

HyPEd Up II!

Personal High Jinks— K-6

OBJECTIVE:

The game of Personal High Jinks is a team-based challenge that provides a great way to introduce personal hygiene, while reinforcing the skill of targeting, accuracy, and finesse with a little bit of perseverance and some silly high jinks.

EQUIPMENT:

- ✦ 1 die per team
- ✦ 1 Gatorskin ball per team (Sizes 6-8 inch work well)
- ✦ 1 indoor Frisbee per team
- ✦ 1 Super 70 ball per team
- ✦ 2 hula hoops per team
- ✦ 5-gallon buckets (1 per team)
- ✦ 1 trashcan or large container per team (substitute the trashcan with another 5-gallon bucket or hula hoop if trashcans or large containers are unavailable)
- ✦ Bucket of wristbands (or anything to represent points)
- ✦ Optional: floor tape
- ✦ Optional: a copy of one of the following personal hygiene handouts per student to send home or to simply discuss in class (See Figure 1)

Did You?:

<https://i.pinimg.com/originals/7e/e3/5b/7ee35b6a559c7223d6e68acd78d4fc5f.png>

Brit's Personal Hygiene:

<https://i.pinimg.com/736x/43/17/d7/4317d799eff4bbe001163dade73459c8.jpg>

My Personal Hygiene Checklist:

<http://www.mypersonalhygiene.com/wp-content/uploads/2013/10/personal-hygiene-checklist-before-go-out.jpg>

PROCEDURE:

Before classes arrive, place each set of targets (one hoop, bucket and trashcan) in a line approximately 12', 24' 36" and 48' away from the sideline to create each team's lane. Create about a 5-6 foot gap in between each team's lanes ((See Figure 2 and diagram for set up). **Hint:** put floor tape in the center of each hoop or under each bucket or trashcan because the equipment sometimes will accidentally get moved (See Figure 3). Provide one die, one Super 70 ball, one Gatorskin ball, and one indoor Frisbee per team (See Figure 4). The **object** of the game is for each team to complete all 4 target challenges as many times as possible in order to earn the most points within the time limit.

To Begin: Instruct students to get into groups of

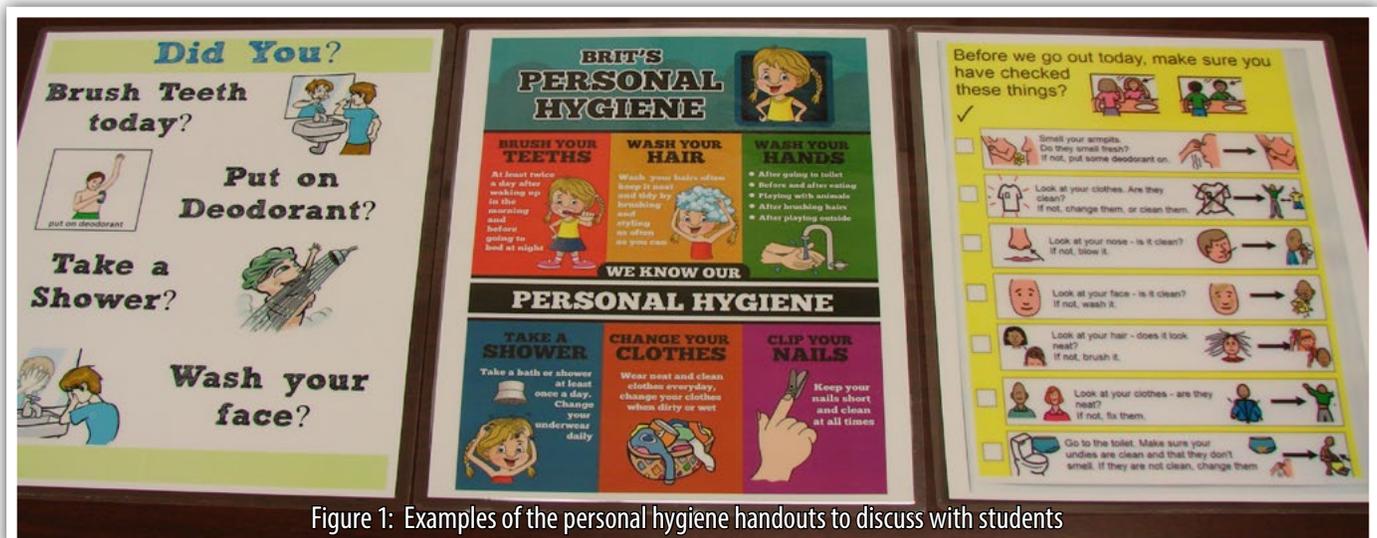
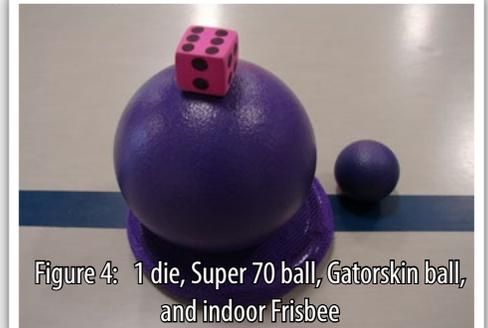


Figure 1: Examples of the personal hygiene handouts to discuss with students

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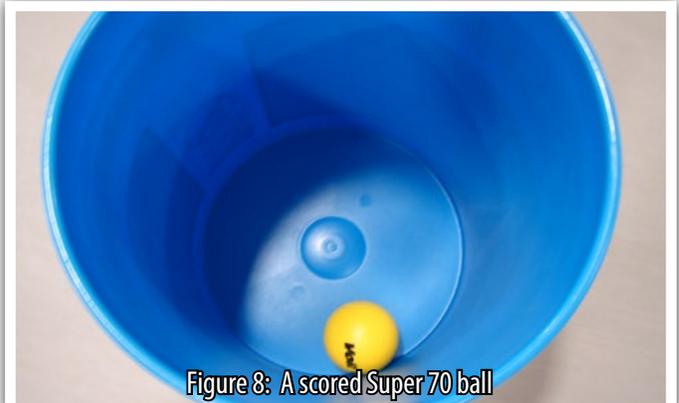
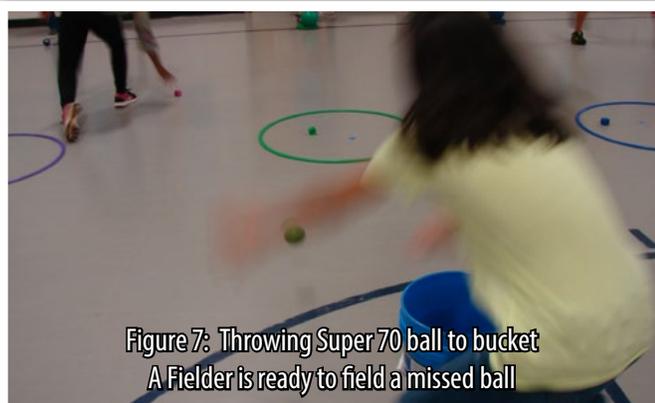
three and to go and sit down at the sideline in front of any set of four targets to await instructions. **Note:** allow one group of two (will not use a Fielder) or one group of four (will have two Fielders) if the class is not divisible by three. Optional: select one of the teams to be the **"TEAM HIGH JINKS"**. On the teacher's signal, all teammates will go and fill the **Thrower** and **Fielder** positions. The third player will wait behind the Thrower, ready to go once the Thrower has taken his or her turn. The Thrower's job is to score each of the four targets by rolling/throwing the die, balls and Frisbee. The Fielder's job is to field his or her team's die, ball or Frisbee after each attempt and give it the next

person in line. **Note:** Fielders may not throw the object back, but must carry the item and hand it to the next Thrower. The 3 Targets must be completed at each of the three levels as defined below:

Target 1: score the die by throwing or rolling it until it lands in the hoop (See Figures 5 and 6).

Target 2: score the Super 70 ball by throwing or tossing the ball until it lands or bounces into the bucket (See Figures 7 and 8).

Target 3: score the Gatorskin ball by throwing or tossing the ball until it lands or bounces into the trashcan (See Figure 9).



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Figure 9: A scored Gatorskin ball



Figure 10: Throwing a Frisbee

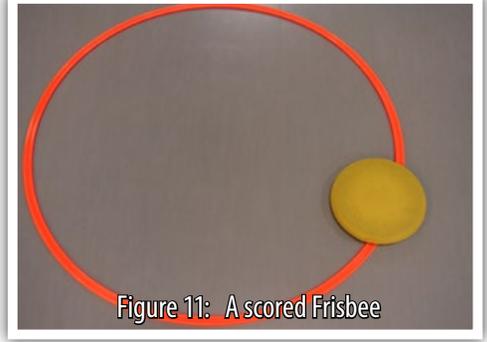


Figure 11: A scored Frisbee

Target 4: score the Frisbee by throwing it until it lands inside or on the hoop (See Figures 10 and 11).

For example, the **Team A Thrower** will roll or throw the die, attempting to get the die inside the hoop. The **Team A Fielder** will be standing somewhere near the target, ready to field the die (See Figure 7).

An **unsuccessful** roll of the die will always result in the following rotation:

1. The Thrower will rotate to the Fielder position.
2. The Fielder will rotate to the waiting in line position.
3. The player who was waiting in line will rotate and become the new Thrower.
4. Each team will follow this procedure until successful.

A **successful** score into the hoop with the die will result in the same rotation, but the group will focus on Target 2 with the Super 70 ball. A successful score in Target 2 results in following the same process, but focusing on Target 3 with the Gator-skin ball. A successful score in Target 3 results in following the same process, but focusing on Target 4 with the indoor Frisbee.

The Team High Jinks option: According to www.wikipedia.org, the term "high jinks" is commonly used to refer to any prank or frolic. The job of the Team High Jinks for each round is to disrupt or "mess with" each team by distracting players and obstructing the view to the targets. Although the Team High Jinks players can mess with players, they cannot physically block or touch a thrown die, ball or Frisbee. **Note:** the idea behind adding the Team High Jinks option is to illicit a response

from players that makes the game seem unfair. Take the opportunity to pose the question, "does it stink when a High Jinks player messes you up?" A resounding yes will probably occur which will help lead you into your brief discussion on personal hygiene (See Figure 1).

One wristband per player on the team is earned from the bucket once ALL four of the targets have successfully been scored. **Note:** the teacher may need to move targets closer to the sideline if some teams are struggling with the distance. Teammates will start over at Target 1 and continue completing the target challenges to earn as many points as possible. When the time has expired, calculate their wristbands to determine the following award amounts: **Note:** mentioning levels/prizes is just for fun and obviously not real. Feel free to change, omit, and or alter the levels.

- 1 wristband = High School level
- 2 wristbands = College level
- 3+ wristbands = Professional Target Champions!!!

RULES:

1. Each team must complete the target challenges 1-4 in order.
2. The Thrower must score from behind the sideline.
3. A successful score is determined by completing the 4 target challenges as defined by that target challenge.
4. One wristband per player on the team is earned after completing all 4 target challenges.
5. All target should be placed on top of the tape

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on the ground before a challenge can be completed, especially if it was accidentally moved off of the tape.

6. Teams may not interfere with another team's thrower unless you are on Team High Jinks.

VARIATIONS:

1. Remove one of more of the targets and/or adjust the distances of the targets to increase success for second and third grades.
2. Implement the rules of Kan Jam and allow players to redirect the ball or Frisbee into the target.

Personal High Jinks DIAGRAM

