may bounce on top numerous times before rolling off table
6. Play until determined score by teacher

Challenges:

1. Change size of table
2. Change ball to play with
3. Play with 1 hand only
4. Play with feet only

**Title of activity: Fitness Bowling**

Equipment needed: Bowling pins, bowling balls, jump ropes

Objective: Team goal is to knock down all the pins in a determined time limit (3 minutes)

Developing SHAPE America Standards: 1, 2 and 5 (follow through, team work & increased cardio)

Appropriate for grades 3 - 5

Setup equipment:

1. Place pins in triangle formation
2. Place poly spot for starting position of bowler
3. Place jump rope 10 feet behind bowler

How to play:

1. 1 student will be the ball returner, 1 student will be the bowler, 1 student will jump rope
2. Jump roper to bowler, bowler to ball returner, ball returner to jump roper
3. Students are only allowed 1 turn to bowl

Challenges:

1. Increase distance of bowler
2. Increase amount of bowling pins
3. Bowl with other hand
4. Give a pin to another team after strike
5. Change activity of 3rd student

**Title of activity: Speed Trap**

Equipment needed: Flag belts, colored pinnies, buckets, and colored notecards for money

Objective: Collect money from buckets

Developing SHAPE America Standards: 1, 2 and 5 (follow through, team work & increased cardio)

Appropriate for grades K-5

Setup equipment:

1. Place 1-2 buckets on the baseline
2. Choose 4-6 students to be the lions
3. Everybody else is a cheetah and wears a flag belt or 2 scarves
4. Place money in buckets

How to play:

1. The cheetahs (team) try to collect a specific amount of money in a specific amount of time
2. Cheetahs try avoid getting tagged by a lion
3. When a cheetah is tagged they must give the judge (teacher) a specific amount of money from their teams bucket to get back into the game
4. Play for 3 minutes or until enough money has been collected

Challenges:

1. Increase amount of lions
2. More or less buckets
3. Higher amount to collect
4. Different locomotor skills
5. Have them solve math problem
6. Can take only 1 money slip at a time