

Title of Session: K-3+ Resources - Phys Ed and Games

Moderator: Sue Roseman

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Room: Comfy Conference Room

BJ: If this is your first Tapped In discussion, please scroll down on the screen above this chat window and read the 10 steps

SusanR: Should we get started with introductions

SusanR: Have you got your running shoes on?

BJ: Sue, go for it

SusanR: Okay intros

PennyRa: Hi, I'm a third grade regular ed. Teacher in Hall County, Georgia.

JaNitaJ: Janita, language arts, Houston

BJ: I'm an art teacher in Pennsylvania and a helpdesk volunteer for Tapped In

JenniferHa: Hi my name is Jennifer and I'm a Preservice Teacher at North Georgia College and State University in Dahlonega. I wish to teach K or 1

SusanR: I am a K to 8 Occasional teacher from Canada. I have spent most of my teaching career in Primary

MelissaJH: Hi! K --full day teacher in Indianapolis

SusanR: Let's start ..

SusanR: Today's session is K to 3+ GREAT RESOURCES: Physical Education

ChristyGst22: hello. I'm a kindergarten teacher in Akron, Ohio

SusanR: Hi everyone. there should be something of interest to all of you

SusanR: I will present a site..scan it..come back to chat area and comment on how it fits with your curriculum or teaching assignment

SusanR: Many of the sites are cross curricular

SusanR: and can meet expectations in language arts, math, the arts and social studies

SusanR: At the end of the session I will provide you with an online bookmark site or track with all the links mentioned

BarbaraMu joined the room.

SusanR: We can make Phys Ed a PEAK EXPERIENCE for kids through ongoing collaboration and sharing of experiences!

SusanR: Of all subject areas taught in school, "Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life." ~Allen Russell

SusanR: Resources presented tonight can also use physical activity to teach academic content.

SusanR: This site shares some Thanksgiving & winter activities and focuses on how to differentiate assessments to address the diversity of learning modalities of the children in our classrooms.

SusanR: <http://www.pelinks4u.org/sections/elementary/elementary.htm>

SusanR: There are some Thanksgiving featured lessons there

SusanR: Our first resource is

<http://www.pelinks4u.org/sections/elementary/elementary.htm>

SusanR: note the Featured holiday stations and lesson plans there

SusanR: You could play Turkey Tag tomorrow with your youngsters

SusanR: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2788>

SusanR: Here is an instant activity you could use tomorrow

SusanR: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2788>

VickiS: I use PE central all the time. Great site

SusanR: Another one with a great collection for every Phys ed lesson is

<http://schools.eastnet.ecu.edu/pitt/ayden/physed8.htm>

RobynL: do these sites accommodate special education children?

SusanR: These are teacher submitted lesson plans!

AngelaSa: Are the lesson plans submitted by regular ed teachers or pe teachers

SusanR: both I think, Angela

ChristyGst12: this looks like a really good site to use

DarleenF: <http://members.tripod.com/~pazz/lesson.html>

VickiS: Any teacher can submit a lesson plan. I think that they even pay you for lesson plans sometimes

JenniferHa: I like that it has modifications for every grade level

SusanR: It's my first stop for ideas, Jennifer and Vicki

SusanR: It is like a resource manual..and it's free

DarleenF: Teachers submit their ideas on this link too:

<http://members.tripod.com/~pazz/lesson.html>

AngelaSa: I still can't get the web sites pulled up. Are these sites strictly sites for games?

RobynL: you might have to press the control tab as you click on the site

SusanR: We will have some lesson plan sites as well!

RobynL: that's what my computer said to do and it worked

MelissaJH: wow there are tons of places to look.

DarleenF: I am just clicking on the blue link and it works for me...

SusanR: Students can invent their own games

http://www.educationworld.com/a_lesson/02/lp266-05.shtml

AngelaSa: Thanks Robyn. It worked that time. I have to press the control tab.

RobynL: you are welcome :>

SusanR: Darleen, I will add that site to the list, lots of ideas there

AngelaSa: These sites are great. I am a regular ed teacher with recess duty. Sometimes kickball gets old. I need some new things that even the kids haven't played before.

ChristyGst12: I use education world quite frequently and I've never run into this idea before

ChristyGst12: its great

JenniferHa: I have faced some of the same problems, they get tired of playing the same old games

SusanR: Here are some "Fun Outdoor Games and Outdoor Activities

PennyRa: This is a very interesting game.

SusanR: http://www.funattic.com/game_list.htm

PennyRa: This would be great to use with the Youth at my church.

SusanR: There is a list of about 50 games that can be played outdoors and indoors using little or no equipment. Playing instructions, equipment requirements, and number of players are listed for each game.

MelissaJH: great for daycamps too

SusanR: church. the schoolyard, recess,

PennyRa: This is perfect.

AngelaSa: These are great to use in the rooms on rainy or cold days. You could even tie some on these in to Math.

DarleenF: I saw a game on the funattic site, but it required a flingsock. Do you [know] where I can get this?

ChristyGst12: I teach a summer program for school agers at a child care facility and this site would be great

DarleenF: Besides on the site...

JenniferHa: it just goes to show that you don't need a lot of materials to interest the kids and show them they can have fun with anything

ChristyGst12: we constantly play the same old things and the facility doesn't have much money to put into the program during the summer so these games with no equipment would work wonders

SusanR: I think you make flingsocks

RobynL: what are flingsocks?

DarleenF: It looks like a bean bag inside a sock...hmm...

AngelaSa: The children would have just as much fun making the flingsocks as playing with them

SusanR: <http://www.funattic.com/flingsock.htm>

PennyRa: This could be a procedure paper to write.

RobynL: cool!

ChristyGst12: yes the flingsock is made with a beanbag and fabric

SusanR: More meaningful if they create their own Flingsocks

DarleenF: Oh, that link helped me understand a little more about flingsocks....)

PennyRa: Yes -I meant to do both.

AngelaSa: The children could write how to make the flingsock. Another child would have to make it using their directions. How interesting would that be?

SusanR: Integrate with Language ARTS..WRITE UP INSTRUCTIONS

PennyRa: Our gym uses self made ones of these now

DarleenF: That's great for functional text writing.

JenniferHa: it is also very good for cooperating with others in the classroom

AngelaSa: Most people think you have to spend a ton of money on equipment, when all you really need sometimes is just a little time

JenniferHa: and creativity

PennyRa: This is something they do need help with and they would be motivated to try.

SusanR AGREES

AngelaSa: It would be nice to have someone at every school hired just for that purpose. Time and creativity

SusanR: This next site integrates with math..

PennyRa: Bring it on.

SusanR: A sponge relay race offers a cool challenge and a fun way to teach math (measurement) skills

SusanR: http://www.educationworld.com/a_lesson/02/lp266-01.shtml

JenniferHa: my cooperating teacher does this in the classroom right now and the kids love it!

PennyRa: I've never thought of doing such. I guess I figured it would take a lot of planning but it sounds simple enough.

DarleenF: Oh, that looks like so much fun! The kids would really enjoy that during the summer or in my case, all the time (Lemon Grove, CA - very hot!)

AngelaSa: This race sounds great. You could also include distance measuring.

JenniferHa: I suggest you try it..the kids are competitive and they are learning and having a good time while getting exercise

ChristyGst12: our school agers have done a relay similar to this and they love it

PennyRa: How about some health for measurement of heart rate.

SusanR: and another one that is cross curricular....Harlem Street Games

SusanR: http://artsedge.kennedy-center.org/teaching_materials/curricula/curriculum.cfm?curriculum_id=420&mode=overview

JaNitaJ joined the room.

SusanR: Let me see if I can find the heart rate site, Penny

PennyRa: I worry that my school might not be as open-minded about some of these things.

AngelaSa: These are also games we played growing up that the kids nowadays don't know how to play

PennyRa: Anything related to reading and P.E.?

RobynL: have you ever heard of "New Games"? One of them is called the trust circle. These are good games to play during down time and recess

SusanR: heart rate

http://www.askeric.org/Virtual/Lessons/Physical_Education/Skill_Related/SRF0201.html

DarleenF: Is this the trust circle? <http://eduweb.brandonu.ca/~students/fall-96/oswald/card48.htm>

PennyRa: Great- Thanks for sharing.

SusanR: I like to use Jump Rope Rhymes ...with partners..integrates with LA

http://www.aacs.wnyric.org/donius/jump_rope/rhymes.html

AngelaSa: The heart rate lesson would be good for computer integration as well

RobynL: yes. there are a number of these sorts of games. they deal with groups of kids working together to accomplish a goal.

PennyRa: I love the alphabet rhyme - these are great. My kids love to jump rope.

JenniferHa: anything that rhymes they love...they remember it better too

DarleenF: Rhyming is great for phonemic awareness, spelling, and word study, too.

ChristyGst12: my children love to jump rope...that is one of the few things they do have

SusanR: Students love chanting the rhymes..while their partner skips..I copy and paste them into word and make booklets for students

PennyRa: All of which my kids need the extra help.

AngelaSa: Are there any games that relate to Native Americans and early colonists?

ChristyGst12: and they know so many rhymes and riddles that go along with jumping rope

PennyRa: Booklets- more reading practice.

JenniferHa: rhyming really helps with word families

SusanR: Right Penny

SusanR: Check out this one <http://www.lessonplanspage.com/pelesson.html>

PennyRa: This just makes me want to exercise - I need it too.

SusanR: I like this site for getting kids organized quickly into groups...

RobynL: I agree penny! :>

SusanR: Group/Team Management

<http://members.tripod.com/~MrGsPEpage/groups.htm>

ChristyGst12: these sites are great...now all I need is the time to sit down and look at everyone of them closely

SusanR: In a few moments I will give you the listing or track...

SusanR: Do you still use parachutes in the gym?

PennyRa: These are great and it will keep the kids interested.

AngelaSa: Getting the students into groups quickly will even work in the classroom when you have to get them into groups.

ChristyGst12: we use the parachute all the time

VickiS: Yes, there are so many fun games to do with parachutes

SusanR:

http://www.granite.k12.ut.us/Special_Ed/SpecialEd/RelatedServices/hrs/APE/parachute.htm

RobynL: I love using parachutes- I remember them as a kid!

PennyRa: I haven't seen one in our gym but the YMCA uses one in afterschool.

JenniferHa: you don't hurt any feelings either when you choose groups this way

ChristyGst12: every time the children get to choose what they want to play ...it's the parachute

DarleenF: I really like that group management site. Sometimes I forget that I can do this kind of thing

PennyRa: Parachutes are great!

DarleenF: Parachutes are tiring, though! Great workout for those arms

SusanR: and this one as well.. <http://schools.eastnet.ecu.edu/pitt/ayden/PE-LP45.htm>

PennyRa: It's worth it.

RobynL: Thanks for the Special Ed. site Susan

AngelaSa: I am always looking for ways to group fairly and differently.

PennyRa: I played some of these in gym as a kid.

VickiS: Sharks is my favorite game with parachutes. We actually did it recently in a college class and it was a blast

DarleenF: I am fairly new to TappedIn and I forget...Will I get a chat transcript, so I can view these websites later.

PennyRa: We did it in a college class too and I had already forgotten it from all the stress I'm under.

DarleenF: Can you tell us a little more about sharks

RobynL: Yep, the transcript will come on your email.

JenniferHa: I used a parachute in elementary school and I loved it!

SusanR: And we can't leave out creative dance

PennyRa: I wish I could dance period. That would be wonderful and we could sing to learn things.

VickiS: The description of sharks is on the last website

SusanR: http://www.drwoolard.com/dances_elementary/index.htm ..a resource for teaching creative and elementary dances

RobynL: I think it is a shame that our culture is not more like Hispanic cultures regarding dancing.

PennyRa: We're too busy keeping up with the Joneses.

RobynL: They grow up with music and dancing as a part of life,

DarleenF: Oh, this is a little intimidating for those with no rhythm..

SusanR: ..try the Macarena

JenniferHa: the chicken dance is easy too

RobynL: Darlene, As long as you have fun who cares!! :>

PennyRa: I need the beginners course too.

AngelaSa: I am teaching the shag to my third graders because it is our state dance

ChristyGst12: I'm with you Darlene

RobynL: Awesome!

PennyRa: Sounds like fun.

RobynL: about the shag

PennyRa: yes

JenniferHa: remember the kids don't know how to do these dances either

ChristyGst12: I think more of my students can dance better than me

PennyRa: Their parents might.

AngelaSa: the kids do not know if you are doing right or not-but like you said the parents might

ChristyGst12: I teach in a low poverty area so you can imagine some of the dances my children are doing...its not the shag or the two step

RobynL: oh goodness!

PennyRa: I'm with you Christy.

JenniferHa: now there is a challenge

AngelaSa: you will always know the latest moves

ChristyGst12: not like I should be using them....haha

VickiS: Does anyone know of any websites that focus more on secondary education rather than elementary, especially health concepts.

SusanR: Before I forget...here is the online bookmark list or track of all sites mentioned tonight... <http://tinyurl.com/wk1h> or most of them

JenniferHa: you can tie these dances in when you talk about different cultures

SusanR: one moment Vicki

PennyRa: Vicki -try the heart rate site that Susan suggested.

DarleenF: Multicultural dances are neat...you can really talk about the history of these dances because so many of them reflect the history of the cultural region

RobynL: Susan, thanks for giving us all of these sights. They will sure help a lot.

SusanR: Try this one, Vicki for additional links especially Health..

http://www.ocdsb.edu.on.ca/Teacher_Res/asp/strmatrix.asp?Subject=HPE

PennyRa: This has been very interesting and eye-opening. Thanks.

DarleenF: Thanks everybody!

AngelaSa: These sites are wonderful. Especially now that winter is coming, I can use these.

SusanR: You can select the Health strand and the grade level.

DarleenF: I am looking forward to using these ideas soon...

JenniferHa: I got some really great ideas that I will take back to my classroom! Thanks!

SusanR: be sure to bookmark this site, <http://tinyurl.com/wk1h>

PennyRa: Any more quick suggestions.

SusanR: Does anyone have a site to share?

RobynL: I wish I did. If you are interested in the new games I mentioned earlier, it is related to low ropes course initiatives. just type it in google and you'll get some stuff

PennyRa: The bookmark site looked great. I can't think of any related to P.E.

www.starfall.com is great for free lit. for 1st grade though. Just thought I'd share it with Elem. teachers.

RobynL: thanks!

SusanR: Thanks Penny... for Health I recommend <http://www.dole5aday.com/>

AngelaSa: Thanks for all the great sites.

RobynL: Have a great night. It has been fun.

PennyRa: This would be great for the kids.

VickiS: cute site

JaNitaJ: thank you and happy thanksgiving

SusanR: Don't forget to drop into "The K to 3 Resource Room"

SusanR: See you next month for xmas/holiday sites

PennyRa: Thanks so much - the Christmas one sounds fun!