

Mrs. Pilon PE

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Check out my website for further activities

Schools (79<sup>th</sup>, Cataract, Kalfas)

Week: 7 & 8

Grade: 1<sup>st</sup>

Lesson Title: Minute to Win it Games

NYS Learning Standard 1 and 2

Warm Ups/Cool Downs

100 Exercises	
 Jumping Jacks x10	 Lunges x10
 Squats x10	 Hop on 1 Foot x10
 Arm Circles x10	 Side Twists x10
 Sit Ups x10	 March x10
 Run in Place x10	 Toe Touches x10

## ACTIVITY: Minute to Win IT

Each activity should be done for one minute or less. Remember to have FUN and be SAFE! These activities can be done in one day or spread out over several days over the next 2 weeks. Feel free to also do this several times if you wish. Don't forget to do your warm up/cool down exercises too!

The following list is materials that you will need to have on hand for the activities. Most of them can be found around the house:

**Stop watch (clock feature on a phone works great!)**

**Rolled up Socks (5)**

**Laundry basket or bucket**

**Cones or something to use as markers**

**Pillow Case**

**Milk jugs (2) filled with water**

**Water Bottle (filled)**

**Balloon**

**Cookie (ex. Oreo or vanilla wafer or another flat cookie) 30 pennies**

## MINUTE TO WIN IT GAMES LIST

1. **Sock Toss-** How many times can you toss the socks into the basket or bucket in one minute? We are underhand tossing (stepping with the opposite foot) the socks (one at a time) into the target. After throwing the 5 socks, run and retrieve them to keep going for 1 minute. Keep track of how many you make into the target. Look below for set-up of activity.

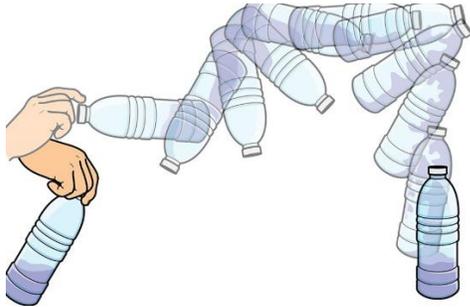
Student \_\_\_\_\_ 6 FEET \_\_\_\_\_ Basket/Bucket

2. **Sack Race-** Hop into a pillow case and hop back and forth as many times as you can in one minute! This can be completed inside or outside. We are going to count laps, so everytime you return to the starting point is one lap. See below for set-up

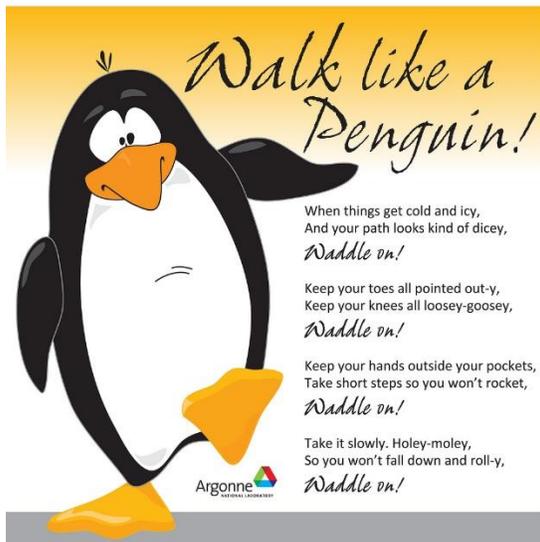
Starting line \_\_\_\_\_ 6 FEET \_\_\_\_\_ Ending Line



3. **Water Bottle Flip-** How many times can you flip the bottle to land right side up in a minute?



4. **Penguin Walk-** How many laps can you make walking like a penguin in a minute? Place a ball or balloon between your knees and go! Same course as sack race.



6feet \_\_\_\_\_ END LINE

5. **Cookie Face-** How fast can you get a cookie from your forehead to your mouth without using your hands? Place a cookie on your forehead. On the signal Go, try to move the cookie down your face and into your mouth without using your hands. Remember you only have one minute to attempt this challenge. (of course, you can try multiple times!) If you accomplish this let me know how long it took you!



6. **Shuttle Run**- How many laps can you run in one minute? Remember that a lap is counted when you return to the starting line!

**Student/starting line** \_\_\_\_\_ **5 YARDS** \_\_\_\_\_ **End Line**

7. **Stack It Up**- How quickly can you stack pennies? Take the number of pennies slated for your grade (1<sup>st</sup> Grade 20 Pennies) and place them in a pile on a table. Using only one hand, stack the pennies in one stack. You only have a minute! Can you get it done!



8. **Milk Jug Carry**- How many laps can you carry 2 milk jugs in a minute? Remember that a lap is counted when you return to the starting point. Fill 2 milk jugs with water and make sure the top is on tight! Hold onto the jugs, one in each hand, and see how many laps you can do.

**Student/starting line** \_\_\_\_\_ **5 YARDS** \_\_\_\_\_ **End Line**

9. **Full of Hot Air**- Can you keep a balloon in the air for one minute without using your hands? Well, let's try! Start the timer and keep the balloon in the air without using your hands!

10. **Line Jumps**- How many times can you jump over a line in one minute? Remember that a jump is keeping both feet together the entire time. If you have a jump rope and you wish to use it you can, and see how long you can jump rope in one minute.