

ACTIVITY GUIDE

Norbert's Athletic Products, Inc.
(800) 779-1904
www.norberts.com

INTRODUCTION

Poly Sharks were originally designed by physical educator Greg Schukart as a motivational tool for use under an indoor horizontal ladder. The first sharks were simply shark faces drawn on heavy paper and placed on the mats under the bars. Students really enjoyed the added adventure of having to cross the shark pit without falling in. The sharks did not last very long, however, after a few landings in the shark pit. They would tear or bend and need to be replaced. The second generation of sharks were made on thin vinyl sheets, which was tougher but would fold over onto itself. A stiffer, more durable material was needed. That is when Poly Vinyl was considered, the same material used for Poly Spots. This time the sharks' features were refined, with more emphasis on making them look more comical and fun. The ten original sharks were narrowed down to the five most popular individual faces and personalities. The set now includes these five whimsical sharks. The final sharks have been molded to high specifications and detail, making them one of the highest quality products on the market.

Using the new Poly Vinyl material opened up a whole new world of uses for the sharks. This new material allowed them to be used on the gym floor, in swimming pools, on the playground as well as on gym mats. The list of possible activities is virtually endless. Some involve using them as targets, others use them as bases. No matter how the sharks are used, your students will love them. The following is a guide to some of the activities and games made possible with this product. Use the suggested activities in this guide, or use your imagination and construct new activities unique to your students needs.

TABLE OF CONTENTS

INTRODUCTION	i
---------------------------	----------

GAMES AND ACTIVITIES

SHARK PIT	2
ROPE SWING SHARK GRAB	3
OBSTACLE COURSES	4
SHARK TARGETS	5
CONE & POLY SPOT SUBSTITUTES.....	6
SHARK BASES	7
SHARK HOP SCOTCH	7
SHARKS IN THE WATER	8
SHARK FREE TIME	9

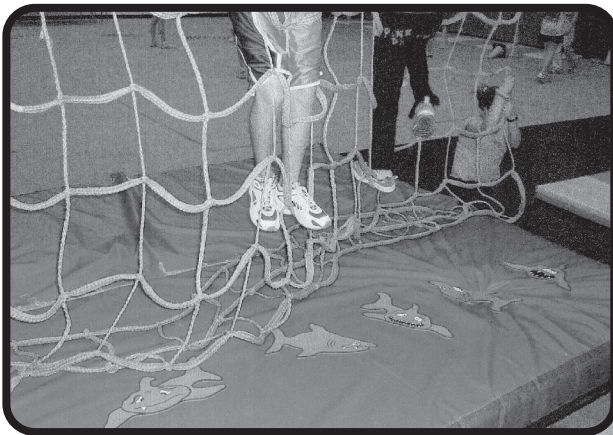
SAFETY CONSIDERATIONS:

DUE TO THE IRREGULAR SHAPE OF THE SHARKS, THEY SHOULD NOT BE THROWN AS EYE INJURY COULD OCCUR. STUDENTS SHOULD NOT TUG (TUG-O-WAR) WITH THE SHARKS AS THE SHARKS COULD TEAR AND THE PARTICIPANTS COULD FALL AND INJURE THEMSELVES

GAMES AND ACTIVITIES

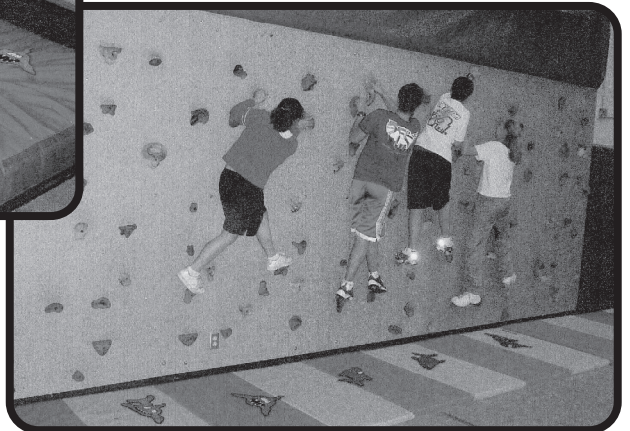
SHARK PIT !!!

This activity involves using the sharks as motivation to avoid falling from any suspended activity. Simply place the sharks on mats under your rockwall, horizontal ladder (inside or out), climbing rope, swinging climbing rope, cargo net, balance beam, or any suspended piece of equipment. This creates a shark pit that really engages the imagination of students. An ordinary activity becomes an adventure. Students will work much harder on these pieces of equipment as a result of the added fun. When students do fall into the shark pit they enjoy flailing around and swimming out.



Sharks under cargo net

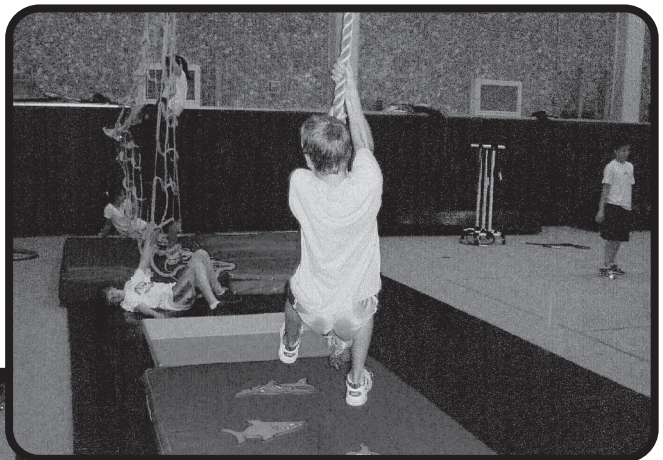
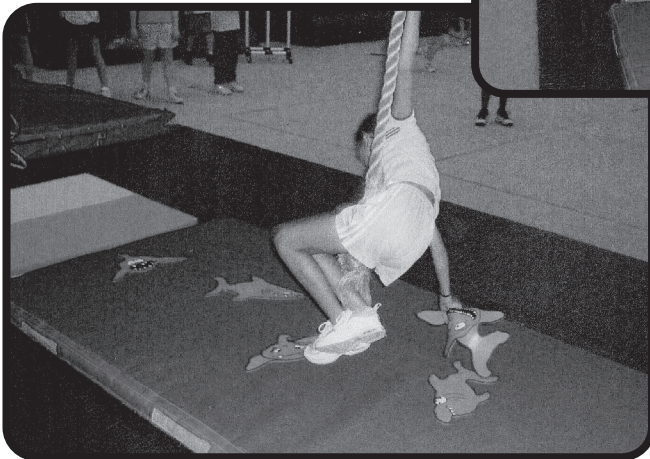
Sharks under rock wall



ROPE SWING SHARK GRAB

Set up your climbing rope and mats for a short swinging station. A knot should be about 16" from the mats to sit on. The mats should be at least 4" - 6" deep for this activity. Set the sharks near the rope or slightly past the rope in a linear spread formation. Set a folded 4' x 8' mat about 8' away to use as a take off pad. Students then take turns swinging out and back trying to grab a shark on their way. This activity makes a great station where 4 or 5 students rotate through at a time.

Grab the Shark



Swing out and back

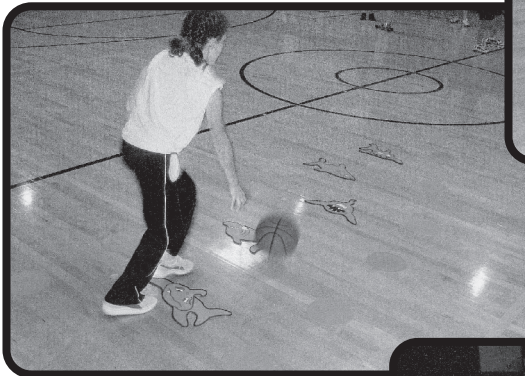
OBSTACLE COURSES

Poly Sharks can make any obstacle course more fun and entertaining. Students have to avoid the sharks as they run, scoot (on scooter boards) or dribble basketballs through an obstacle course. You may have them weave through the sharks, randomly space them in a gauntlet fashion, or set them between Poly Spots that students must stay on. Or, you may use the sharks as the spots to stay on.

Scoot around the sharks



Dribble through course



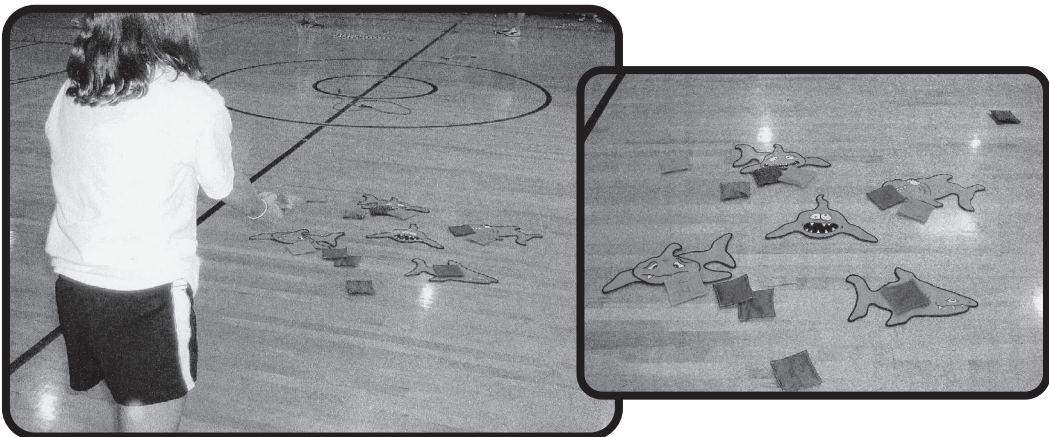
Avoid the sharks!



SHARK TARGETS

Sharks make great targets too! Set up beanbag games using sharks and different colored beanbags. The sharks are set up at an appropriate distance and spaced as needed. Students toss beanbags from a foul line onto the sharks. A beanbag touching a shark is worth 1 point and a beanbag totally inside the shark is worth 2 points. To get more students involved in a toss game, set the sharks inside a 20'-25' circle so several teams or students can toss toward the middle of the circle at the sharks.

For a long distance "lag toss" set one shark 30'-60' away and have students toss the beanbag to see who can come closest to it. The students retrieve their bag and throw again. It is best to have students throw at around the same time and wait to retrieve the bags until all throwers have tossed theirs. This is also a good game for flying discs. All students sail their discs at about the same time and see who came closest to the shark.



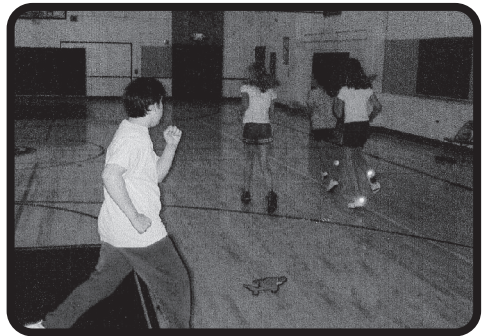
CONE AND POLY SPOT SUBSTITUTES

There are some activities where a flat marker is safer than a standing marker cone. The sharks are useful in these cases. For example: In marking a running track in a gym, students will sometimes trip over cones or kick them out of place. The flat sharks make excellent markers for these situations. They stay in place and can't be tripped on, plus they add some fun to the lesson.

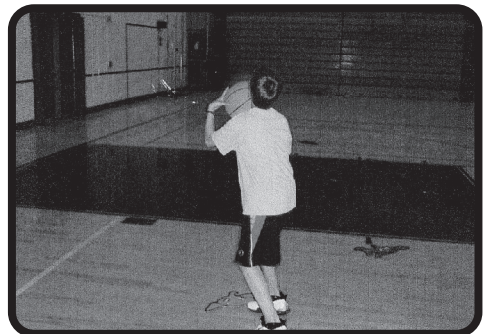
Sharks can also be used anywhere a standard Poly Spot is used. Balance activities and stepping stone activities are much more exciting with sharks. When practicing basketball, set up shark shooting spots. Games like "Around the World" become an adventure with a shark staring up at you as you shoot. You might change the name of the game to "Around the Sea", or "Shark Shoot!"



Stepping Stones



Cone Substitutes

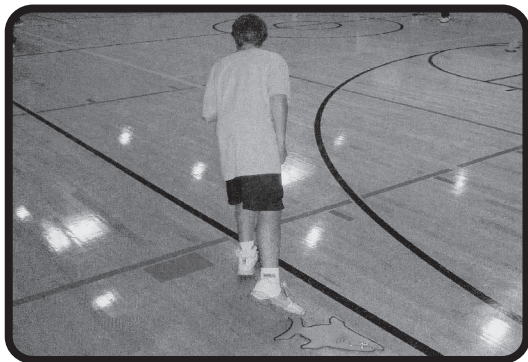


"Shark Shoot!"

SHARK BASES

The sharks also make great bases. Use them in tag games as bases. Students are "safe" when touching a shark. To keep the game moving, make students get off the base and run when another student touches the same shark they are on, so only one student may stay on the base at a time.

Use the sharks for bases in any kickball, softball, or diamond sport game. Students enjoy getting to a shark base more than a simple Poly Spot or standard outdoor base. The sharks stay in place well on the floor and students cannot trip over them. The motivation that the sharks bring to each of these games adds longer quality playing time and effort to all of these activities.



SHARK HOP SCOTCH

Set up a hop scotch game using Poly Spots. Place the sharks randomly between the spots as obstacles to avoid. Or, using 2 or 3 sets of Poly Sharks, use only sharks to step on.

SHARKS IN THE WATER

Where would you expect to find a shark? In the water of course! Sharks make the perfect addition to any swimming program. They will sink to the bottom. What could be more fun than swimming with sharks? Well, at least THESE sharks! They don't bite, but they do offer lots of opportunity for fun with swimming/diving practice. Drop the sharks into the water and let the fun begin. Just having them down there looking back at you is half the fun. Set up games for diving practice. Have students swim down and touch as many sharks as they can. Or have them swim down and bring back a shark. Have them move the sharks around. Students will really enjoy swimming with the sharks!



Swim with the sharks



Swim down and touch

SHARK FREE TIME

One of the most popular shark activities is to simply let the kids "play" with them. Give students one shark each and let them make up their own games. They love interacting with the sharks with no particular rules or guidelines.

