

Penguins!

Activity Guide



GF-162

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

Penguin Groups – use the penguin polyspots as markers for the students to meet at and begin class in their groups. Red Penguin polyspot group 1 – use the number or the color. The kids will love it! Penguins are social creatures. Using them to determine the kids starting location is key to good classroom management and organization.

Penguin DDR – Using the numbers on the penguin polyspots, give the students a number pattern and have them repeat it for a designated time (15-30 seconds) as quickly as they can. Penguin Polyspots could be linear, rows, or in layers. Once you give the student a few examples, have them place the penguin polyspots in their own order and challenge their partners/fellow penguins to a new number pattern.

Examples:

P1	P2	P3	P4	P5	P6						
P1	P2					P1	P2	P3		P1	
P3	P4					P4	P5	P6		P2	P3 P4
P5	P6									P5	P6

Protect the Penguin (or egg if you want to get into their breeding)

Place a beanbag on top of the penguin polyspots around your teaching area. For your equipment to student ratio, use about one penguin polyspot and beanbag per eight students in your class. Select student to begin as your protectors. Everyone else is the enemy trying to steal the penguin without being tagged by the protector. If they are tagged (on their arms, hands) they have to leave that nest and try to steal another beanbag off another penguin. Once an egg (if that is what you want them to represent) is stolen, we have a new protector. Protectors are not allowed to touch or cover the object. Use this activity to discuss and demonstrate a ready position - athletic stance.

Penguin Pick-Up (P=PENGUIN POLYSPOT, X=STUDENTS)

X	X	X	X	X	X
P1	P2	P3	P4	P5	P6

Designate your distance based on your student ability and focus for the day (cardio vascular endurance versus agility)

Place three beanbags on each penguin polyspot furthest away. Students move quickly (locomotor choice of teacher- run, walk, skip, gallop, hop) to penguin polyspot with beanbag, quickly grab one and retrieve to starting penguin polyspot, gently place it on the penguin (no throwing objects) and then repeat for second and then third and final object. Students can time themselves, call out times as they begin to finish and then have them try again to beat their time. Students should be paired to allow them take turns and catch their breath. Partner is waiting at opposite penguin and they are ready to begin since equipment is already set for them.

Balance on the Bird

Use the penguin polyspot for the student to balance upon while doing instructed movements. For example, while balancing on their left foot (on the penguin polyspot), student will move their right foot north, south, east and west. Foot can touch down or for increased difficulty, keep it off the ground. Students can see how many times they can repeat the pattern without losing their balance. While balancing on their gluteus maximus (on the penguin polyspot), students alternate touching their heels or toes to the ground. How many touches can they do in 30 seconds?

Penguin Ball

Use the penguin polyspots as bases. One penguin base game can maximize your time on task. Student can throw a football, throw a Frisbee, or kick a soccer ball. Variety can be successful for all or reinforce your current skill. Students run back and forth between one base as many times as they can before the two or three student in the field relay the object back to home base. Runner goes to field, fielder goes to batter (if midfielder they go to pitcher or batter) after each time at bat. No outs, just # of bases counted!