

This Bud's for You (Partner Activities)

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King Square

Students will work with a partner in this activity. The activity is played on a four square court. Tall cones will need to be placed in the corners of the court. Each group of partners will stand on a side of the 4 square court. Each side of the court will be given a number 1, 2, 3, and 4 sequentially around the square. Number 1 will be designed as the server (King). The server will serve the ball by placing the ball flat on the floor and hitting it with an open hand to the partners directly across the square to the #3 partners. The ball can then be hit to anyone. Students will continue to hit the ball until a player gets out. To get out, a ball must get past a group of partners. If a student gets out, they will go to the back of the line and a new student will enter while the square players rotate up a number in the square. Players are also “out” if they hit a ball higher than a cone or if a player steps inside the playing area. Each time a player serves they receive a point.

Capture the Corner (openphysed.org)

Create a large activity area with 1 cone in each corner and a ball balanced on top of each cone. (Use 6 cones/balls for larger class sizes and activity spaces.) 2. Students work in pairs. Send 1 pair to each cone to play defense (they do not need a disc). Other pairs begin scattered in general space, each pair with a disc. The object of the game is for offensive teams to “capture” the corners by throwing their foam discs and knocking a foam ball off its cone. Defensive teams work to block offensive shots on their cone. 3. If a corner is “captured,” the team who captured it scores a point and changes roles with that cone’s defense. 4. When you’re holding your disc, you cannot take any steps—you can only pivot. Players “off the disc” can move throughout the activity area using quick cuts and fakes in order to move into spaces with open passing lanes. 5. Defensive players must stay within 4 feet of their assigned cone and cannot touch the cone or the foam ball with any part of their body.

Joust

Students will need to work in partners. Each group of partners will be given a blindfold and a half noodle. In the playing area, scatter rings with giant clothespins clipped to them. Once partner will be blindfolded and given the noodle. The partner that isn’t blindfolded will give verbal commands to the blindfolded student so they can find their way to one of the cones. Once the student has reached the cone, they will then receive commands on how to put the noodle through the ring to pick up the ring from the cone. Once a ring is collected, they will then move to collect another ring. The group with the most rings collected on the noodle will be declared the winner. After the game is over, partners should switch places and begin another round.

Partner Flip the Hoop (openphysed.org)

Divide the students into partners. Each group of partners will need a hula hoop, bean bag and a poly spot. The partners will begin by placing their hoop and poly spot on the endline of the playing area so that all groups will be starting from the same place. The object of the game is for the partners to move

their hoop to the center of the activity area. The partners will do that by tossing the bean bag from the spot marker into the hoop. Every successful toss will get your hoop closer to the center. 1 partner begins as the Tosser, and the other is the flipper. On the start signal, the Tosser tosses the bean bag into the hoop. The Flipper flips the hoop toward the center, picks up the bean bag, and changes places with the Tosser. Continue this way until you make it to the center, then reset and begin again. If a toss falls outside of the hoop, the flipper will pick up the bean bag without flipping the hoop before changing places with the tosser.

Partner Tag

Equipment: Partner straps

How to play: The children form pairs and are joined together with the partner straps. Each pair stands with another pair so that there are two groups of two together. One pair is “it” and attempts to chase the other pair and tag them. Once tagged, that pair is “it” and must count to “5” before chasing the other pair. The pairs take turns chasing each other, trying to tag each other. You can play this as a walking only game or you can allow running. If the pair that is being chased come “unattached” from each other then they are now the taggers and will be trying to chase their opponents.

Partner Slapball

Equipment: Partner straps (one unit for every 2 players), 10-12 gatorskin balls, cones to mark off a penalty area.

How to play: Players are partnered up and use the partner straps to become “one unit.” Players move around the floor trying to slap a ball (with open hand) towards opposing players. The players cannot catch, roll, reposition, trap, tap, stop, or otherwise touch the ball. They are only allowed to slap the ball with an open hand. Players are out when: 1. They are hit by a ball. 2. They touch a ball in any other manner other than an open-handed slap. 3. Any body part other than hands or feet touches the floor. 4. The players come unattached from each other. Whenever a player is out they must immediately go to the penalty area and perform an exercise that is assigned by the teacher for that round.

It's Time for Fitness

Equipment: clocks and time cards

Each set of partners will have a clock that is set to 12:00. The first partner will run to the middle of the playing area and retrieve a time card. They will then return to their partner, who has the clock, and they will perform the exercise on the card. After completion of the exercise, the group is allowed to move their clock ahead the amount of time indicated on the card. Once the group has set their clock to their new time, the other partner will return the card face down and retrieve a new card and repeat. The group that has accumulated the most time wins.

Let it Fly

Equipment: Let it Fly's (sold by US Games) or a pillow case for each pair of students, a variety of tossables, 2 hoops for each group

Students will be in groups of 4 and being at a hula hoop which has a variety of tossables inside it. Their second hula hoop, which is empty, will be located on the other side of the gym. Students will partner up amongst the 4 of them and each pair will share a Let it Fly. The group of 4 is working cooperatively to get all of their tossables from one hoop to the other hoop by tossing them from one Let it Fly to the next. Based on the grade level or age of students, provide them with a limit of drops they can have per object before they have to start that object over. Students cannot move when the tossable is in their Let it Fly. Once they make it to their destination hoop, they place it in there and head back to their starting hoop to move the next tossable.

Aerobic Spiderball Bowling

Equipment: 1 set of Mini Markerz Cones (US Games), one spiderball per pair

Place mini marker cones on all dots on the floor. Students are in pairs working together to knock over all the cones in the fastest time. They are rolling not throwing the spiderball from behind a designated line. If a cone is knocked over, the roller retrieves it and their ball and hands the ball to their partner. Start when the music starts, the clock stops when all the cones are knocked over and picked up, and groups are sitting down with their ball. The class is working together to complete the task in the fastest time or competing to try and knock over the most cones.

Partner Handcuffs

Students will work with a partner. Each student will be given a piece of rope that has a loop tied at each end like a handcuff. The students will wear their rope on their wrist like handcuffs. Their partner will do the same. The partners will interlock their ropes prior to putting the rope on their wrist. When given the start signal, the partners will work together to attempt to untangle the groups handcuffs. This has to be done without the students taking the handcuffs off their wrist. The first group to discover the secret to unlocking the ropes wins.