

**Spooner Board activities cover all the National Standards for Physical Education.**

**Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

With Spooner Boards, activities work on motor skills, balance, dance steps and the ability to shift weight.

**Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

With Spooner Boards, cognitive activities include different body planes and parts, knowledge of the increase of force production, game tactics and vocabulary.

**Standard 3: Participates regularly in physical activity.**

With Spooner Boards, a connection can be made between organized physical activities that are done in the PE classroom to outside/after school activities.

**Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**

With Spooner Boards, achievement and maintenance of physical fitness can be attained. Health-related fitness components can also be worked on (cardiovascular endurance, muscular strength and endurance, flexibility and body composition).

**Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

With Spooner Boards, self-initiated behavior that promotes personal and group success in physical activity (i.e., safe practices, adherence to rules and procedures, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction) can be taught as well as demonstrating a respect for individual similarities and differences.

**Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

With Spooner Boards, an awareness of intrinsic values and benefits of being physically active can be taught as well as ways to use the body/mind to express or communicate ideas or feelings. Dance sequences can also be done and the life lesson, "if at first you don't succeed, try again!"

## **Classroom Management and Safety Tips with Spooners**

These are some tips that will help you with a successful lesson with the boards.

- With any new equipment, kids are going to be excited about it. You have to give them a little time to experiment with the Spooner boards.
- Have the boards spread out on the side of the area so the kids can go right to one.
- Using them outside on the grass, courts, or concrete help with grip. If you try it on a tile floor, the boards slip easier.
- Make sure the area is free of columns/poles. The kids may want to push off and spin but when they come back around they could hit the column/pole. Using a partner is a much better idea.
- Have plenty of space so there is room to do all the fun tricks.
- Use partners. One partner is on the board and the other acts as a “spotter” in case they lose their balance.
- Most important, have fun!!

Insert the teacher guide information here!!

### **Spooner Board Fitness Activities ( National PE Standards #1, 2 & 4)**

Set up Circuit Training choosing a couple activities from each area below. If you don't have enough Spooners, alternate one of the following with one of your regular circuit training stations. In the beginning while the students get used to the Spooner, use longer segmented music so they have time to do the activity (at least 60-75 seconds with the music on, 10-15 seconds music off and rotate). When they have the hang of the boards, you can use a faster one (i.e., 30-10 or 45-10).

#### **Core Fitness Activities**

**Trunk Twist** - Feet side by side, twist back and forth

**Spooner Planks** – front, side – arms on board

**Seated Trunk Rotations** – sitting on the board, twist side to side

**Curl-ups** – sitting on the board

**Dribble Curl-ups** – dribble while doing curl-ups while sitting on the board

**Jump and turn** – bend legs, jump up and land on board facing the opposite way;

**Rocker** - around the clock (12, 3, 6, 9, switch feet 12, 9, 6, 3; can vary) or directions (N, S, E, W, NW, NE, SE, SW; can vary)

**Wall-sit** – with feet on board

#### **Advanced Core Activities**

**180° pivot** – both directions

**360° spin** - both directions

**Shov-it** – board spins while body stays stationary

**Super spin** - three rotations without falling off

#### **Flexibility Fitness Activities**

**Medicine Ball Pass/Turn** – with a partner, back to back with both on boards, pass a ball side to side

**Windmills** – feet on the board, touch opposite hand to opposite toe

**Toe Touches** - stretch straight down, then high overhead

**Sitting Stretch** - sit on board, stretch out

#### **Lower body Fitness Activities**

**Calf Raises** – standing on the board, lift heels

**Squats** – on the board

**Mountain Climbers** – hands on board, feet alternate

**Forward Jumps** – over board

**Lateral Jumps** – over board

#### **Upper body Fitness Activities**

**Line Push-ups** –hands go over, over, back, back of the board or on, on, off, off

**Reverse Line Push-ups** – feet on board, hands go over, over, back, back a line

**Push-ups** – hands go on the board

**Push-up T's**– hands go on the board, push-up then T-stand pose

**Push-ups with elevated feet** – hands go on the board, feet on step or exercise ball

**Push-ups with single leg raises** – lift one leg while lowering your self

**Hip Rotations** – push up position, bring knee up, in, out and back down

## **Yoga (National PE Standards #5 & 6)**

The following yoga poses can be done on the Spooner accompanied by some calm soothing music.

**Tree pose** – arms up and out, one foot up to knee

**Sunrise/sunset** – stretch up tall, hang down low

**Butterfly** – bottom of feet together

**Airplane (Reverse Warrior)** - arms straight out, lean forward with one leg straight back

**Gorilla** – feet apart, arms hanging down, swing back and forth

**Mountain** – arms up, palms together

**Rock n Roll** – lie on back; tuck position, rock back and forth

**Garland pose** – squat low, knees out, elbows at knees, palms together

**Eagle pose** – wrap one leg around the other with leg slightly bent, wrap one arm around the other

**Full Boat Pose** – v-sit - Abdominal and deep hip flexor strengthener, requires you to balance on the tripod of your sitting bones and tailbone.

**Big Toe Pose** -This pose gently lengthens and strengthens even stubbornly tight hamstrings.

**Chair Pose** - Chair Pose clearly works the muscles of the arms and legs, but it also stimulates the diaphragm and heart.

**Downward-Facing Dog** - One of the most widely recognized yoga poses... an all-over, rejuvenating stretch.

**Upward Salute** - Raised Hands Pose

**Standing Forward Bend** - Uttanasana will wake up your hamstrings and soothe your mind.

**Standing Half Forward Bend** - Half Intense Stretch Pose is commonly known as Half Standing Forward Bend Pose

**Dolphin Pose** - A nice shoulder-opening. Also strengthens the core, arms, and legs.

**Locust Pose** - An effective means for strengthening the back of the torso, legs, and arms in preparation for the deeper backbends.

**Plank Pose** - Plank Pose is a good precursor to more challenging arm balances.

**Side Plank Pose** - A powerful arm and wrist strengthener. Might also be called the One-Arm Balance.

## Games (National PE Standards #1, 2, 5 & 6)

**Tag** – you can be safe by doing 3 superman's then you have to get back in the game. You can be creative with how to be safe. If you get tagged, do 5 jumping jacks and get back in the game. Or you can tag off so if you are tagged, you become it. You can use a tagging object for tagging off with younger kids.

### ***Spooner Team Handball –***

- 3 team members on boards/2 floaters
- Only people on boards can score
- Floaters only defense
- Rules of 3 –

3 seconds	Can only hold ball for 3 seconds
3 passes	Must pass ball at least 3 times before you can score
3 people	Must pass ball to at least 3 different people
3 steps	Can only take 3 steps while in possession of ball

### ***Relays***

Do relays with music as the go and stop signal (evens out the playing field). Winning team is the first team back at the start sitting straight, flat and quiet.

- ***Ball Pivot/ Passing*** – Each team member will stand on a board and catch then pivot to pass. See how many times you can pass the ball from one end of the line to the other before the music stops. In this relay, you can have the winner, the first team sitting still on their board.
- ***Three spot Relay***- Spread out three Spooner boards in a line in front of each team. The first person will run out and do an activity on each board run around the end cone and back. Activities could include: seated spin, superman, 360 spin, flipper, etc.

### ***Right Face, Left Face (Maze Tag)***

Children stand in rows on Spooner boards that are aligned both from front to rear and from side to side. A runner and a chaser are chosen. Children all face the same way and touch fingertips with the players on each side. The chaser tries to tag the runner, who runs between the rows with the restriction that he cannot break through or under the arms. The teacher can help the runner by calling "Right face" or "Left face" at the proper time. On command, the children drop hands, face the new direction, and grasp hands with those who are then on each side, thus making new passages available. When the runner is caught or when children become tired, a new runner and chaser are chosen.

Variations:

1. Directions (north, south, east, west) can be used instead of the facing commands.
2. Streets and Alleys. The teacher calls, "Streets," and the children face in one direction. The call "Alleys" causes them to face at right angles.
3. The command "Air raid" can be given, and children drop to their knees and make themselves into small balls, tucking their heads and seats down.
4. Having one runner and two chasers speeds up the action.

### ***Captain Ball***

Two games can be played crosswise on a basketball court. A centerline is needed and the normal out-of-bounds lines can be used. Spooner boards inside big hoops can provide the markers for the forwards and the captains. Captain Ball is a very popular game that is played with many variations. In this version, a team is composed of a captain, three forwards, and three guards. The guards throw the ball to their captain. The captain and the three forwards are each assigned to respective Spooner boards and must always keep both feet on the board. Guarding these four board players are three guards.

The game is started by a jump at the centerline by two guards from opposing teams. The guards can rove in their half of the court but must not enter the hoops of the opposing board players. The ball is put into play after each score in much the same manner as in regular basketball. The team scored on puts the ball into play by a guard throwing the ball in bounds from the side of the court.

As soon as a guard gets the ball, he throws it to one of the forwards, who must maneuver to be open. The forward then tries to throw it to the other forwards or in to the captain. Two points are scored when all three forwards handle the ball and then it is passed to the captain. One point is scored when the ball is passed to the captain but has not been handled by all three forwards.

Stepping over the centerline is a foul. It is also a foul if a guard steps into a hoop or makes personal contact with a board player. The penalty for a foul is a free throw.

For a free throw, the ball is given to an unguarded forward, which has 5 seconds to get the ball successfully to the guarded captain. If the throw is successful, one point is scored. If it is not successful, the ball is in play. Successive fouls rotate free throws among the forwards.

As in basketball, when the ball goes out-of-bounds, it is awarded to the team that did not cause it to go out. If a forward or a captain catches a ball with both feet out off the board, the ball is taken out-of-bounds by the opposing guard. For violations such as traveling or kicking the ball, the ball is awarded to an opposing guard out-of-bounds. No score may be made from a ball that is thrown in directly from out-of-bounds.

Teaching suggestions: Some instruction is necessary for children to absorb the basic strategy of the game. An effective offensive formation is to space the guards along the centerline. Only the offensive team is diagrammed. By passing the ball back and forth among the guards, the forwards have more opportunity to be open, since the passing makes the guards shift position.

The guards may dribble, but this should be held to a minimum and used for advancing the ball only when necessary. Otherwise, dribbling accomplishes little.

The forwards and the captain should learn to shift back and forth to become open for passes. Considerable latitude is available, since they need keep only one foot on the board. Short and accurate passing uses both high and bounce passes. Board players may jump for the ball but must come down with one foot on the board.

Variations:

1. Four guards can be used, but scoring is then more difficult.
2. A five-circle formation can be used, forming a five spot like that on a die. Nine players are needed on each team: four forwards, four guards, and one captain.

## ***Hand Hockey***

The players are on two teams. Half of the players on each team are guards and are stationed on the goal line as defenders. The other half is active board players and are scattered on Spooner boards throughout the playing area in front of their goal line.

The object of the game is to bat or push the ball with either hand so that it crosses the goal line that the other team is defending. Players may move the ball as in hockey but may not throw, hoist, or kick it. The defensive goal line players are limited to one step into the playing field when playing the ball.

The ball is put into play by being rolled into the center of the field. After a goal has been scored or after a specified time period, guards become active players, and vice versa. An out-of-bounds ball goes to the opposite team and is put into play by being rolled from the sidelines into the playing area. If the ball becomes entrapped among players, play is stopped, and the ball is put into play again by a roll from the referee.

Players must play the ball and not resort to rough tactics. A player who is called for unnecessary roughness or for illegally handling the ball must go to the sidelines (as in hockey) and remain in the penalty area until the players change positions. Players should scatter and attempt to pass to each other rather than bunch around the ball.

Once youngsters learn the game, introduce more than one ball to increase the amount of activity.

Variation: Sitting Spooner Board Hockey. The active center players from each team are on Spooner Board. The position that each child takes on the board is sitting.

## ***Popcorn***

Equipment: a bucket, whiffle balls, a 6' and 10' circle or a rope to make a circle, hard surface floor, spooner boards

1. Goal of the game is to get all the balls into the bucket as quickly as possible.
2. Have the students spread out in the playing area, outside the 10' circle
3. Place 5-6 spooner boards in between the two circles.
4. On "GO", start the time and toss all the balls into the air so they scatter throughout the area.
5. Quickly place the empty bucket back in the middle.
6. Students are to retrieve the balls as quick as possible and send them to the players on the boards.
7. Students must not walk or run with a ball in their hand. A ball may only be moved by throwing or bouncing it to another player.
8. Players on the boards will bounce them into the bucket
9. Balls can NOT be thrown or placed directly into the bucket. The ball must bounce on the floor inside the circle before it lands in the bucket.

## **Rhythms on the Spooner (National PE Standards #1,2, 5 & 6)**

### ***Papaya dance***

3 side drumbeats right  
3 side drumbeats left  
Both hands up  
Both hands down  
Both wave up  
Repeat  
Rocker step to right  
Rocker step to left  
Right spin  
Left spin

### ***Hokey Pokey –Little Richard Style***

Right hand in, out, shake it all about  
    Turn around

Left hand ...  
Right foot ...  
Left foot ...

Freestyle  
Head ...

Backside ...

Whole self ...

Hands shake up

Repeat this

### ***Itsy Bitsy Spider – Little Richard Style***

Opposite thumb and forefinger climb up  
Wiggle fingers down  
Arms swing out and in  
Arms over head like sun  
Climb again  
Repeat  
Free dance

Opposite thumb and forefinger climb up  
Wiggle fingers down  
Arms swing out and in  
Arms over head like sun  
Climb again

Opposite thumb and forefinger climb up  
Wiggle fingers down  
Arms swing out and in  
Arms over head like sun  
Yo, yo, yo Shake your finger “He did not try again”  
Spooner walk and whisper “he tried, he tried” to others

### ***Ice Cream and Cake***

Shake hands up in the air (Ice cream)  
Shake hands down low (and cakey cake)  
Repeat this double time

Walk out, out, out and slide back (Slip, Slip, Slip and Slide)  
Stop  
Drive the car (Ride with your boy)  
Pause  
Repeat all

## ***Peanut Butter Jelly Time***

Divide group into three parts.

Group 1 says to group 2 "Peanut Butter Jelly Time"

Group 2 to group 3 same thing

Group 3 shrugs shoulder and says same thing

Hand looking through in front left, right, left, right (Where you at)

Thumbs back to the side left, left, right, right 2x (There you go)

Rub belly (Peanut Butter Jelly)

Switch bat left and right (Peanut Butter Jelly and a baseball bat)

Repeat all

Add 1 each time then repeat and add the next:

1 - pivot – ¼ turn and freeze (Break it down and freeze)

2 - rocker – left, right, left (Tic, tac, toe)

3 - be creative – turns, seat circle, etc (freestyle)

## ***William Tell Overture***

### ***"Lone Ranger Theme"***

- This is great for a finale to a Parent night and can be your directorial debut.
- All you have to do is pull out some equipment and get a noodle for your director's wand.
- There is basically an intro, four parts and a finale. So you if you have 4 groups it will work well.

## ***Dueling Banjos***

Make up your own routine.

You walk the board forward

Kids walk the board forward

You spin

Kids spin

Etc

Or have kids lead and make up routines