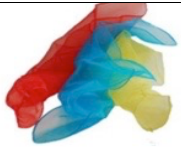



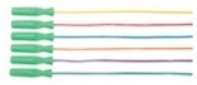




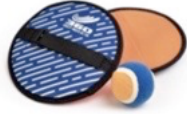


Hannah Magnusson
 200402404
 EPE 310-030
 Michelle Bolay
 November 29th, 2020

Equipment	
Name	Picture
Juggling Scarves	 <p>JUGGLING SCARVES 16" SET OF 3 SCARVES3-16 SET OF 3 Our Price:\$5.50</p>
Activity Dice	 <p>ACTIVITY DICE Our Price:\$16.95</p>
Flying Disk	 <p>FLYING DISC 95 grams Our Price:\$2.95</p>
Omnikin Ultra Ball	 <p>OMNIKIN® 24" ULTRA BALL Our Price:\$90.00</p>
Skipping ropes	 <p>SKIP ROPE - BALL BEARING 10' Our Price:\$3.95</p>

<p>Gripper Flingsocks</p>	 <p>Gripper Flingsock Our Price:\$12.50</p>
<p>Rings</p>	 <p>SOFT TOSS RING Our Price:\$5.50</p>
<p>Gripper Flyer</p>	 <p>GRIPPER FLYER Our Price:\$11.95</p>
<p>Pylons</p>	 <p>CONE COVERS - CLEAR POCKETS Our Price:\$26.00</p>
<p>Throw and Catch Ball Set</p>	 <p>THROW-AND-CATCH BALL SET Our Price:\$16.50</p>

Juggling Scarves Activities

3 Individual Activities		
<p>Attempt to keep the scarf off the ground by striking it. No grabbing.</p>	<p>Jump, hop, skip, jog, run around the gym waving the scarf in any direction you choose. Can allow them to throw in air and catch while moving</p>	<p>Toss 1 and catch on your head. You can also try catching on other body parts</p>

2 Partner Activities	
<p>TRADING PLACES: Stand at a reasonable distance from your partner, toss the scarf straight up in the air. Trade places and attempt to catch the scarf before it hits the ground.</p>	<p>TOSS & GO RACE: Partner without scarf will stand to the side and behind the partner with the scarf. Partner with the scarf will toss it out in front of them and partner behind will run up and catch it before it hits the ground. NOTE: This can be made into a race if all teams line up on the same line and wait for your signal.</p>

1 Classroom Activity
<p><u>Don't Lose Your Tail</u></p> <ul style="list-style-type: none"> - Taggers where pinnies or wrist bands - Players that are fleeing can wear a flag football belt or tuck in their back of their pants - Fleeing players will tuck their scarf in the belt - Taggers will attempt to steal the scarf and place it in the center circle of the gym. If a players tail is stolen, they must perform and exercise. Once their done with their exercise, they may retrieve their tail and get back into the game

Omnikin Ultra Ball Activities

Classroom Activities	
<p><u>Partner Omnikin tag</u></p> <ul style="list-style-type: none"> - Players pair up and must hold hands (or ring) or hook elbows - To start, two pairs are each given a ball and then push or hit the ball along the ground with their hands to try to tag other pairs with the ball. - Pairs in possession of the ball do not have to stay together. When a pair is tagged have them do a cooperative exercise and then get back into the game. Play multiple rounds. 	<p><u>Popcorn</u></p> <ul style="list-style-type: none"> - Have the class seated in a circle with feet facing the middle. Object is to keep the ball aloft as long as possible, keeping it within the circle. If the ball is kicked out, the teacher throws it back in. If you have more than one Omnikin or beach balls, you can have multiple circles playing at one time to maximize participation. If class struggles keeping the ball in the air, let it hit the ground but still have the goal of keeping within the circle.

Flyer Disk Activities

Classroom Activities		
<u>Throw, Run and Catch</u> <ul style="list-style-type: none">- This is a distance event. The player throws the disc into the air and then runs to catch it in one hand before it touched the group. The distance is measured from the point of release to the point of first contact in the catching attempt. This can be done in partners as well.	<u>The Big Tunnel</u> <ul style="list-style-type: none">- Working in groups of four players, two players hold their hands together making a two-person hoop. The other two players attempt to throw and catch the disc back and forth between the hoop. Have students alternate player positions.	<u>Speed Flow</u> <ul style="list-style-type: none">- Partners throw the disc back and forth 30 times as quickly as possible. All partner sets stand in a line across from one another; begin game play at the same time and count out loud the number of each throw. The disc may be missed; however, the receiver must pick up the disc and return to the line to begin play again. Partners sit down on the line after completing 30 throws.