

Ready

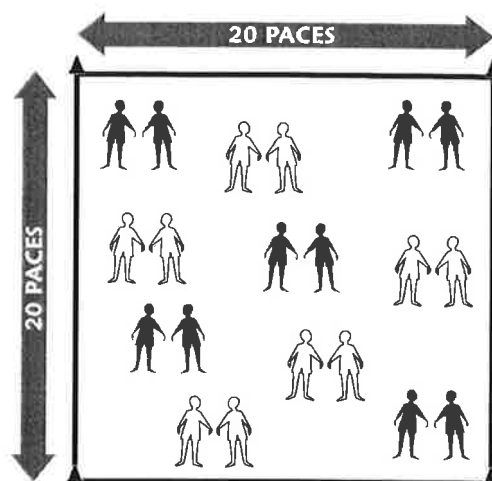
- *Hawaiian Hand Clap Music Track* (SPARK AS Music CD)
- Music player
- *Hawaiian Hand Clap Prompt Page* (optional)

Set

- Pair participants. Scatter pairs throughout area.
- Have partners face each other.

GO!

1. Today's activity is the *Hawaiian Hand Clap*, which is a partner dance.
2. We'll learn and practice 1 step at a time without the music first.
3. **Hawaiian Hand Clap**
 - Part 1
 - Slap own thighs 2X (2 counts).
 - Palms down, cross hands in front of body 2X (2 counts).
 - Clap partner's hands 2X (2 counts).
 - Tap partner's knuckles 2X (2 counts).
 - Repeat Part 1 for a total of 4X (total of 32 counts).
 - Part 2
 - Slap thighs 1X (1 count).
 - Clap partner's hands 1X (1 count).
 - Repeat Part 2, for a total of 8X (total of 16 counts).
 - Part 3
 - Same as Part 2, but turn in a circle with 1 partner on inside, the other on outside.
 - Slap while you both step to the side, and clap while stepping together. It goes Slap/Step Out, Clap/Step Together (2 counts).
 - Repeat a total of 8X, circling 2-3X (total of 16 counts).
4. We'll repeat the entire dance until the song ends.
5. Let's try it with the music.
6. **Food Facts** (*Discuss during a cool-down, while leading a stretch.*)
 - What are some foods that Hawaii is best known for?
 - How is eating fresh fruits good for you?



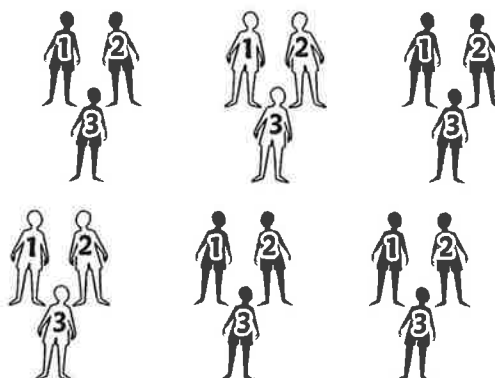
COOL
COOPERATIVES

Safety First

- While turning with your partner in a small circle, step with your outside foot, then bring your inside foot together like a side-slide instead of crossing one foot over the other.

Ready

- *Sparky's Shuffle Music Track (SPARK AS Music CD)*
- Music player
- *Sparky's Shuffle Jigsaw Cards*



Set

- Form groups of 3.
- Print and cut jigsaw cards and place in 3 areas of the room.

GO!

1. Today's activity is *Sparky's Shuffle*, where you will use the jigsaw method to learn how to do a line dance. You will be responsible for learning 1 set of moves in your Learning Group, then you will teach those moves to your Jigsaw Group.
2. Turn to your group members. This is your Jigsaw group. There are 3 participants in this group. Number yourselves 1, 2, and 3. Each member of the Jigsaw Group will join a separate Learning Group to learn the moves to just 1 part of the dance.
3. You have 10 minutes in your Learning Groups to learn your part of *Sparky's Shuffle*.
4. *(Send dancers to work in their Learning Groups for 10 minutes or so.)*
5. On signal, find your Jigsaw Group and teach each other the parts. Use your time wisely.
6. *(Allow time for Jigsaw groups to teach each other their parts and put the dance together.)*
7. Now let's do the moves together. *(Do dance 1 or 2 times as time allows.)*
8. **Move More** *(Discuss during a cool-down, while leading a stretch.)*
 - Dancing is a great activity that you can do almost anywhere. Where do you see people dancing? Where do you like to dance?

Safety First

- It's great to be creative and individualize your moves, just be careful of others around so you don't hit, kick, or bump into them!

MEET ME IN THE MIDDLE

WITHOUT
MUSIC

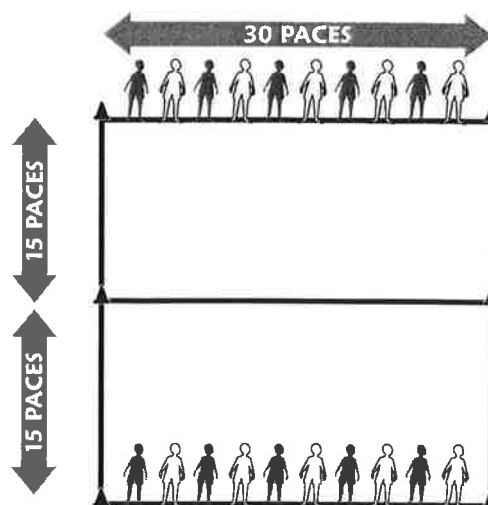
Ready

- 6 cones (for boundaries)
- Music and player (optional)

Set

- Create a large (30X30 paces) activity area with 2 cones forming a midline.
- Pair players and have them face-off on opposite endlines.

GO!



1. Today's activity is *Meet Me in the Middle* where you and your partner will meet in the middle and do activities I call. You will add new activities each round.
2. On signal, jog to meet your partner in the middle and do the task I call, then return to your original line.
3. Each time you meet, I will add a new task to the old tasks. Always do the 1st task 1st, then add the 2nd, the 3rd, and so on until you have sequenced them all.
4. Sequence Example
 - High-five R hands
 - High-five L hands
 - 2 perfect push-ups
 - Jumping high-ten
 - Jump 360° turn
 - Do si do
 - Create your own move
5. **Challenges**
 - It is not a race. How many can you sequence without forgetting any?
 - Can you add your own twist to the tasks to make them more vigorous?
6. **Fitness Focus**
 - How could you make this more aerobic?
 - How could you make it improve muscular endurance?

Safety First

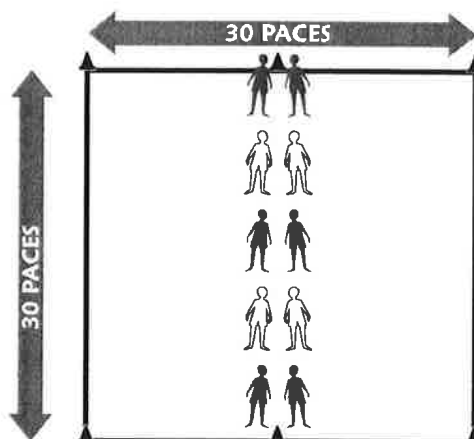
- Be gentle with your high-fives. They should be friendly, not hurting.

Ready

- 4 cones (for boundaries)

Set

- Create a large (30X30 paces) activity area.
- Create 2 sidelines (using cones) long enough for each to hold half of the group.
- Partners in face-off formation in the middle of the area.



GO!

1. Today's activity is *Hog Call* where you will try to find your partner using only a specific "hog call" and no vision.
2. You and your partner develop a unique "hog call" (e.g., "tennis-serve"). Partner 1 will call the 1st half and Partner 2 calls the 2nd half (e.g., "tennis" and "serve," or "ice" and "skating").
3. On signal, move to opposite sidelines and face away from the center.
4. On "Bumpers up," place your palms over your eyes, and bring your elbows up in front of you (to act as bumpers) and turn to face the center.
5. On "Go," shout your hog call and try to find your partner by listening to hear their call.
6. Once you meet, remove your "bumpers," move to the perimeter and walk clockwise while others finish.
7. **Skill-it!**
 - Make your call loud and clear.
 - Move slowly in the direction of your partner's voice.
8. **Challenges**
 - How quickly can you find your partner while staying safe?
9. **Character Matters** (*Discuss during a cool-down, while leading a stretch.*)
 - Were you successful in this activity?
 - How did trust play a role?

Safety First

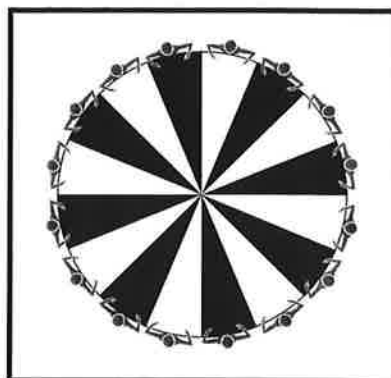
- Keep your "bumpers" up to avoid collisions.
- Move with safety in mind. Remember no one can see you!

Ready

- 24-30' parachute
- 12+ yarnballs (or beanbags)
- Music and player (optional)

Set

- Lay parachute within area and direct participants to stand near edge of chute.
- Keep yarnballs to the side until needed.



GO!

1. Today's activity is *Popcorn* where you will turn the parachute into a huge pan to "cook" popcorn and send it high into the air.
2. The parachute is our pan and we need to heat it up. On my signal, shake the chute with little shakes to heat it up.
3. I will put just a few kernels in at a time until it is hot and ready.
4. When the 5th kernel hits the pan, it's time to shake it harder and really pop that popcorn. Let's count together. (*Toss 1 at a time until the 5th ball. Then toss the rest onto the chute quickly.*)
5. Try to keep the popcorn on the parachute. If they fall off, it's OK.
6. (*Play until all popcorn is off the chute or your players are too pooped to pop anymore! Take short breaks every 15-30 seconds. If you have beanbags or larger foam balls, try them next.*)
7. **Challenges**
 - Now let's see how quickly we can get all the popcorn off the chute.
8. **Food Facts** (*Discuss during a cool-down, while leading a stretch.*)
 - What kind of food is popcorn? (*carbohydrate*) Is it healthy? How can you make it more healthy?

Safety First

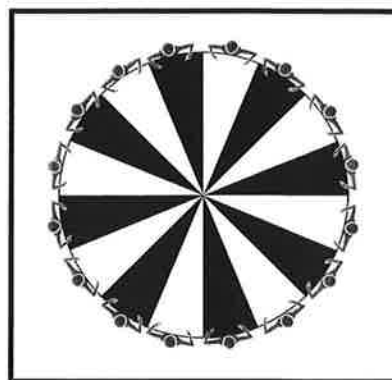
- Hold with an overhand grip. Switch grips when your fingers get tired.

Ready

- 24-30' parachute

Set

- Lay parachute within area and direct participants to stand near edge of chute.



GO!

1. Today's activity is *Chute Shapes*. We'll work together to create shapes with the parachute.
2. When you hear "Ready position," hold chute with an overhand grip (palms down); squat down. (*Begin shapes in ready position.*)
3. **Dome**
 - When you hear "Up," stand and pull the chute up and overhead to make a dome.
 - This is the first step in making many other chute shapes. (*Practice several times.*)
4. **Low Dome**
 - On "Up," stand and pull the chute up and overhead to make a dome.
 - When you hear "Down," slowly pull the chute down to the ground in front of you to create a Low Dome. (*Practice several times.*)
5. **Clubhouse**
 - On "Up," stand and pull the chute up and overhead to make a dome.
 - When it peaks, take 1 step forward, pull the chute behind your back, pull it down, then sit on the inside edge of the chute. Now we are in our own clubhouse!
6. **Group Portrait**
 - On "Up," stand and pull the chute up and overhead to make a dome.
 - When you hear "Down," kneel, then lie on the floor on your front side. Wrap the edge of the chute around your head like a bonnet. It is called "group portrait" since all we can see are our faces.
7. **Mushroom**
 - On "Up," stand and pull the chute up and overhead to make a dome.
 - On my count, step forward under the chute until it deflates. Step 1, 2, 3, 4. It looks like a giant mushroom. Don't let go of the chute. On my signal, walk back out before it comes down on top of us. (*Practice several times.*)
8. **Move More** (*Discuss during a cool-down, while leading a stretch.*)
 - Did you know that there are 3 distinct body types based on your shape? Anyone know what the 3 are called? (*Mesomorph, more muscular; endomorph, more round; and ectomorph, more thin*)

Safety First

- Work with those around you to help get the chute up.

Ready

- African Jigsaw Music Track (SPARK AS Music)
- Music player
- African Jigsaw Cards
- 4 cones for boundaries

Set

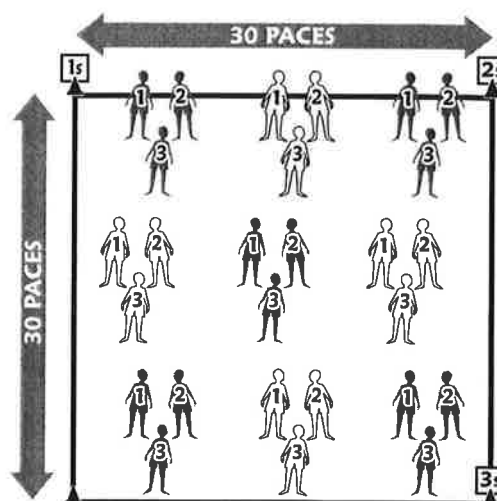
- Create large (30X30 paces) activity area.
- Form groups of 3; scattered in area.
- Print Jigsaw Cards. 1 at each of the 3 corners.

GO!

1. Today's activity is *African Jigsaw*, where the object is to learn and teach a folk dance from Africa, using a technique called a jigsaw.
2. Number yourselves 1, 2, and 3; 1s move to this corner (point to corner with first part of dance), 2s to this corner (point to second corner), and 3s here (point to third corner).
3. On signal, you will learn 1 of 3 parts of the *African Jigsaw*. Practice it until the signal.
4. On signal, return to your group of 3. #1s teach your group the first part, then #2s add your part; and finally, #3s, add yours.
5. **African Jigsaw**
 - **Part 1**
 - o Toe-tap R to side, and "home," 2X (4 counts).
 - o Toe-tap L to side, and "home," 2X (4 counts).
 - **Part 2**
 - o Slide feet: toes out, heels out, heels in, toes in (4 counts).
 - **Part 3**
 - o Knee lift R 2X (2 counts).
 - o Kick forward L 2X (2 counts).
 - o Jump ¼ turn to R, pause and clap (4 counts).
6. Repeat all turning ¼ turn to the R each round.
7. Let's all do the *African Jigsaw* together 1X without the music.
8. Time to try it with the music!
9. **Food Facts** (Discuss during a cool-down, while leading a stretch.)
 - Have you tried foods from other cultures before?
 - What makes foods from other cultures different from the foods that you eat?

Safety First

- Be sure to drink plenty of water when you dance or are involved in other physical activities. It is important to keep your body hydrated because these are the types of activities that really make you sweat!



COOL
COOPERATIVES

UNIT: COOPERATIVE GAMES

AGES: 5-7

OBJECTIVES

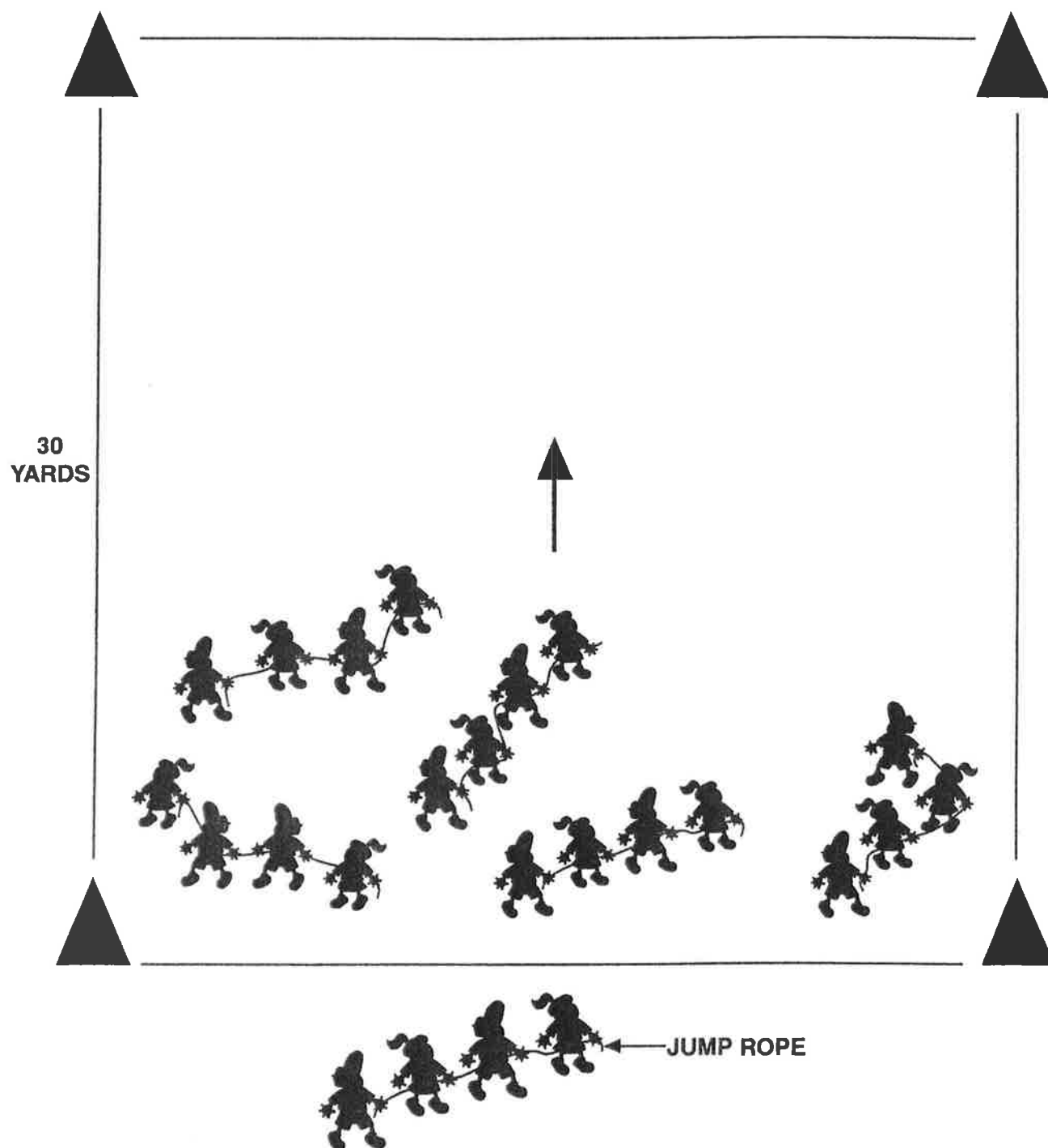
Cooperation, locomotor skills

EQUIPMENT

One 7 or 8 ft. rope/4 children,
4 cones for boundaries, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
	<u>-GROUP DAY-</u>	
Trains At The Station <i>Diagram on back</i>	<p>-Groups of 4 <u>standing single file on a line</u>, facing another line, 30 paces away. (Endlines on a basketball court work well.)</p> <p>-Prepare 1 rope for each group by placing ropes 10' away from one another, and pointing/facing each rope in the direction groups will go.</p> <p>-Explain/demonstrate game.</p> <p>-Continue play until everyone has been a conductor.</p> <p><u>Variation:</u> -Change locomotor skill when conductors are changed.</p> <p>-<u>For advanced learners:</u> First in line are the "conductors." They determine how the trains move to the other side.</p> <p>🍏 <i>Academic Integration:</i> -Read THE LITTLE ENGINE THAT COULD by Watty Piper.</p> <p>-Teach a lesson on transportation.</p>	<p>-This Great Game is called "Trains At The Station!"</p> <p>-<u>The object of the game is for groups (trains) to hold onto their ropes and move safely to the other side.</u></p> <p>-When I say, "Train 1, ALL ABOARD!" every group will move to a rope. Pick it up with your right hand and face me.</p> <p>-How quickly can your group get ready?</p> <p>- On START cue, "trains" travel across the play area ("country") to safely "deliver passengers" to the other side.</p> <p>-Turn your group around; conductors go to the end of the line. Next in line becomes the new conductor.</p> <p>-When I call, "EMERGENCY!" stop your train quickly and safely.</p> <p>-Are our new conductors ready to guide their trains?</p> <p>-<u>For advanced learners:</u> Our track is not always straight, trains may move in curved, zigzag, or diagonal pathways. The first person in line is the "conductor," s/he decides the route the train will take.</p>

TRAINS AT THE STATION



Ready

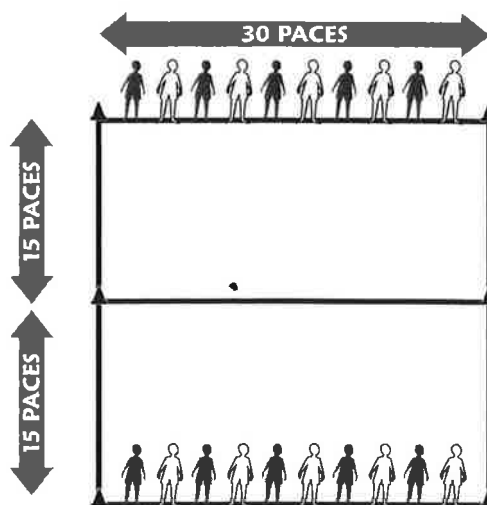
- 6 cones (for boundaries)
- Music and player (optional)

Set

- Create a large (30X30 paces) activity area with 2 cones forming a midline.
- Pair players and have them face-off on opposite endlines.

GO!

1. Today's activity is *Quick Draw* where you and your partner come to the middle and do a quick draw to determine which activity to do.
2. On signal, jog to meet your partner in the middle. One partner (*designate from which line*) calls "Quick draw!" when you meet.
3. On "Quick draw!" you both flash 1 hand in front (as though shaking hands) with either just your index finger showing (1) or index and middle (2). If you and your partner have the same number (both 1s or both 2s) you both do 5 curl-ups. If you have a different number showing, both do 5 push-ups. Then jog back to your original lines.
4. (*Repeat several times, varying the tasks every few rounds.*)
 - Crab dips/Jumping Jacks
 - Forward lunges/Favorite stretch
 - Plank for count of 15/Full sit-ups
 - Arm circles/Knee-to-chest curls
 - Partner Stunts: Wring the dishrag/Back-to-back get up
 - Make up your own
5. **Challenge**
 - After completing your task, how quickly can you and your partner move back to your original line to start again?
6. **Move More**
 - What other tasks could you do that might help your aerobic capacity? How about your upper body strength?



ASAP

Safety First

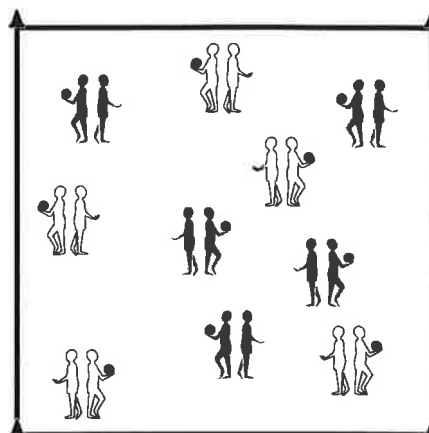
- Do activities with quality in mind rather than speed.

Ready

- 4 cones (for boundaries)
- 1 foamball or other manipulative per 2 players

Set

- Create a large (30X30 paces) activity area.
- Form pairs standing back-to-back and scatter in area; each pair with a ball.



GO!

1. Today's activity is *Partner Ball Exchange* where you work with a partner to pass the ball back and forth in the following ways:
2. **Twist and Turn** – On signal, pass the ball to your partner by twisting to 1 side. Use both hands to pass and to receive. Partner receives ball, then twists in opposite direction and hands it back to you on the other side. The ball will “orbit” your waists. Continue until stop signal.
3. **Bend and Stretch** – Take 1 small step apart. On signal, partner with the ball bends down and passes ball between legs and receiver bends down to receive it between their legs. Again, use both hands for passing and receiving, even if you could do it with just 1. Then stretch overhead to pass it back to your partner who receives it overhead. Continue until stop signal.
4. When you hear “Switch!” change your passing direction. (*Give the signal randomly every 5-10 seconds.*)
5. **Skill-it!**
 - Keep your feet anchored to 1 spot. Twist at your waist, keep hips facing forward.
 - If you drop the ball, simply pick it up and continue.
6. **Challenges**
 - In 30 seconds, how many times can the ball come back to the partner who started?
 - Reverse directions. Can you beat your old record?
7. **Fitness Focus** (*Discuss during a cool-down, while leading a stretch.*)
 - How did having a partner help you build strength?
 - Can you think of any other partner activities that also help build strength?

Safety First

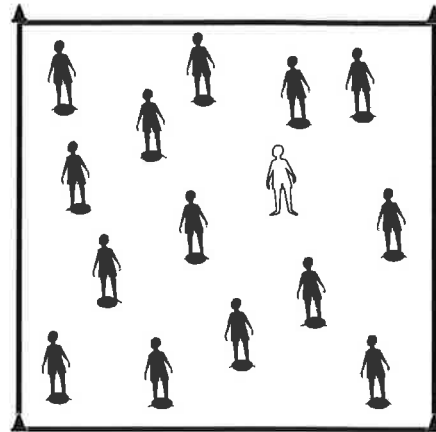
- Keep a safe distance from your partner so you don't bonk backsides.

Ready

- 1 spot marker per player (minus 1 spot)

Set

- Scatter spot markers in activity area; each with a player standing on it.
- Designate 1 player to be without a spot who is the Home Shopper.



= Home Shopper

GO!

1. Today's activity is *Find a Home* where players switch to different homes so the player without a home, the Home Shopper, can find one.
2. On signal, our Home Shopper says, "Find a home," which is your cue to leave your home spot and walk quickly to find a new one.
3. The next player without a home becomes the new Home Shopper.
4. Look for a new home quickly without touching others.
5. *(Continue for several rounds, changing the locomotor skill frequently.)*
6. **Challenges**
 - How quickly can you find a new home?
 - Can you make it so you never become the Home Shopper?
 - How many different colors of homes can you live in? *(For colored spots.)*
7. **Move More**
 - How could you make this more active? Could you play something like this at home?

Safety First

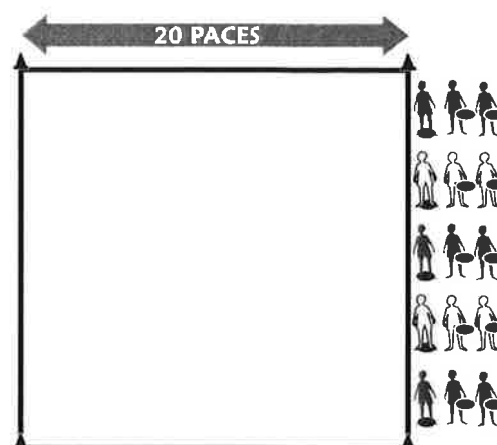
- Watch for others as you shop for a new home.
- Say, "Excuse me," if you bump into someone.

Ready

- 4 cones (for start and finish lines)
- 1 spot marker per player

Set

- Create start and finish lines about 20 paces apart and wide enough for groups of 3 to stand in file lines.
- Form groups of 3, in file lines, along start line; each with a spot marker.
- First player in each line stands on their spot.



GO!

1. Today's activity is *Frogs Across the Pond* where you try to get your "Frog" across the pond using your lily pads (spots) to jump on.
2. First in line is your 1st Frog. The others are Tadpoles.
3. On signal, Tadpoles place lily pads (spots) such that your Frog can jump from 1 to the next all the way across the pond. Tadpoles, keep moving the lily pads to help your Frog get across the pond quickly.
4. When Frog reaches the other side, begin again with a new Frog in the opposite direction.
5. Continue until all Frogs have crossed the pond, then begin again. Continue until the stop signal.
6. **Character Matters**
 - How did Frogs and Tadpoles cooperate to be successful?

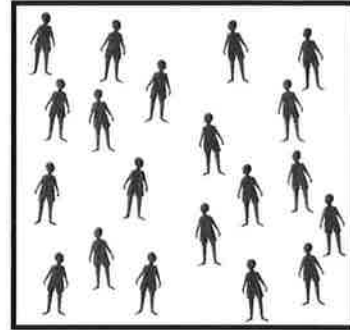
Safety First

- Keep the lily pads a safe distance from other groups' lily pads.
- Bring the lily pads close enough that Frogs can jump safely onto them.

ASAP

Ready

- *California Strut* Music Track (SPARK AS Music CD)
- Music player
- *California Strut Prompt Page* (optional)



Set

- Scatter participants in area.

GO!

1. Today's activity is the *California Strut*, which is a line dance. In line dances you all face the same direction, and do the same steps together.
2. We'll learn and practice 1 step at a time without the music first. Then we'll put it all together with the music. (First, teach each step or sequence, then cue participants to get ready to begin by saying "5, 6, 7, 8.")
3. **California Strut**
 - Begin at "home," with feet together.
 - Walk forward 4: R, L, R, tap L (4 counts).
 - Walk backward 4 back to "home:" L, R, L, tap R (4 counts).
 - Step R, touch L. Step L, touch R (4 counts).
 - 3-step turn to the R: R, L, R, touch L (4 counts).
 - 3-step turn to the L back to "home:" L, R, L, touch R (4 counts).
 - Repeat whole dance.
4. **Food Facts** (*Discuss during a cool-down, while leading a stretch.*)
 - California produces the biggest variety of vegetables in the United States. Why do you think your parents always want you to eat your vegetables?
 - What are some of your favorite veggies?

Safety First

- Watch for others when turning.

Ready

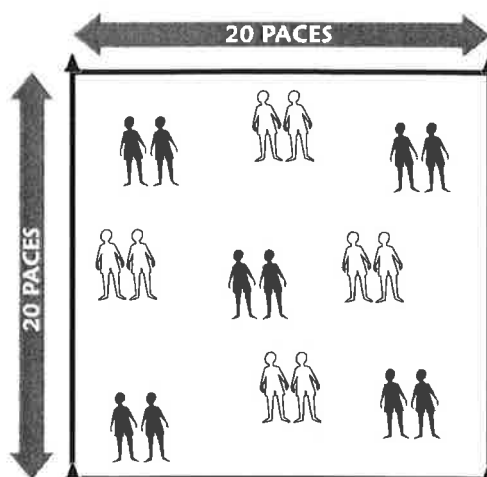
- 4 cones (for boundaries)

Set

- Create a large (30X30 paces) activity area.

GO!

1. Today's activity is *Workout Buddies* where you and various partners will be active and have fun together.
2. How quickly can you find a buddy? This is your "_____ buddy". (Fill in the blank with activities below.) You will do this activity with this buddy. During our activity time this year, when you hear "Find your _____ buddy," join with this person and do the activity until the signal. You will have several different workout buddies.
3. (Complete 1 Workout Buddies activity.)
4. Now, find a totally new workout buddy. This is your "_____ buddy."
5. (Complete 2-4 workout buddy activities today and use them periodically over the next few weeks. Every month or so, add a couple of new ones.)
6. Workout Buddy Activities
 - **Thumb Wrestling** – Thumb wrestle your buddy while you jog in place.
 - **Secret Handshake** – Create a secret handshake to use together.
 - **Clay and Sculptor** – One buddy is the Sculptor and the other is Clay. Sculptor molds Clay into a statue.
 - **Knee Tag** – Face your buddy and try to tag their knee with 1 hand.
 - **Toe Tag** – Face your buddy, hands on each other's shoulders. Try to tag their toes with your toes.
 - **Straddle/Kick** – Face your buddy. Both jump 1X, then 1 of you jumps into a straddle, while the other kicks through the straddle, then both jump 1X. Next, reverse roles. Jump, kick / jump, straddle and keep it going.
7. **Challenges**
 - When I call an activity, how quickly can you find the correct buddy and do the activity?
8. **Move More** (Discuss during a cool-down, while leading a stretch.)
 - Does having a partner/buddy make you more likely to work out?



COOL
COOPERATIVES

Safety First

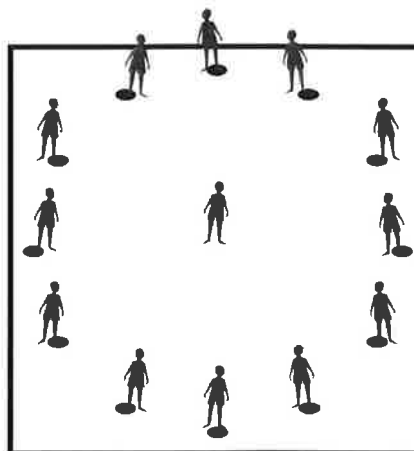
- Safety first, speed second.
- Go to "Lost and Found" if you can't find your buddy.

Ready

- 1 spot marker per player; minus 1 (optional)

Set

- Form a large circle with spots; players standing on spots.
- One player in the middle to begin.



GO!

1. Today's activity is *Have You Ever?* where you will learn more about the others in this group while traveling through the circle.
2. Player in center asks, "Have you ever _____?" They fill in the blank with a physical activity they have done before. For example, "Have you ever been surfing?" or "Have you ever played Quidditch®?"
3. If your answer is "yes," move through the middle of the circle, talking as you walk about that experience or that activity (to no one in particular). Find an open spot along the circle.
4. Player left without a spot (*or if not using spots, last player to get to other side of circle*) will be the center player for the next round.
5. (*Continue for several minutes.*)
6. **Skill-it!**
 - Think of what you will ask before it is your turn.
7. **Challenges**
 - Can you move to a spot without touching anyone?
 - Can you get to a spot before I count down from 5?
8. **Character Matters** (*Discuss during a cool-down, while leading a stretch.*)
 - Tell a neighbor what "initiative" means to you. (*Initiative: (noun) the energy and aptitude displayed in the initiation and completion of an action. Strong leadership and long-term success are two things that require initiative.*)
 - Those who try different kinds of sports and activities show initiative.

Safety First

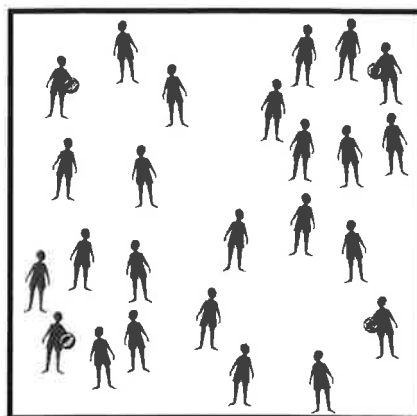
- Watch for others moving through the center.

Ready

- 1 beach ball (or any large, light ball) per 5 players
- 1 stopwatch
- Music and player (optional)

Set

- Form circles with 5-7 players; each group with a beach ball.



GO!

1. Today's activity is *Moon Ball* where you try to keep the ball up in the air as long as possible by cooperating with your group.
2. On signal, underhand toss the ball up to someone in your group. All may use any body part to keep it up in the air as long as possible.
3. **Skill-it!**
 - Work and move together.
 - Encourage each other.
4. **Challenges**
 - How many touches can your group make before the ball hits the floor?
 - How many seconds can your group keep it up?
5. **Character Matters** (*Discuss during a cool-down, while leading a stretch.*)
 - Did you encourage your groupmates? How?
 - If you received encouragement, how did it make you feel?

Safety First

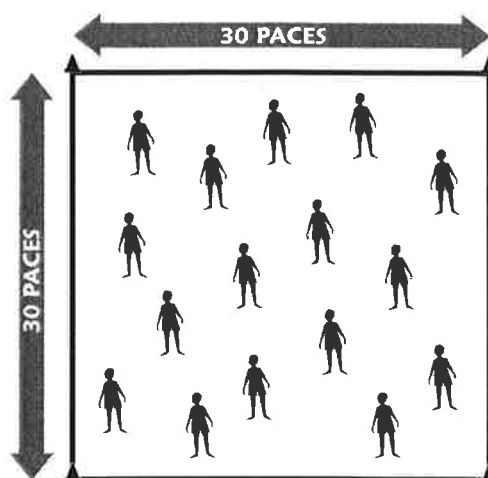
- Stay clear of other groups.

Ready

- 4 cones (for boundaries)
- *Freaky Freeze* Music Track (SPARK AS Music CD)
- Music player
- *Freaky Freeze* Prompt Page (optional)

Set

- Create a large (30X30 paces) activity area.
- Scatter dancers within the area.



GO!

1. Today's activity is called *Freaky Freeze*, where you will walk creatively within general space while the music is playing.
2. When you hear, "Freeze!" stop and pose like a statue. Don't start moving again until you hear the music play!
3. **Food Facts**
 - They say good things come in 3s. Can you name 3 foods from each food group? (*Reference My Plate*)

Safety First

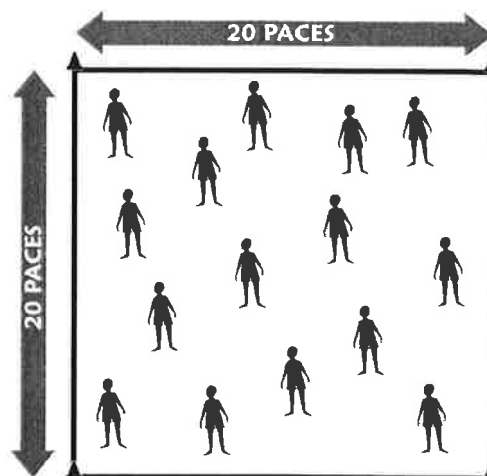
- Be careful not to bump or touch others as you move within our area.

Ready

- 4 cones (for boundaries)
- *Marching Band Music Track* (SPARK AS Music CD)
- Music player
- *Marching Band Prompt Page* (optional)

Set

- Create a medium (20X20 paces) activity area.
- Scatter dancers within area.



GO!

1. Today's activity is *Marching Band*, which is about a marching band that marches, jumps, and twirls around.
2. When the song says:
 - **"With an instrument in your hand . . ."** – march in general space. Pretend you have an instrument in your hands.
 - **"Marching in a band . . ."** – march with knees as high as you can.
 - **"Jumping on two feet . . ."** – jump on 2 feet.
 - **"Turning round and round . . ."** – turn around and around. If you get dizzy, change directions.
 - **"Bend and touch your toes . . ."** – bend at the waist and touch your toes.
3. Let's try it with the music.
4. **Character Matters**
 - This song mentions the country of France, where they speak a different language, eat different food and listen to different types of music. Have you ever eaten food from a different county or met someone who spoke a different language?

Safety First

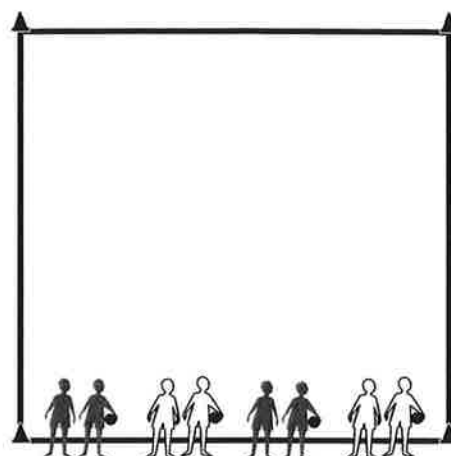
- During the "Turning round and round" part, be careful not to bump into others as you spin.

Ready

- 4 cones (to create start and finish lines)
- 1 foam ball per pair

Set

- Create activity area wide enough for pairs to line up on 1 sideline.
- Pair players and place on either sideline, each pair with a ball.



GO!

1. Today's activity is *Partner Ball Challenges*.
In most challenges, try not to use your hands. Go at your own pace.
2. **Challenges**
 - **Sit-up Ball Exchange** – Face partner in sit-up position, feet touching. Take turns handing the ball back and forth when you are both in the “up” position. How quickly can you and your partner exchange the ball 10X? Now scoot a few feet away from each other, so you toss the ball, and try 10 more.
 - **Head Carry** – Can you carry the ball across the area using only your heads?
 - **Knees To Stand** – On your knees; facing your partner, arms out in front. Hold the ball straight out by pressing it between you and your partner's open hands. Can you move to a standing position? Can you return to your starting position?
 - **Skip Carry** – Can you skip within the cones and carry the ball together without using your hands?
 - **Side Carry** – Can you carry the ball across the area together using only the sides of your body?
 - **Your Own Carry** – Can you create a different way to carry the ball across the area?
3. **Move More** (*Discuss during a cool-down, while leading a stretch.*)
 - How could you do something like this at home? What else could you use besides a foam ball? (*Pillow, paperback book, stuffed animal, etc.*)

Safety First

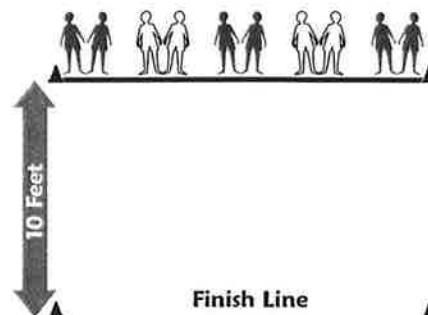
- Be careful when using your heads. Watch for others.

Ready

- 4 cones or spots (to create start and finish lines)

Set

- Create start and finish lines 10' apart and wide enough for all players to stand side-by-side.
- Pair players and have them standing with inside feet touching each other (as in a 3-legged race.)



GO!

1. Today's activity is *Stick With Me* where you and your partner move from the start line to the finish line keeping your inside feet (the ones that are next to each other) together.
2. On signal, work with your partner to cross the finish line keeping your inside feet together at all times. If your feet detach, return to the start and begin again.
3. When finished, join another successful pair to attempt the crossing with a group of 4.
4. **Skill-it!**
 - Work with each other. Communicate and problem-solve.
5. **Challenges**
 - Using the same rules, can you move across a different way?
 - Can you go backwards?
6. **Character Matters** (*Discuss during a cool-down, while leading a stretch.*)
 - Did you show appreciation to your partner and groupmates?
 - What does "appreciation" mean to you? (*Appreciation: [noun] an expression of gratitude, admiration, or approval for an individual or group because of their qualities or accomplishments.*)

Safety First

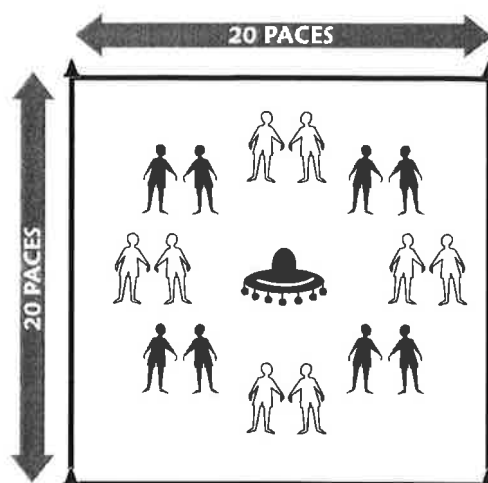
- It is not a race. Be considerate of your partner's feelings, strengths and weaknesses.

Ready

- 4 cones (for boundaries)
- *The Sombrero Dance* Music Track (SPARK AS Music CD)
- Music player
- Sombrero or other type of hat or cone (optional)

Set

- Create a medium (20X20 paces) activity area.
- If you have a sombrero (or substitute), place it in the middle.
- Pair dancers and scatter pairs facing each other in a circle around the hat.



GO!

1. Today's activity is *The Sombrero Dance*, which is a folk dance from Mexico.
2. We'll learn and practice 1 step at a time without the music first. Then, we'll put it all together with the music.
3. **Dance Routine**
 - Part 1
 - Jump and tap each heel forward 3X R, L, R; then clap hands 2X quickly.
 - Repeat for a total of 8X.
 - Part 2
 - Do a R hand star with your partner by touching palms together and walking in a circle for 8 counts.
 - Do a L hand star, moving the other direction for 8 counts.
 - Repeat both directions.
4. Repeat Parts 1 and 2 until the end of the song.
5. Let's try it with the music.
6. **Character Matters**
 - Showing appreciation is a way to offer support for another person. How did you show support for your partner during the activity? How do you think this affects them while they are playing?

Safety First

- Keep a steady pace. Be careful when you do the heel taps.

Ready

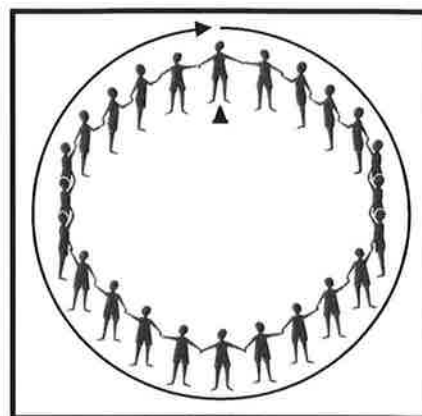
- 1 cone (or marker of any kind)
- Digital stopwatch

Set

- Form a circle with all players, hands joined.
- Drop the marker in front of 1 player who is now designated as “12 o’clock.”

GO!

1. Today’s activity is *Beat the Clock* where the whole group turns around the circle 1X as quickly as possible, returning to “12 o’clock.”
2. **The Rules**
 - Your hands must stay joined throughout.
 - Everyone must stay on their feet. Stop immediately if anyone falls.
3. *(Repeat several times. Allow players to problem-solve and come up with faster methods.)*
4. **Skill-it!**
 - Work together.
 - Hold tightly.
5. **Challenges**
 - Can you beat your record?
 - Try with the biggest possible circle. Now with the smallest. Which was faster? Why?
 - Can you beat your record going in the opposite direction?
6. **Character Matters** *(Discuss during a cool-down, while leading a stretch.)*
 - Does competition detract from the fun or add to it?
 - Can you still compete and avoid the negative aspects of “winners” and “losers?”
 - Do you think competition is positive or negative?



Safety First

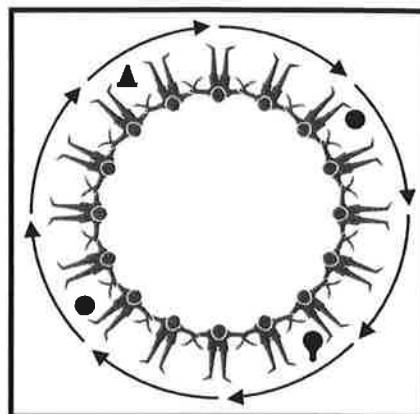
- Don’t pull others.
- Stay on your feet.

Ready

- 1 piece of equipment per 4 players (choose larger-sized, light pieces such as cones, utility balls, paddles, etc.)

Set

- Form a circle with all players facing out, elbows hooked with their neighbors, and sitting with legs extended.
- Place 1 piece of equipment in front of every 4th player.



GO!

1. Today's activity is *Pass it Around* where you move the equipment around the circle without using your hands.
2. On signal, pass the equipment around the circle (clockwise) using just your legs and feet. Try to pass it so it doesn't touch the ground.
3. **Skill-it!**
 - Use your abdominal muscles to keep your feet off the ground.
 - Work together and help each other.
4. **Challenges**
 - Can you move the equipment without letting it touch the ground?
 - Can you pass it off to the next player in less than 5 seconds?
5. **Fitness Focus** (*Discuss during a cool-down, while leading a stretch.*)
 - What muscles did you work in that activity?
 - How could you do something similar at home?

Safety First

- Put your feet down between objects to give your abs a rest.

Ready

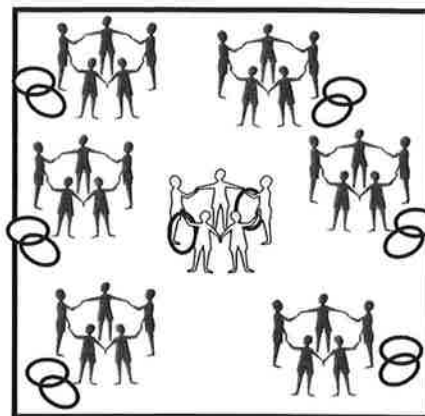
- 2 hoops per 5 players

Set

- Form circles of 5 players, hands joined, and scattered in area.
- Give 2 hoops to each group.

GO!

1. Today's activity is *Houdini Hoops* where you move a hoop around your circle without letting go of your hands.
2. I will place a hoop over 2 players' joined hands (hands join inside the hoop), so it dangles like a bracelet.
3. On signal, move the hoop around your circle by stepping and ducking through it. Remember; keep your hands joined at all times.
4. Once you are successful 1X around, add a 2nd hoop.
5. **Skill-it!**
 - Bend, twist, and turn. Talk to each other and work together.
6. **Challenges**
 - How many times can your group move the hoop around your circle in 1 minute?
 - How quickly can your group pass your hoop around the circle 2X?
7. **Move More** (*Discuss during a cool-down, while leading a stretch.*)
 - Have you ever heard of Harry Houdini? He was a talented magician from the late 19th and early 20th centuries who was famous for his ability to escape from all sorts of things. He was nicknamed the "Handcuff King." Some of his notable escapes include escaping from a locked, water-filled milk can, the Chinese water torture cell, being buried alive, and the box overboard escape.
 - How do you think someone gets so good at this type of thing?



Safety First

- Don't force a hoop to go over or under someone. Let them do it at their own pace.
- Encourage others as they try to move through the hoop.

Ready

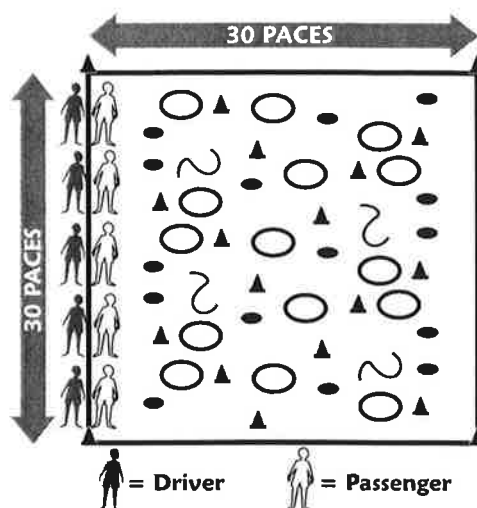
- 4 cones (for boundaries)
- A variety of “road hazards” (hoops, cones, spots, ropes, etc.)

Set

- Create a large (30X30 paces) activity area.
- Scatter “road hazards” randomly in area.
- Form pairs and spread along 1 sideline.

GO!

1. Today’s activity is *Radio Control* where you earn your partner’s trust by safely “driving” them across the area without touching other players or any “road hazards.”
2. Each pair establishes a front and back. The one in front is the car who closes his eyes and puts “bumpers” up by placing palms over eyes and elbows out front. Back partner is the controller who places hands on car’s shoulders.
3. On signal, controllers guide your cars across the area using both verbal cues (e.g. “slowly,” “move left,” etc.) and physical signals (e.g., squeezing the L shoulder to move L, pulling back on both shoulders to move in reverse, etc.).
4. If either partner touches a hazard, both return to the beginning to try again.
5. Once across, switch roles and travel in the other direction.
6. **Skill-it!**
 - Use verbal and physical cues to communicate.
 - Be responsible and trustworthy.
7. **Challenges**
 - Can you move across without bumping into any “cars”?
 - Can you use at least 10 verbal and physical cues before reaching the other side?
8. **Character Matters** (*Discuss during a cool-down, while leading a stretch.*)
 - Did you earn your partner’s trust?
 - How was responsibility shown?



Safety First

- Keep your bumpers up.
- Go slowly, it’s not a race.