

IT'S ALL ABOUT RELATIONSHIPS!

RON TRAINUM

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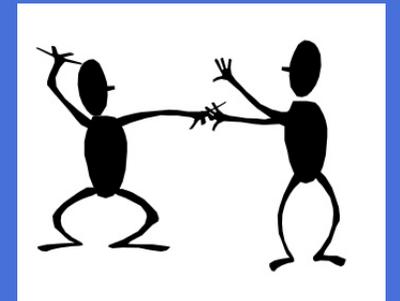
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“Direction—not intention—determines destination.” Andy Stanley

INTENDED LEARNING OUTCOME

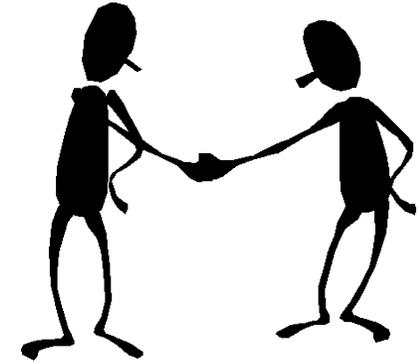
- Experience instructional activities that can be used to build a cooperation, teamwork, and positive learning environment within the physical education classroom.

HANDSHAKES

Directions

This is one of my students favorite activities. Thanks to Mr. Chip Candy for sharing this wonderful cooperative activity.

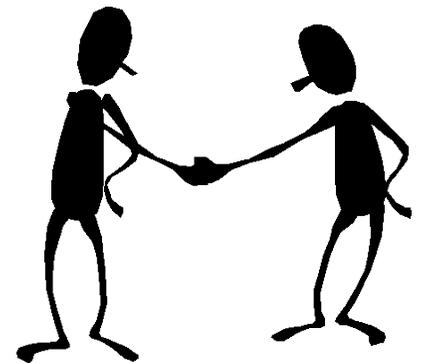
- Great activity to start off the year with your students.
- Have students get into pairs.
- Introduce the 1st handshake(I typically start with a typical old school handshake).
- Have students pair up with a new partner.
- Introduce the 2nd handshake and have student complete.
- Immediately have students return to 1st partner and shake hands with the original handshake.
- Have students get with a 3rd partner. Add another handshake.
- After adding a handshake, always have students backtrack through each handshake.
- Add another handshake. Coming up with creative stories for each of the handshakes adds to the process.
- Continue to add as many handshakes as you like.
- As you get towards the end, have students create their own handshake.
- It gets a bit chaotic towards the end has you have student return to previous partners.
- For extra challenge, tell the students your are going to have a final handshake test. Randomly call out handshakes and see how fast they can find and shakes hands with that partner.



Handshake Ideas

- **Dead Fish** – grab hand at the half waypoint with a weak grip.
- **The Contract** - traditional handshake
- **The Second Hand Grab** – traditional handshake with a second hand placed on the forearm.
- **Car Starter** - In traditional handshake format, simple turn the key a few times to start the car..
- **Pop Corn**– Partners face each other with hands over their heads and fingers wiggling slowly. A slow squat is performed (speed up fingers, then jumping high 10 in the air your partner while yelling POP.
- **Dairy Farmer**– Partner interlocks fingers with thumbs pointing downwards. The farmer grabs thumbs and gently pulls. Mooing sounds help.
- **Witches Brew** - Using stacked hand, stir the cauldron together and cackle like witches.
- **Turkey**– One partner makes a high 5 while the other places their fist against the palm with thumb extended away from the partner’s palm. Gobbling sounds are a must.
- **Secret Sign**– one partner makes a secret sign while the other partner responds with their own secret sign. This shake can be made from anyplace. Encourage crazy/outrageous signs and sounds.
- **3 H**– Either High 5 or Hug or Handshake ...your choice(or do all three, the Triple H.
- **Germ a Phobe**– shake hands with the back of your hand only. No palm touches.
- **The ‘Handshake’**– simply bring your rights hands towards each other and without actually touching...shake your hands
- **Salmon Shake** – interlock forearms. Flap fingers against partner’s forearms like a fish tail.
- **The Brandon** – slap inside and outside of horizontally in front. Glasp thumbs, raise knees, while pointing at your partner and making noise pshhh.....
- **Unicorns and Rainbows** – touch knuckles, extend index finger out from your forehead, open hand and make a rainbow over your head with same hand.
- **The Holly** – extended high 5.

HANDSHAKES



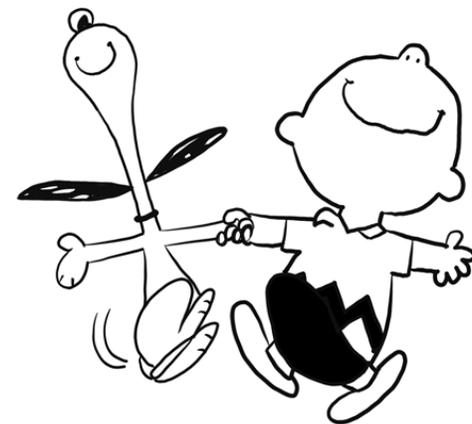
HUMAN INVENTIONS



- Divide into groups of 8 to 10 students
- Using no props, each group must create a moving machine.
- All group members must be involved in process and presentation.
- Groups present machine to other groups. Audience group guesses the type of the machine.

VA REEL- AMERICAN FOLK MEDLEY

- ❖ Honor your partner stepping forward
- ❖ Right arm swing
- ❖ Left arm swing
- ❖ Two arm swing or a High 5 hold and turn
- ❖ Do-si-do (right shoulders) then left
- ❖ Lead couple slide down and back
- ❖ Lead couple peel and go to the end
- ❖ Entire group move up



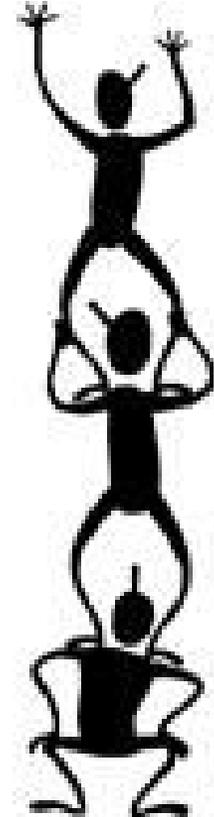
JUGGLING



- Toss
- Toss
- Catch
- Catch

CATEGORIES

- Icebreaker in which students must divide into category groups based on the criteria.
- Call the category and watch the students attempt to group.
- **Warning: Much laughter to occur!**
 - **Sample Categories**
 - Clasp hands. Which thumb is on top?
 - Folder arms. Which arm is on top?
 - Which leg goes in the pants or shorts first?
 - Clapping. Which hand is on top? Parallel.
 - Draw an imaginary circle. Clockwise or counter clockwise?
 - Wink at someone. Right or left?
 - Toilet paper. Top or bottom?
 - Toilet paper. Scrunch, fold or roll?
 - Penny on the ground. Grabbing or walking?
 - Texting. Portrait or landscape? Thumber or slother?
 - M & M's: plain or peanut?
 - Salsa: mild, medium, or hot
 - Chick fil a: sandwich, nugget, or strips
 - Sweet or salty
 - Shoe size
 - Birth month



FINAL THOUGHTS...

- Caterpillars, a Fish, and a Pony?