

North Carolina Alliance for
Athletics, Health, Physical Education, Recreation,
Dance, and Sport Management



Region 8 – Western Physical Education Workshop

Charla Tedder (Parker) Krahnke

National, Southern District and NC HS PE TOY 2013

charlaphysed@gmail.com Twitter: @ncpe4life. **Website:** charlaphysed.com

Resources and Handouts:



Free k-12 Curriculum



Register at: OPENPHYSED.org

Ultimate, Badminton and Plug & Play Fitness

Darebee.com (Free Workouts)

Disc Games Workshop at charlaphysed.com under Ultimate

Team Challenge: Fronton Doubles- Begin with each team putting two players on the court against partners from another team. Put ball in play with a drop-hit and play out the point. Team who wins the point stays on the court and receives a point for their SE team. Losing team from the point switch with two teammates. Winning partners stay on until losing a point or winning 3 consecutive points. Play to seven or time limit. Total the score for your team. Rotate teams. Round Robin format. Give points to teams for 1st thru 6th place.

