

Dedicated to Delivery

Nasco's HealthWORKS

BILLY BOB BONES RELAY

Developed by Erin Washkuhn

Anderson Elementary School, St. Charles, Illinois

2011 Illinois AHPERD Elementary Teacher of the Year

Grades K-12

Erin Washkuhn

I have been teaching Elementary Physical Education for 12 years, with 10 years at Anderson Elementary School in St. Charles, Illinois. I earned a Bachelor of Science in Physical Education from Illinois State University and a Master of Arts in Teacher Leadership from Roosevelt University. I earned my National Board Certification in 2008 in Early to Middle Childhood Physical Education. In 2009, I was named the Illinois Association for Health, Physical Education, Recreation and Dance (IAHPERD) Elementary Teacher of the Year. In 2011, I was named the National Association for Sport and Physical Education (NASPE) Midwest Elementary Teacher of the Year.

I am the current president-elect of the IAHPERD. I am a district mentor as well as a National Board mentor and a Take One! mentor. During my 10 years in St. Charles, I participated on the District Wellness Committee, served on the Curriculum Committee which revised the Physical Education curriculum and developed an Elementary Health curriculum, and developed and implemented professional development opportunities for elementary physical education teachers. I enjoy integrating different content areas within an active, energetic, and fun atmosphere that promotes positive interaction and high activity time. I have had the opportunity to share my passion and knowledge by meeting many wonderful professionals at numerous workshops and state conventions around the country.



OBJECTIVES

Students will...

- Learn the location of the major bones in the body.
- Increase cardiovascular endurance.
- Improve teamwork and communication.

OBJECT OF THE GAME

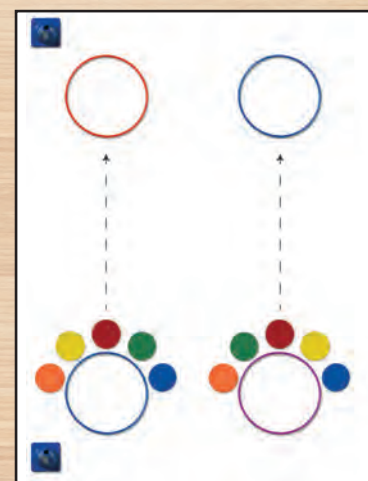
To be the first team to build a skeleton successfully.





HOW TO PLAY

1. Divide the class into 4-6 groups (depending on class size) and explain the directions.
2. Place each group in the corner around a hula hoop. Each team member will stand on a Poly Spot and they will decide the order.
3. Attach a tag to each bone with an exercise written on it.
4. Place the bones inside a hula hoop in the middle of the gym.
5. Place cones in the corners of the gym to identify boundary lines.
6. Show the class a finished skeleton.
7. On the signal "Go," the first person will run to the middle, grab a body part, and bring it back to the group.
8. The group will perform the exercise on the bone.
9. Next, the group will do the transition exercise of 5 jumping jacks.
10. Now, the next person in line will go to the middle and grab a body part they need, bring it back, perform the exercise, and then do the transition exercise of 5 jumping jacks.
11. Play continues in this manner until the skeleton is built. At that time, the group does their 5 jumping jacks and then starts running around the outside of the gym until all the groups have finished.



GROUND RULES

Students must...

- Perform all exercises to the best of their ability.
- Do transition exercises.
- Work together as a group.



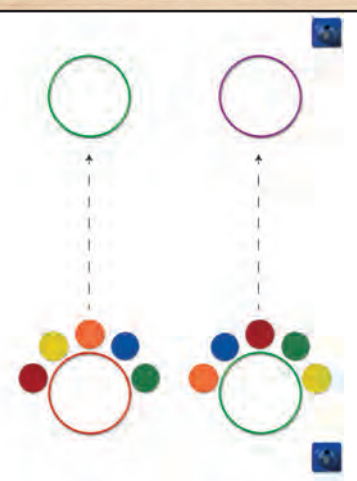
GAME VARIATIONS

- Place different exercises on bones.
- Use muscles instead of bones or in addition to bones.
- Change the transition exercise.
- Have students label the bones after building Billy Bob Bones. Give each group name cards of the bones you wish to have them identify. Display a skeleton on the wall so they have a reference to look at. If they wish to take a "peek," they must perform the transition exercise before sending someone to the skeleton. They may take as many peeks as they like, as long as they perform the transition exercise.

• Variation for Younger Students:

Follows same rules as original game, except...

1. Place each group around a hula hoop directly across from another hoop that contains one complete set of bones (sets are not mixed together for this version). Each team member will stand on a Poly Spot and they will decide the order.
2. On the signal "Go," the first person will run to the opposite hula hoop, grab a body part, and bring it back to the group.



Set up for younger kids.



MATERIALS LIST



- 4-6 hula hoops (1 hoop per group) for older students OR 8-10 hula hoops (2 hoops per group) for younger kids — Cat. No. PE00402E (24" dia., set of 12)
- 30 Poly Spots (1 Poly Spot per person) — Cat. No. PE01408E (9" dia., set of 6 colors)
- 6 sets of skeletons (hands, feet, legs, arms, ribs, pelvis, skull, etc.) — Cat. No. PE01355E (7-ft. vinyl skeleton puzzle)
- 4 cones to identify boundary lines — Cat. No. PE01371E (12" H blue cone)
- 1 hula hoop to house bones — Cat. No. PE00402E (24" dia., set of 12)

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