

Jenga-Janga 1.0— K-5

OBJECTIVE:

Jenga-Janga is a great lead up activity for the FITNESSGRAM PACER test. Adapted from the game of Jenga, the fast-paced, jogging and counting game of Jenga-Janga 1.0 will definitely captivate your students. Teams will compete against each other by jogging to collect noodle pieces in order to build towers, being careful not to be the one to cause a tower to fall.

EQUIPMENT:

- ✦ Hula Hoops (10-16)
- ✦ Noodle pieces/sections (preferably 100-200 of two different colors, each stored in their own

container)

- ✦ 5-gallon buckets or baskets (3-4 per team)
- ✦ Bucket of wristbands (or anything to represent points)

PROCEDURE:

Before classes arrive, place one set of hula hoops on one side of the midline of the gym and the other set of hula hoops on the opposite side of the midline, across from the other set of hoops (See Figure 1). Space each hoop approximately 3-5 feet apart. Next, place one container of noodle pieces (**blocks**) on one end of the gym against the wall

HyPEd Up II!



Figure 1: Hoops on the opposite sides of the midline



Figure 2: Collecting 1 block

and place the other container of noodle pieces on the opposite end of the gym against the wall. Place the point bucket on one side of the midline (see diagram for set up). The **object** of the game is to successfully build more 15-block towers than the opposing team.

To Begin: divide the class into two teams (for example, Team Yellow and Team Blue) and send to opposite sides of the gym to sit down and await further instructions. **Note:** I chose these colors based on the color of noodle pieces I own. I purchased multiple packs of the Noodle Sections, item # W10808

from www.ssw.com that come in a pack of 100 yellow and 100 blue pre-cut pieces. Choose 3-4 players from each team to be **Sweepers** and give each of them a 5-gallon bucket. **Note:** switch Sweepers every 5-10 minutes. When the game begins, each player from Team Yellow and Team Blue will jog and collect **one** block from the container on their side of the gym (See Figure 2). After collecting a block, each player will jog to any hula hoop on their side of the midline and carefully begin stacking the blocks in order to create 15-block towers (See Figure 3). **Note:** Adjust the 15-block tower



Figure 3: Trying to build 15-block towers

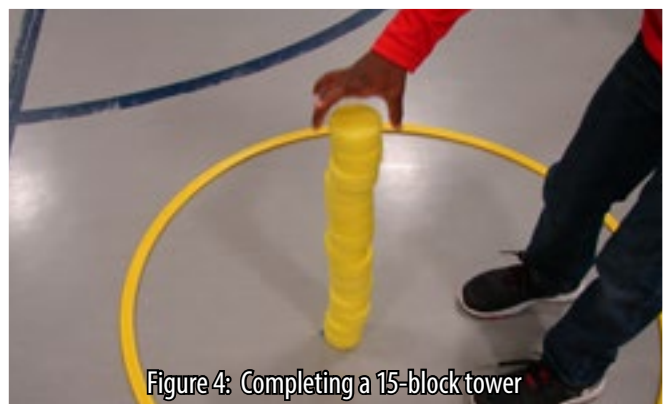


Figure 4: Completing a 15-block tower

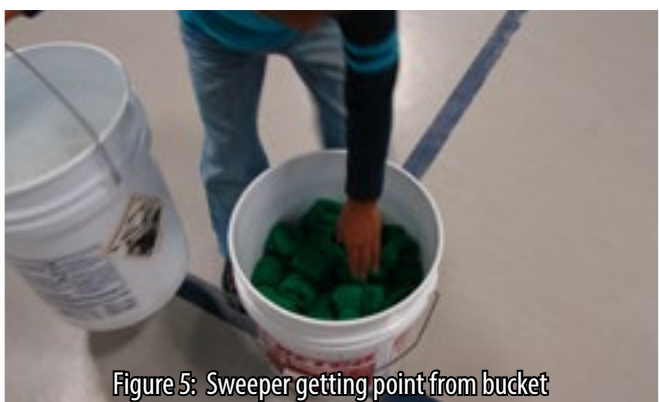


Figure 5: Sweeper getting point from bucket



Figure 6: Sweeper picking up the blocks

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to more or less depending on the types of noodle pieces you own and the age group of the class. For example, K-1 students must create 10-block towers to earn points. A point is earned for each 15-block tower that is successfully built inside a hoop (See Figure 4). A Sweeper will quickly go and “sweep” up all 15 blocks into his/her bucket and dump them back into the noodle container before going to get one wristband from the point bucket (See Figure 5). Any tower that falls before reaching 15 blocks must also be swept up and dumped by the Sweepers before a new 15-block tower can be restarted inside the hoop (See Figure 6). Each team will continue jogging to collect blocks in order to build the 15-block towers to earn points until the time expires. All wristbands will be collected and counted for each team to determine the Jenga-Janga Champions.

RULES AND SAFETY:

1. Players may only collect one block per trip.
2. A 15-block tower earns one point to be collected by a Sweeper.
3. The Yellow Team may not cross the midline and interfere or knock down the towers being built by the Blue Team and vice versa.
4. Players may not hold or touch the tower when stacking blocks.

VARIATIONS:

1. Allow Sweepers the ability to jog and get blocks for the towers, especially when waiting for towers to be built.
2. Change the locomotor skill from jogging to skipping, galloping, slide-stepping, etc., every 5-10 minutes for players to collect a block.

Jenga-Janga 1.0 DIAGRAM

