

Artie Kamiya's Handout

Background: This handout has been compiled over time and represents work done in several states, at NCDPI and Wake County Schools. Please feel free to contact me as needed!

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Artie's Ice Breakers

#1: Clap 3 Times: Get the students to clap 3 times and stomp 3 times. From here you can have them walk 8 counts, find a handshake partner, find a high five partner, find a partner wearing the same colored shirt, etc.

#2: Okay Sign: Everyone make an Okay sign, put it on your chin (but you put it on your cheek).

#3: I Love You Sign: Teach the sign for "I love you" in sign language.

#4: Bumper Cars: One partner is the driver and the other partner is the car. Can you close both eyes and fully trust your partner?

#5: Falling... Fall on!: Another partner trust activity where one partner falls back as the other partner gently re-positions the person back to a full standing position.

#6: Scattered Square Dance: A fun way to get kids moving to music in a non-threatening manner.

- **Hit the Lonesome Trail:** Walk by yourself to the beat of the music.
- **Horse & Buggy:** Find a partner and walk in a straight line with one partner behind the other. Like in the activity "Bumper Cars."
- **Circle the Wagons:** Join hands with several individuals and circle right.
- **Squeeze the Lemon:** Go into the center with a whoop and a shout!
- **Wagon Train:** Several individuals link up to form a large series of Horses and Buggies.

#7: Call Your Own Square Dance: In groups of 4, number off. When the music starts, #1 will call a square dance. Then #2, #3, and #4.

#8: 3 Against 1 Tag: All four players number off...1, 2, 3, 4. Number 1 takes several steps back while Numbers 2, 3, and 4 hold hands in a circle. The circle of three players rotates so that #2 is facing #1. On the teacher's signal, player #1 tries to tag player #2. The circle rotates to keep #1 away from #2. This is a very vigorous activity!

#9: Birdy Dance: An all-time favorite.

- **4 Cheeps...**
- **4 Flaps...**
- **4 Wiggles...**
- **4 Claps...** then see if your students can shake hands with 12 different people, high five 15 different people, etc.

#10: Zoom: In one large circle, the word "zoom" is passed from player to player for time. Can you break the world record?

Push-Up Power!

Level	Feet	Knees	Hips	Hands
1.0	Floor	Bent	Bent	---
2.0	Floor	Bent	Straight	---
3.0	Floor	Bent	Straight	Clap
4.0	Floor	Straight	Straight	---
5.0	Floor	Straight	Straight	Wide
6.0	Floor	Straight	Straight	Clap
7.0	Bench	Straight	Straight	---
8.0	Wall	Straight	Straight	---
9.0	Bench	Straight	Pike	---
Do 9 of each before moving to the next level.				