

2015 Trainer Event

2015 Omnikin Trainer Event

Noodle Mania

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Noodle Activities (Descriptions)

Partner Games

NOODLE FENCING

Each student will find a partner. Partners will face off and place their noodles end to end. When both partners count to 3 and say "Go!" the opponents will attempt to tag each other's shoe to win. Once a shoe is touched, the round is over and the students will resume the starting position and continue the activity.

LEANING TOWER OF NOODLES

Partners work together to complete the task of catching their partner's noodle before it falls to the floor. Partners will start noodle end to noodle end and then place their noodles on the floor next to a foot. When the partners count to 3 and say "Go!", they will attempt to release their noodle and catch their partner's noodle before it touches the floor. Both students must catch them before they fall in order for the task to be completed. For safety, students may not dive or slide on the floor.

NOODLE ROCKET LAUNCHER

Partners work together to complete the task of catching their partner's noodle after it is hit and before it hits the floor. Partners will stand noodle to noodle for the starting distance. The ready position for a rocket launch is as follows; 1) hold the noodle in the non-dominant hand about two inches from the bottom, 2) the rocket should be aimed at about a 45 degree angle toward his/her partner, 3) the dominant hand should be flat and the hand should be behind the waist in preparation for the hit. When the partner without the rocket is ready (eyes up, hands up at chest level), the rocket can be launched by striking the bottom of the noodle with the palm of the hand. The partners will take turns launching the rocket back and forth and attempting to catch it. To add some challenge, each student can hold a rocket and try to launch them at the same time and catch them.

HIDE AND SEEK TAG

Each student will find a partner. One partner will collect a demi-noodle and stand on one side of the gym. The partner without the noodle will stand on the opposite of the gym. The object of the game is for the partner with the noodle to tag their own partner using the noodle. When the partner is tagged, they will be given the noodle and must turn around four times before they can attempt to tag their partner with the noodle piece. The game will continue with the partners switching places until the time is over.

Teaching Tip – Remind students that the goal is to tag only their partner with the noodle (no other players) and they need to watch out for others as they play.

Large Group Activities

NOODLE TAG – ("Ankle Biter")

Each player plays against the others (no friends in this game). Each player attempts to get other players out by tagging them below the knee. Players who are out must earn their way back into the game by doing a physical activity (push-ups, curl-ups, etc.).



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NOODLETTE ATTACK/STORM

Noodlettes will fly everywhere in this activity. In this tag game, each student can throw one noodlette at a time at any other player. Any target hit earns a point. How many points can each player score? Players can defend by swatting opponents noodlettes with their hands. For safety, all throws should be aimed towards the legs or feet (no points awarded for hitting other body parts).

HORNET TAG

The hornets try to tag others with their stinger (a demi-noodle). If a hornet tags someone, they must drop the stinger. Someone else may then become the next hornet. If tagged, the person must leave the playing area and do a fitness activity to get back into the game (push-ups, jumping jacks, curl-ups, etc.).

TACO TAG

The taggers in this game carry a taco (which is made up using a paper plate or polyspot and 3 noodlettes). The taco is folded in half with the noodlettes on the inside. If a tagger touches another student with the taco, he/she will drop the taco (which will break apart) and the player tagged will rebuild the taco and become the new tagger. If students are standing around, change the rules so that the tagged player must do an exercise to get back into the game and another "non-tagged" player can pick up the dropped taco and become the tagger. To "spice" up the game, introduce the following;

Burrito – All students lie down and roll side to side on the floor

Hot Peppers – All students run in place as fast as they can

Taco Time – All students sit on the floor and perform V-sit crunches

TREASURE ISLAND

Each person will have an island (poly spot) and a piece of treasure (noodlette). The object is to collect the most treasure. Students may only pick up one piece of treasure at a time and then must take it back to their island. No one may guard their island, or cover up their treasure during the game.

NOODLE SOUP

Split the class into 4 equal teams. The students may line up behind the cones facing the center of the game area. Two players will be picked to be the "crazy chefs". The "crazy chefs" will attempt to protect their noodle soup (small noodle pieces) from the hungry students by hitting them with their spoons (longer noodle pieces).

Each team will have two players at a time attempt to collect the food in the middle (they may only take one noodle piece at a time). The players who are attempting to collect food will be holding flags in their hands. If the "crazy chef" hits a hungry student, the student must go back to their team without some food and let another player go.

After a few minutes, pick two new "crazy chefs" and continue the game. See how many pieces of soup each team can collect.

LORD OF THE RINGS

The teacher will place 4-8 hula hoops in the center of the playing area. Two to four students will be selected to be the "orc". The "orcs" will each have a noodle in their hand and will attempt to protect the rings (hula hoops) by tagging the "hobbits" below the knee. The "hobbits" will start on one of the two endlines. They will attempt to earn as many "ring points" by placing a foot in a hoop and running back to their "hobbit" village. If tagged coming or going, no points are awarded and the player must return home before starting again.

