

Theme-Based PE Activities to Excite Middle School Students

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Fitness Board Game



- DIY Game Board
 - Index cards
 - Bulletin board paper
- Fitness Board Game
 - Set up index cards around the gym in a giant square (as your game board). Or tape the index cards down on bulletin board paper/strips.
 - Students are in small teams (4-5) & each team has a game piece; be creative with game pieces (paper clip, erasers, etc.)!
 - Each index card has an exercise and number the students must complete before rolling the dice and moving to the next index card (Ex: 20 sit-ups)
 - First team around the board, wins!

Running Activities and Running Club

Starting off the Year on the Right Foot!

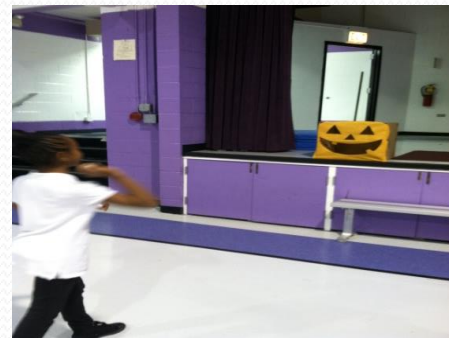
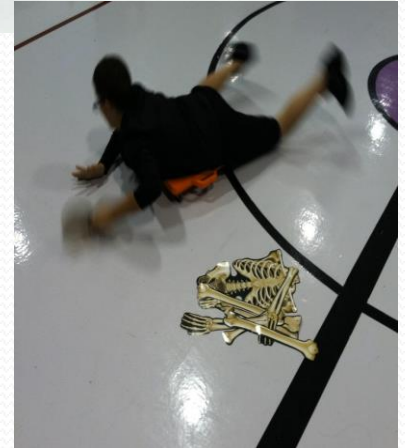
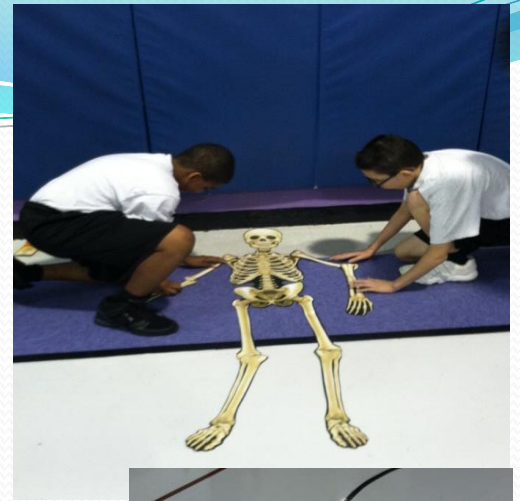
August/September

- Get students/teachers interested in running and encourage them to run in your city/town's 5K race! Look for a race nearest to your school towards the beginning of the year.
- Include class/homeroom competitions for the 5K race (class with the most participants, class with the best combined times, etc.)
- Prepare students in class while playing running games, relays, running competitions, etc.
- Start up a running club, or use it as a recruiting tool for a team/club already in place!
- Put together a “Family Fun Run” night - 1 Mile walk/Run Race with students and families!



Halloween/October Fest

- Halloween relays/stations
 - Dollar Store Galore!!!!
 - Mini Pumpkins – As bowling balls
 - Toilet Paper Ghosts – Throw/Knock Down
 - Brooms – Witches Broom (balloon relay)
 - Skeleton Decorations – Scooter relay putting together a skeleton
 - Pumpkin/Halloween Buckets (“eye ball” ping-pong ball toss into buckets)



Fireman's Challenge

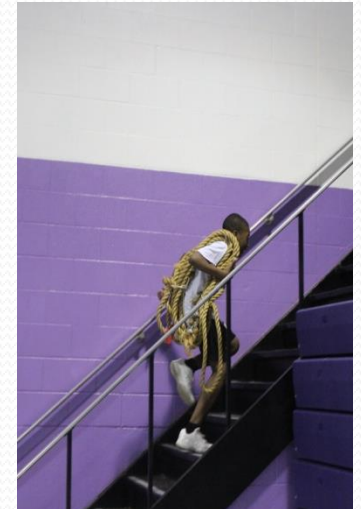
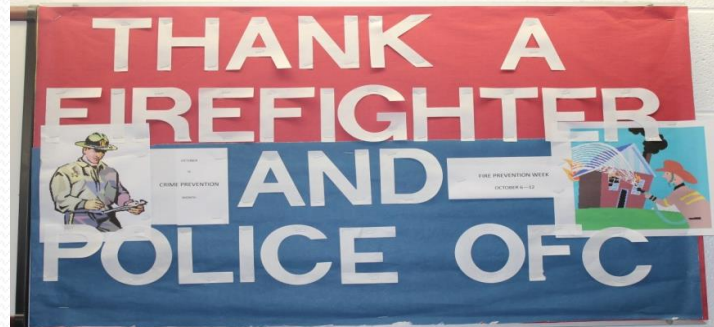
October - Fire Prevention Month

During Fire Prevention month (October) invite firefighters to your physical education classes! They can give a brief speech about why being fit is important in the job of a firefighter. They can also time a relay course!

Design stations that mimic a firemen's daily routine/possible challenges.

Stations Include:

- Carrying a heavy rope (water hose) up and down stairs or a weighted bag on their back (oxygen tank)
- Relay course, crawling over/under mats, weaving cones, etc.
- Knocking down mats with a pool noodle (knocking down a door)
- Using a scooter, tie a rope to an object (pull up bar) and use as a pulley.



Speakers and Presenters

- Major League Umpire
 - Don't know one....!?! Ask a former student or friend that umpires for little league. Inform students of sports/fitness related careers.



- Military (former students or veterans)
 - Speak to students about boot camp and why it is important to stay fit in their career

ISAT Prep in PE!

February/March

- Fitness scavenger hunts – using questions from an ISAT prep book, or your own creative questions!
- Basket Shooting Scrabble



Family Fitness Night

May (NASPE week)



- Invite fitness instructors to come out and volunteer at a station (kick boxing, step aerobics, weight training)
- Invite your local park district to come and hand out information about camps and after school activities
- Run an obstacle course
- Offer large group activities in the gym; volleyball and/or basketball
- Raffle off fitness related prizes (ask park district or fitness centers for donations) EX: Free week of admission at LA Fitness
- Offer “healthy” snack concessions
- Ask the school nurse or another health professional to work a blood pressure and heart rate station or help students/family members calculate their BMI

ACES Day

First Wednesday of Every May!

- All children exercise simultaneously

“With millions of participants worldwide, ACES Day is a global event that celebrates exercise by bringing students together from all fifty states and more than fifty countries.”
- Find a time that the entire school can get outside and walk together for 10-15 minutes! (Last 15 minutes of the school day works well!)



Office Games



- Office Supplies Games and Relays
 - Use clip boards, boxes, and crumpled up scratch paper to design different relays!
 - Examples:
 - Partners use their hands as a racquet and hit paper ball back a forth. How many hits in a row?
 - Partner hit (back and forth) down the length of the gym
 - Partner toss using a box/basket to catch
 - Players stand back to back. One tosses the paper ball backward, the other player tries to catch the paper ball as it comes over their head.

School Carnival

- Use as a fundraiser for school clubs, athletic teams, and/or grade levels (field trips, etc.)
- Sell admission tickets (\$1-\$2) and game tickets (10-25 cents each)
- Each club or team organizes a game of their choice
 - Students of each club/team are the ones who help work the games (collect tickets, show participants how to play, hand out prizes..)

Carnival Game Ideas:

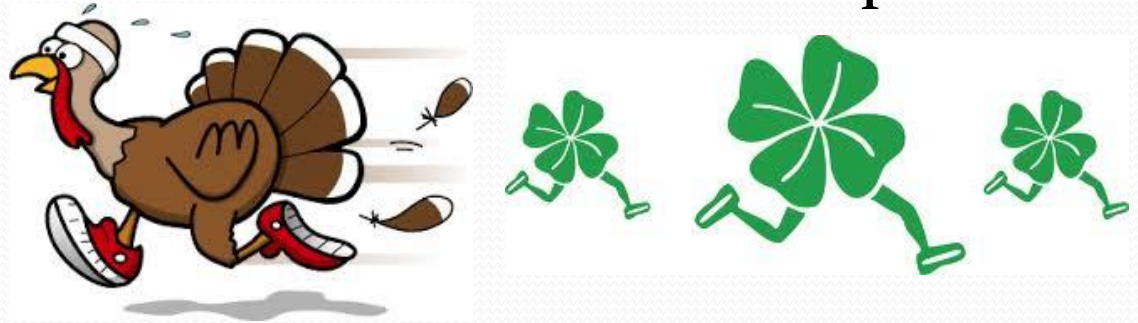
- Basketball Hot Shot Shooting
- Football Toss
- Cake/Cookie Walk
- Ring Toss
- Face Painting
- Wii “Just Dance”
- Tootsie Pop Pick
- Mini Golf
- Relay Races



Turkey Trot – November

Shamrock Shuffle – March

- Classes compete for the most laps completed in a class period.
- Laps are counted as students pass the teacher/start. Teacher can either keep tally marks for each student (depending on class size) or the students can receive a popsicle stick after they complete each lap.
- Winning classes receive extra credit or another prize that you choose!



Match Madness Game

- How to play....
 - Use a deck of playing cards
 - Students play in pairs
 - The goal is to match the card that is in their hand with the playing card in the center (face down) in the gym.
 - If it's a match = students win a straw
 - No match = exercise (make an exercise cheat sheet for each team)
 - Examples: “ Q” = 10 Squats “8” = 8 sit-ups



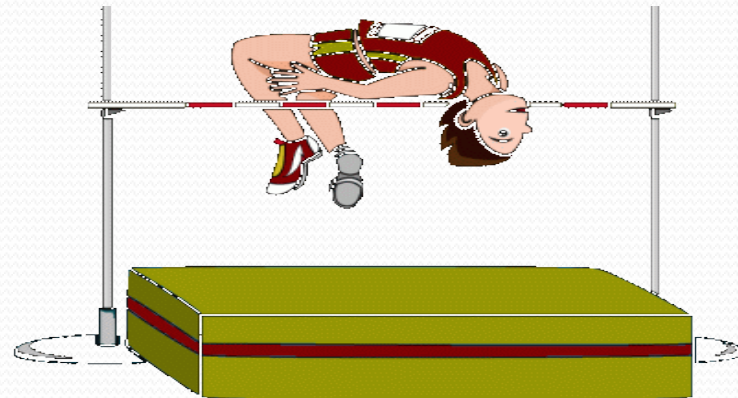
Winter Olympics

- Form 2 teams per class to compete against each other
- Students can sign up for the event of their choice (2-3 day unit) or make this a longer unit and have all students participate in each event
- **Events:**
 - **Luge**
 - Use 2 scooters and a folded mat. One student sits on the mat, while one student pushes the “luge”.
 - **Floor Hockey**
 - **Scooter Hockey**
 - **Curling**
 - Use shuffle board equipment and/or bean bags
 - **Cross Country Skiing**
 - Use paper plates as skis
 - **Speed Skating**
 - Use paper plates as skis
 - **Bob Sled Team Races**
 - use 2 scooters with a folded mat laying on top of the scooters. 2 students sit on the mat, while 2 students push the “sled”.



Track Olympics

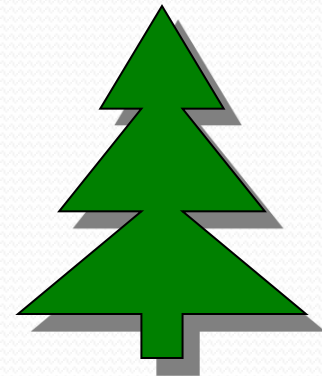
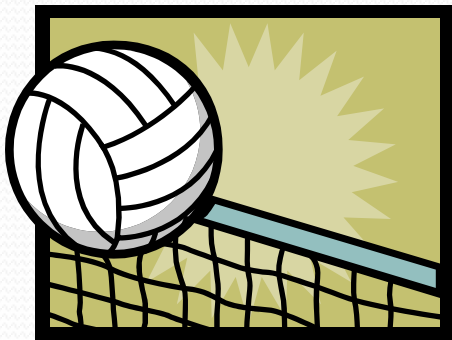
- At the end of a track unit, have students pick teams and compete against each other in a mock Olympics.
- Students can choose a team/country to represent (have teams decorate a country flag as a bulletin board idea!)
- Each team chooses one person for each event (long jump, high jump, triple jump, shot put, etc.)



Holiday All School Volleyball Tournament

December/January

- Organize an all school volleyball tournament between classes/grade levels with teachers as the coaches
- Students pick their class's "All Stars" that will play in the game
- Games are played during a short assembly during the school day. If an assembly cannot be organized, make it an after school event!



Questions For Us!?

- Feel free to email!

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