

How-To: P.E. Edition

Pinball

Track

Materials Needed: A place to run, which sometimes can be difficult to find.

Procedure: "I like to do track because you get to run," kindergartener Shyanne Floyd said.

This year, 'track' days have changed. "It's been different because we haven't been able to run on the track as much," fourth grader Ashley Allison said.

When the track was under construction, students were not allowed on it and had to run in other ways.

"We've been doing more long distance, which I think makes us better runners because you can't stop or you won't place," Allison said.

Students were introduced to new running courses.

"When the track was being made, we ran baseball laps," third grader Logan Thomas said.

A baseball lap is approximately half a mile.

"You start inside the gym and we start running from the track by the high school around through there," fifth grader Ivan Garcia said.

Students then run between the track and the soft-ball field.

"You go to the baseball fields and then over to where the busses are parked and then we go around again," fifth grader Alyssa Labra said.

Though the laps are longer, students ran the same amount they would run on the track.

"When we ran baseball laps it felt longer than around the track," fourth grader Adam Fore said.

The recent amount of precipitation added another complication.

"Whenever it was rainy, we couldn't run baseball laps, so we had to run around the track but it was bumpy so we were slower," Fore said.

Students also did pacers, where they run from one side of the gym to the other in a specific amount of time.

"We had to do twenty-five in a row to get a purple or whatever color note," Harper said.

Other ways students ran were through modified games of tag.

"In toilet tag, someone is it with a noodle and they have to tag other people," first grader Jaycee White said. "If you get hit you have to sit on one knee with one hand out like the handle and people can either sit on your knee and flush your hand or sit by you and do it."

When a student is saving someone, they cannot be turned into a toilet themselves.

"If someone was about to save me and a tagger tags her, she's not out because she was saving somebody," first grader Koen Braden said.

Since the track has been finished, students are able to use it again.

"Now that we're back on the track I think we'll run even more which will keep making us better," Allison said.



Materials Needed: Four plastic bowling pins on each side of the gym (eight total) and several rubber balls of various sizes.

Procedure: "[Ms. Beard] separates you into two different teams," fifth grader Alyssa Labra said.

The teams are put on either side of the gym.

"You start on the wall," third grader Logan Thomas said. "When the music starts, you run and get a ball and hit people or a pin."

If a person gets hit, they must go to jail.

"You can't hit people from jail, but if you catch one there you can get out," fifth grader Ivan Garcia said.

Some of the balls are special.

"There's a ball to get everyone out of jail and a buddy ball, where you can take a buddy out of jail if you catch it," third grader Jade Harper said.

Pinball is a popular game among students.

"Pinball is my favorite game because you get to throw at people and pins and you can win," Harper said.

Materials Needed: Sixteen bowling pins (four in each section of the gym) and an assortment of rubber balls.

Procedure: "Jailbreak is like pinball but there are four teams," fourth grader Ashley Allison said.

The gym is split up into four sections, which means attacks can come from three sides.

"There are four pins you have to protect," fourth grader Adam Fore said. "You can throw and catch balls. If you get hit, you go to jail." There is more than one way to be sent to jail.

"If someone catches your ball, whoever throws it has to go to jail but whoever catches it doesn't," first grader Jaycee White said.

The jails are on the east and west walls of the gym.

"When you're in jail, if a ball comes your way you can help out your teammates and throw the ball to them, just don't throw the ball to the other team," White said.

Unlike Pinball, in Jailbreak students cannot throw a ball to get their friends out of jail.

"When Ms. Beard blows the whistle and says 'Jailbreak!' all of us break out of jail and help the others," first grader Koen Braden said.

The game is over when all of one team's pins are knocked over.

"Whichever team has all their pins knocked down loses and they have to run a lap," fifth grader Ivan Garcia said.

Students enjoy Jailbreak.

"I like it because you can throw at three teams instead of just one and you can sneak up on the other teams," Allison said.

Free Day

Materials Needed: Assortment of P.E. equipment, including but not limited to: basketballs, bowling pins, plastic scoops with wiffle balls, hula hoops, scooters, etc.

Procedure: "There's hula hoops, there's scoops, there's balls, there's everything, and we get to do whatever we want, we just can't kick the balls because we're not allowed to," first grader Jaycee White said.

On a free day, students are able to play with any supplies in the gym.

"I always shoot hoops with my best friend Rachel," fourth grader Ashley Allison said.

If a student tires of what they are doing, they can play with different equipment.

"I usually play with the scoops, hula hoops, and volleyballs," fourth grader Adam Fore said.

Some students use their creativity while playing.

"I usually play with hula hoops, rolling them and acting like they're my dogs," third grader Jade Harper said.

Together students can do interesting things.

"It's hard, but when you get lots of people with scooters you can make it so it looks like a train," first grader Koen Braden said.

Students also make trains out of hula hoops.

"When you do a train, since you can't pull the hula hoops, we just grab our own hula hoops and keep them up and walk to make our train since we're not allowed to pull the hula hoops from the leader," White said.

Hula hoops can also be used for other things.

"Sometimes people get inside the hula hoops and they make houses with them and Ms. Beard takes a picture while we're in there," White said.

Free days are often popular with students.

"I like free days because you can do whatever you want and you don't have a bunch of people doing one thing and all the equipment being used," Fore said.

