

This is a preview!

The background of the slide is a photograph of a green lawn with several colorful balls. There are four green balls and four red balls scattered across the grass. The text is overlaid on this image.

**BACKYARD
GAMES
6TH - 12TH
PE UNIT**

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



What is Included in this Program:

1



Teacher Directions

2



**Skills, drills, instruction
cues, technique, rules**

3



Warm Ups/Stretching



1

Here are Some of the Activities:

Croquet:

**THIS ACTIVITY MEETS NAT*

- Adapt the croquet court to fit any backyard or
- The players take turns in order of the colors of
- To begin the game, first player must put ball a
- The ball must be hit with the plastic covered c
- if the ball is hit all the way through a wicket, c
turn.
- The first person to get his/her ball all the way
- wins.

The Court:

A full size croquet lawn measures 35 ya
boundary may be marked by corner peg
extends round the perimeter one yard i
are positioned seven yards in from the s
placed in the centre of the lawn, with th
other side along the centre line. Imag
from corner 1 and corner III to the
course and direction of play is show
and for home croquet even lawns
testing and challenging games.



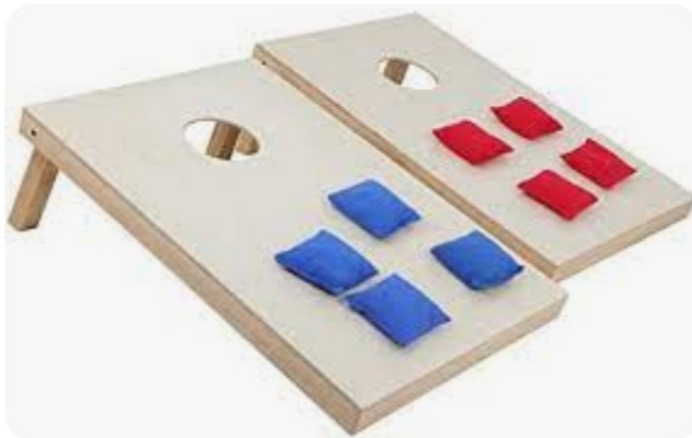
The Cornhole Bags

- There should be 8 bags, 4 bag
- Each bag should be 6 inches l
cornhole bag.

There's where that [name comes from!](#)

Cornhole Game Play

1. Two teams of two people, ter
cornhole boxes on the same s
other, so there is no advantag
2. Each cornhole team shall hav
3. All 8 cornhole bags begin at o
4. A coin flip shall determine wh
5. One of the partners on the tea
bag at the opposite cornhole
6. A cornhole player may throw

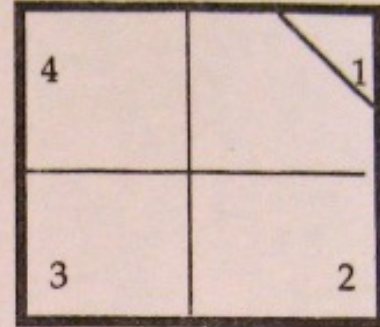


1

Here are Some of the Activities:

FOUR SQUARE RULES:

1. Server stands in the #1 square. Server calls any special game.
2. Players waiting stand by the #4 square. The first person in line is the judge. (If there is an argument and the judge didn't see it clearly, RE-SERVE.)
3. Server must have 1 foot in diagonal corner when serving. All other times his foot does not have to stay in corner.
4. To serve, drop the ball and hit with an open hand, fingers pointing down. Serve must be returnable.



How To Play Bocce

Taken From:

<http://backyardbrigade.com/guide/bocce/115>

Bocce is without a doubt one of the most interesting games you can be interested in playing bocce ball competition. It is a very friendly game in your back yard. No matter how you play, bocce are relatively basic, and allow you to enjoy a wonderful game within minutes.

Open Bocce

Open Bocce is the most popular form of bocce. One of the reasons about open bocce is that it can be played anywhere. This includes grassy surfaces such as a front yard, sandy surfaces such as the beach, and even places that you can play bocce are only limited to bocce on a surface with hills or slopes to make the game.



1

Here are Some of the Activities:

FRISBEE GOLF SCORECARD

<u>Names:</u>	<u>1.</u>	<u>2.</u>	<u>3.</u>	<u>4.</u>
Hole 1 scores:				
Hole 2 scores:				
Hole 3 scores:				
Hole 4 scores:				
Hole 5 scores:				
Hole 6 scores:				
Hole 7 scores:				
Hole 8 scores:				
Hole 9 scores:				



Skills, drills, instruction cues, technique, rules



3

Warm Ups/Stretching

#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



The Best Abdominal Exercises:

1. Sit Ups: knees bent, feet flat, arms crossed across chest, come up until elbows touch.
2. Crunchies: these are like 1/2 sit ups, come up until back is off floor, then down.
3. Rowing: start on back with legs straight, arms over your head. Arms come forward, bend, come up until chest is close to legs, then back down.
4. 6 Inch Leg Hold: lay on back or up on bent arms. Hold legs 6 inches above the floor. Increase time held.
5. Leg Lifts: start same as 6 inch leg hold. Bring legs up straight, then lower slowly. Repeat.

*Standing Wall Leg Lifts:

- to the front
- pulse knees
- pulses
- circles
- to the side
- knees bent
- pulses
- up-out-in-down
- to back

6. Stair Climb with Bicep Curl

Turn those stairs into a cardio machine—no magic wand necessary. Grab some dumbbells (or household objects!) and briskly walk up and down the stairway while simultaneously doing bicep curls to work the whole body.

7. Prone Walkout

Beginning on all fours with the core engaged, slowly



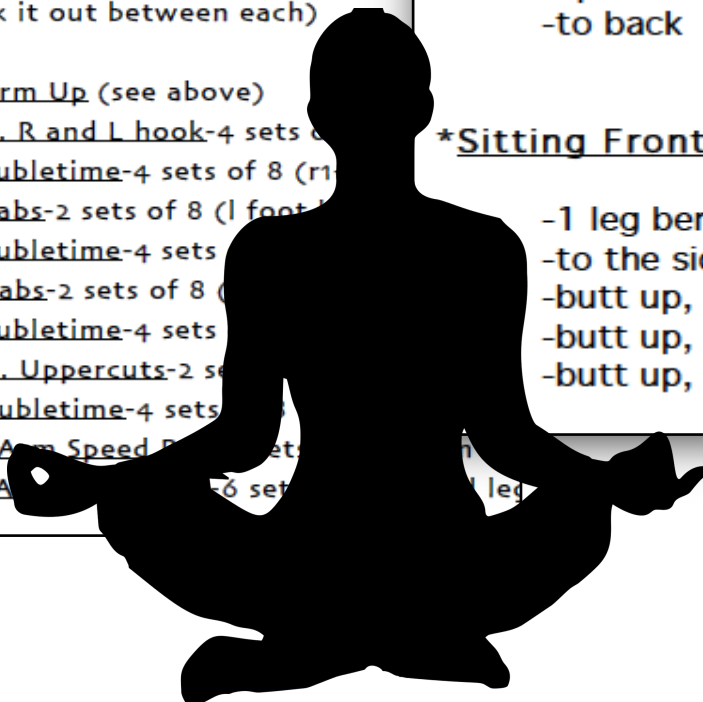
Basic Routine: (22)

(Walk it out between each)

1. Warm Up (see above)
2. Alt. R and L hook-4 sets
3. Doubletime-4 sets of 8 (right)
4. L Jabs-2 sets of 8 (left foot)
5. Doubletime-4 sets
6. R Jabs-2 sets of 8 (right foot)
7. Doubletime-4 sets
8. Alt. Uppercuts-2 sets
9. Doubletime-4 sets
10. L Arm Speed Push-2 sets
11. R Arm Speed Push-2 sets

*Sitting Front Leg Lifts: (sit on butt)

- 1 leg bent. leg straight
- to the side
- butt up, leg straight
- butt up, leg to side
- butt up, front to side



Program is standards-based:

Aligned to National, and State Standards!

Moving into the Future: National Standards for Physical Education, 2nd Edition

<http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Physical Literacy Unit Check List

How Did This Unit Do Meeting National P.E. Standards?		
National P.E. Standards:	Activities in this unit that meet these standards:	Check Here if Completed:
Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.		☐
Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.		☐

Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

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Topics:	Grade Level and Standards:	Add in Your State Standards Here:	How This Program Meets Standards:
1. Games and Sports	Year 1: Demonstrate competency in activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS1 Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS2 Year 2: Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS2		-Met in several units; such as: soccer, football, basketball - Met in several units; such as: volleyball and floor hockey -Met in several units; such as: soccer, football, basketball
2. Individual-Performance Activities	Year 1: Demonstrate competency in activity-specific movement skills in two or more individual-performance activities. PE1.2.HS1 Year 2: Refine activity-specific movement skills in two or more PE1.2.HS2		-Met in several units; such as: tennis, badminton, pickleball -Met in several units; such as: tennis, badminton, pickleball

Play Score Sheet

Student Assessment Form:

Student Name: _____

Period: _____

Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations:



Circle Score: Grade:

A	A-	B	C	D	F
10	9	8	7	6	5 or lower
Excellent	Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement



Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:



About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
<http://www.corestandards.org>

Graphics:

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Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>