

Flip for It

K-8

Objective: Flip for It if you want a chance to earn some cash for your team. Students will eagerly improve their cardiovascular fitness in this fun, high-energy jogging/exercise game, while earning coins for their team.

Equipment:

- EC1185 Pack of 460 Plastic Coin Set. Each pack contains 100 each of pennies, nickels, dimes, and quarters; 50 half-dollars and 10 Sacagawea dollars in storage tub. Only the pennies and quarters will be used in this game. Real pennies and quarters can be substituted, but somehow I seem to always come up short at the end of the day.....LOL.
- Hula Hoops (8-12 on the midline)
- Traffic cones to designate the jogging lanes or exercise area.
- A separate container or place to house the pennies and quarters. ***Note:** my gymnasium has stage that allows me to spread the pennies out on the floor so that players can easily pick one up each time they jog a lap.*
- Wristbands (3-5 per team)
- Bucket/container (1 bank for each side to place the pennies that have been won)

Procedure:

Before classes arrive, place all of the hoops, side by side, on the midline. Create a jogging loop/lap with the traffic cones. Place the container of pennies OR spread the pennies out on the floor at an accessible area for players to easily pick up the pennies after jogging their laps (See Figure 1). Place one bank on each side of the gym. The **object** of the game for each team is to earn as many pennies as possible from jogging laps to have the chance to win the most money.

To Begin: divide the class into two teams and send each team to opposite sides of the gym to sit down and await further instructions. Give one side the team name of “**Heads**” and the other side the team name of “**Tails**.” Select 3-5 Captains from each team and give them a wristband to wear. On the signal “go,” each player will jog a lap. A player, after completing a lap, may get one penny and go to one of the hula hoops to face off against an opposing player. A “face off” occurs when opposing players earn a penny and meet at a hoop to flip their pennies into the hoop to determine a winner (See Figure 2). ***Note:** a demonstration on how to flip a coin may need to be given. Allow younger students to drop the penny into the hoop.* A “Heads” player must always face off against a “Tails” player. The **three scenarios** that can occur to determine who wins the pennies are as follows:

1. If the flip results in both pennies landing on heads then the “Heads” player wins both pennies.
2. If the flip results in both pennies landing on tails then the “Tails” player wins both pennies.
3. If the flip results in one penny landing on “Heads” and one penny landing on “Tails” then each player gets to keep their penny.

All pennies that have been won must immediately be taken and placed into each team’s bank located on each side of the gym. Remind captains to periodically check their team’s bank because they receive a quarter for every 25 pennies turned in to the teacher (See Figure 3).

The process of jogging laps, earning pennies, and facing off at the hoops will continue for the entire game. The team with the most quarters and pennies, when the time expires or when there are no more pennies, will be declared the “Flip for It champions” for that round or for the day.



Figure 1: earn one penny from here for jogging a lap



Figure 2: meeting at a hoop for a face off



Figure 3: trading 25 pennies for a quarter

Rules and Safety:

1. All players must jog around the cones to earn one penny. Cutting in front of a cone or not jogging around a cone results in that player removing 10 pennies from his or her team's bank.
2. Players must report to a hoop to face off against an opposing team's player. A "Heads" player must always face off against a "Tails" player. See the **three scenarios** on how to determine the winner.
3. Players must stand to flip the coin so that the penny is clearly dropped.
4. Players must flip the penny into the hoop. Any coin landing out of the hoop results in an automatic loss.
5. All pennies that have been won must immediately be taken and placed into each team's bank located on their team's side of the gym.

Variations:

1. Change jogging a lap to another fitness skill to earn a penny.

Diagram:

