

Sub Plan

Thank you for coming in today. Below you will find today's schedule and activities. Grades 3-5 are 65 minutes long and Grades 1-2 are 32 minutes long. The plan below is for both. At the 32 minute mark, the students in grades 1-2 will either be dismissed to Mr. V for music or to their classroom teacher. For grades 3-5, they are dismissed to their teacher at the 65 minute mark. You will find the iPad and the computer set up when you come in, or in the office. I will be posting an online video of how to set it up and use the music through the "remote" app on the iPad. Music is the key to controlling the kids. Instead of blowing a whistle, I like to have the kids play during the music and sit on the circle once the music stops. When sitting on the circle, it is teacher time. Your time to discuss the events or activities or expectations. If there are any issues such as behavior or safety, please don't hesitate to sit them on the circle to discuss why they are there and what are common sense ways to make the time go better.

0-10 Minutes

- Instant Activity tag games. This gets the "wiggles" out. Attached is a list of Instant Activities. I like to have them start right when they come in. Use the music to determine when to switch to a new activity. I usually do it for 2 minutes and try a new one.

10-20 Minutes

- Movement Activity games. Attached is a list of Movement Activities. These games are designed to keep them active so they get their heart rate up.

20-30 Minutes

- Team based Activities. Attached is a list of Team based Activities. Large group team activities to not only work on fitness levels, but other skills such as teamwork, throwing, kicking, dodging, fleeing.

30-32

- Water Break/Dismissal(K-2)

32-42 Minutes

- Team based Activities part 2

42-52 Minutes

- Team based Activities part 3

52-62 Minutes

- Team based Activities part 4

62-65

- Water Break/Dismissal

Instant Activity Games- These games are meant to be fun. We use “magic wands” as tagging implements. A “magic wand” is a pool noodle. I use it because it can hurt to tack with a hand. These don’t hurt, UNLESS... Someone is swinging it hare while tagging. Please remind them how safe they should be... Switch the taggers every 2 minutes or so...

1. Friendship Tag- When tagged, freeze with hand out. Wait for a friend to come by and shake your hand.
2. High Five Tag- Same idea, but put your hand up high for a high five.
3. Tunnel Tag- Same idea, but now they freeze with legs apart and wait for someone to crawl through their tunnel.
4. Toilet Tag- When tagged, crouch down with 1 arm out to the side. Wait for someone to come by and push your arm down(flushing the toilet). When getting up, they need to swirl up(mimicking water being flushed) and the person who flushed the toilet pretend to wash their hands...
5. Golden Nugget- Using a “golden nugget”(a yellow ball if possible), the taggers try to tag anyone who is NOT holding the golden nugget. If tagged, they sit. If the person with the golden nugget give you the nugget, you are safe to get up. ***THE PERSON WITH THE GOLDEN NUGGET IS UNABLE TO BE TAGGED!!! However, they cannot keep it long. Only 5-10 seconds...
6. Banana Bunch- When tagged freeze your body in the shape of a banana(hands together above head, body curved). Someone saves you by pulling your hands apart(peeling the banana).
7. Ice Man- 2 taggers(an Ice King and Ice Queen) are chosen and asked to leave the room. While out of the room, choose 2 SECRET savers(DEFROSTERS). Invite the King and Queen back in. They will try to “freeze” everyone. The DEFROSTERS will secretly go around un freezing people. Make sure to remind them to not give the defrosters away!

Movement Activity Games- Designed to keep your heart rate up.

1. Bizerk Ball- Roll out as many rubber coated balls as you can. No more than there are students. It is the students job to keep the balls moving. If you see a ball stopped, you go BIZERK!!!! Yelling out numbers 1-10. If you get to 10, everyone has to do a physical challenge(jumping jacks, push ups, sit ups, etc),
2. Pac Man- 2 taggers. Using the lines on the floor, EVERYONE(Taggers included) must stay on the lines to move around. If tagged by a tagger, they stop at that spot, do 10 jumping jacks and go again.
3. Everyone’s It- Everyone is a tagger. When tagged, they must do 5 jumping jacks.
4. Hospital Tag- Everyone is it. When tagged you place 1 hand on the spot you were tagged(mimicking holding an injured body part). When tagged a second time, you put your other hand on that second spot. You no longer have any hands and must go to the hospital(BIG blue circle) to get them “fixed”. Once inside you are fixed and now must pay your hospital bill by “paying” them with 5 jumping jacks! Once paid up, your free to go.

Team Based Activities- When playing these, feel free to repeat as often as you like, or move on to try something else... When making teams, a quick way to do so is to ask everyone to find a partner. Once they do, take one and put them on 1 team and the other on another team. Usually kids find partners of like ability and it's a quick way to make fair teams. If they are unfair, adjust as needed.

1. Messy Neighbors- Using the gym lines... The blue line in the middle is the dividing line. When the music is on, each team is trying to "clean" their land by throwing the balls onto the OTHER land. Every few moments, stop the music. The first team sitting on their team designated line gets a point, the cleaner land also gets a point. Use tally marks for points on the white board.

2. Bucket Fillers- Divide teams and put them on opposite sides of the gym. Give each team a bucket(recycling bin). Each team has a rectangular "island" on the OTHER teams land. That is where they place their bin. They send 2 "receivers" to that island. When the music starts, the object is to fill your teams bucket. Once the balls are all gone, stop the music. First team sitting gets a point and the team that has the most balls in their bin gets a point. Use tally marks to score it.

3. Dr. Ball- Similar to messy neighbors, but now each team gets a few pins to place on their land. The object is to protect the pins. When your pin gets knocked down, the other team gets it. The game is over when one team has all the pins.

