

SPARK™**STRETCH YOUR BODY****WITHOUT
MUSIC****Ready**

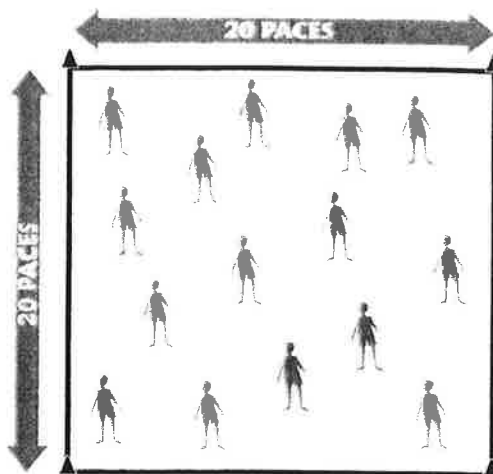
- None

Set

- Scatter participants throughout area.

GO!

1. Today's activity is *Stretch Your Body* where, you guessed it... you stretch your body!
2. On signal, follow my lead for each stretch. As you become more familiar with the proper way to stretch, you can do these more on your own.
3. You will start with your neck and work your way down.
 - **Neck** – Keep your shoulders down and drop your head to 1 side. Hold. Repeat to other side.
 - **Upper Back** – Give yourself a big hug. Hold. Switch top hands.
 - **Pectorals** – Grab your hands behind you and lean forward. Gently pull your hands upward. Hold.
 - **Quadriceps** – With your R hand, grab your R ankle behind you. Keep your R knee pointed down and pull your ankle gently toward your backside. Hold. Repeat to other side.
 - **Hamstrings** – Sit and keep one knee straight. Bend the other so your foot comes in and touches the straight knee. Reach toward your toes. Hold. Repeat to other side.
 - **Hip Flexors** – While in a deep lunge, pull your back hip toward the floor. Keep forward foot ahead of knee. Hold. Repeat to other side.
 - **Shins** – Curl 1 foot under itself and apply gentle downward pressure. Hold. Repeat to other side.
 - **Calves** – On your hands and feet in a big "V," bend 1 knee while pressing the opposite heel toward the floor. Hold. Repeat to other side.
4. **Skill It!**
 - Hold your stretch gently; don't bounce.
5. **Challenges**
 - Can you take the stretch a little farther?
 - Can you name the muscle group you are stretching?
6. **Fitness Focus**
 - Which component of fitness does this improve?

**ASAP****AFTER SCHOOL****Safety First**

- Take each stretch to the "feel good" point; not to pain.

STRETCH YOUR BODY

GAME RESET

Rewind

Rewind

- *(Just do 2-3 of these stretches at a time.)*

Fast Forward

- **Stretchers' Choice** – Choose the stretches your body needs the most and do at your own pace.



HOME PLAY

Fitness Focus

Are you a couch potato? The average kid spends 6½ hours in front of some sort of screen each day! You might as well plant yourself in the garden – you'd look good with sour cream and chives. If you watch TV, be sure to take breaks, and get up and do something like stretch, work on your pushups and curl-ups, jump rope, anything! It's great for you, and your body will thank you for it. Keep a chart of your progress.



GUIDELINES ADDRESSED

1. Flexibility
2. Active game choice
3. Responsibility

NOTES





THE RIGHT FIT

Group Size

- Small – Can be done with as few as 1 participant.
- Large – Can be done with very large groups.

Limited Space

- Works well with limited space.

Wide Age Range & Skill Levels

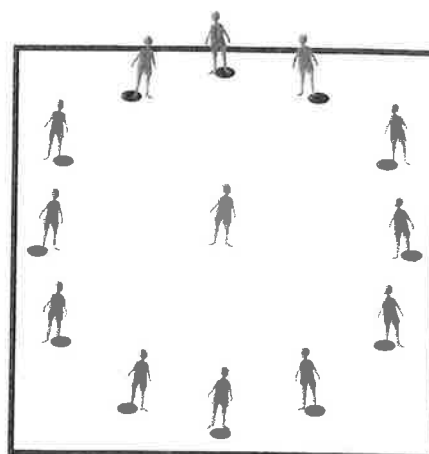
- Can be done with a wide variety of ages and skills.

SPARK™**HAVE YOU EVER?****TEAM
BUILDERS****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.

HAVE YOU EVER?

GAME RESET

Rewind

- (You name the activities and participants move when they hear something they have done.)

Fast Forward

- **Moving Circle** – Move clockwise around our circle. When you hear something you have done, move through the middle of the circle, go to the opposite side, then continue moving around the circle.



HOME PLAY

Character Matters

Trying new activities keeps you balanced. It strengthens different abilities you may not have known you had and it strengthens different muscles you may not have used much before. So, show some initiative and try something new this week!



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Take it Home for Friends/Family
3. Initiative

NOTES





THE RIGHT FIT

Group Size

- **Small** – If fewer than 5 players, use a Yes/No format. One corner of the room is “Yes,” the other is “No.” One player calls “Have you ever_____?” If the answer is “yes” they move to 1 corner, if “no” to the other. Between calls, go back to the middle.
- **Large** – Can be done with groups of 100+ by using more than 1 circle. Circles of 30 or less are best.

Limited Space

- Make the circle smaller or scatter spots to use space more efficiently.

Wide Age Range & Skill Levels

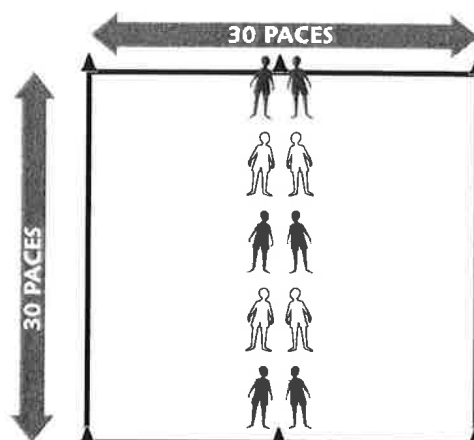
- Can be done with all ages and skill levels.

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!

HOG CALL

GAME RESET

Rewind

- **Half Open** – Half of you (1 partner from each pair) will keep your eyes open, and remain stationary. Partners with eyes closed do all the moving to join your hog call partner.

Fast Forward

- **Barnyard** – (Form groups of 4.) Each group represents a barnyard animal. Chickens: what sound would you make? Ducks? Cows? Sheep? Once you are set, we'll play Mingle, Mingle to mix our groups. On signal, put your bumpers up and try to reunite with your group using only your animal group's sound.



HOME PLAY

Character Matters

Trust: (noun) the ability to rely on the integrity, strength, ability, character, etc., of a person or thing – confidence. Trust makes communication meaningful, interaction respectful, and acceptance possible. This week, make it a goal to trust someone and to be trustworthy.



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Active Game Choice
3. Cooperation; Responsibility

NOTES





THE RIGHT FIT

Group Size

- **Small** – Can be done with as few as 4 players.
- **Large** – If more than 15 pairs, divide into 2 groups and 2 separate playing areas. Be sure no hog calls are alike.

Limited Space

- If space is limited, making safety a factor, allow just half of the group to play at a time. Other half will enjoy watching (and most likely, laughing).

Wide Age Range & Skill Levels

- Allow participants to choose their own partners. They may choose alike or different, it is up to them; both work well.

Name Game

Ready

- Large 30x30 pace activity area
- 2 hula hoops
- 1 piece of equipment per 3 students using a variety of equipment such as foam balls, beanbags, rag balls, etc.)

Set

- Students form a large circle inside the activity area.
- Spread out the 4 hula hoops around the outside of the circle 10 paces behind the students and place the equipment in each hoop

Go

1. Today we are going to play the Name Game, where the objective is to learn each other's names. We will also practice safety and courtesy.
2. How quickly can we create a large circle?
3. We'll go around the circle (*point*). On your turn, step forward, say your name, and "act out" your favorite sport or activity.
4. After you say your name, everyone in the group says your name and does the sport move you did. Let's practice; I'll go first. (Go around circle 1X)
5. Now we're ready to share equipment. Here's a foam ball. Say someone's name; make sure you have her/his attention. If you do, roll the ball to that person.
6. The person receiving the ball says, "Thank you, _____," and the passer says, "You're welcome."
7. When you show you can give/receive objects safely, I'll add more to our game (*continue adding balls = Roll. Introduce beanbags = Toss. Introduce bat or hockey stick = Walk outside of circle and hand off.*)
8. Let's see how many names we learned.
9. We'll go back around the circle, and this time, instead of saying your name, step forward, and the group says your name and tries to remember your favorite activity.

Cool-Down/Closure

10. Let's stretch together and discuss what we learned. Who will share (e.g., names, always get someone's attention before passing, look to pass to everyone, how to handle equipment safely, to be courteous)?

UNIT: COOPERATIVE GAMES

AGES: 8-14

OBJECTIVES

Cooperation, ball skills

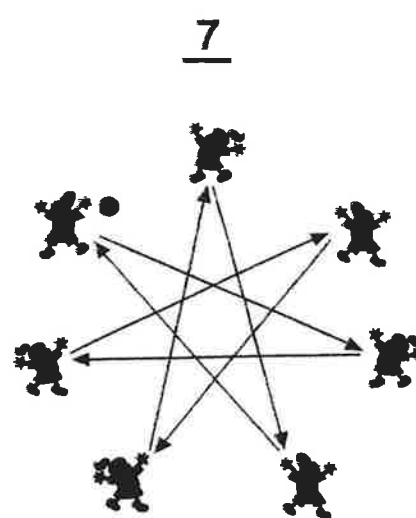
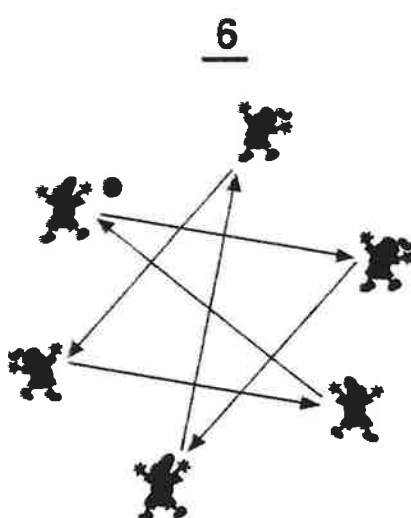
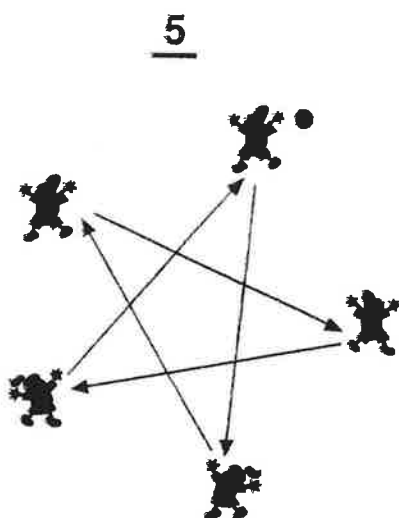
EQUIPMENT

1 foam ball/5-7 youth, 4 cones for boundaries, music/whistle

| ACTIVITY | ORGANIZATION | TEACHING CUES |
|--|---|---|
| <u>-GROUP DAY-</u> | | |
| Memory Ball <i>Diagram on back</i> | <p>-Groups of 5-7 in a circle with 1 ball scattered within boundaries.</p> <p>-Praise groups demonstrating cooperative behavior.</p> <p>🍏 <i>Academic Integration:</i> -For each catch, count by a multiple other than 1. Count by adding fractions.</p> | <p>-Today's Great Game is called "Memory Ball!"</p> <p>-Pass the ball to each person in your circle in the same order every time. You must toss it across the circle, not to someone next to you.</p> <p>-Remember who passes the ball to you, and who you pass the ball to.</p> <p>-Hands up ready to receive a pass!</p> <p>-Don't take your eyes off the ball!</p> |
| Freeze Ball <i>Diagram on back</i> | <p>-As above.</p> <p>-Praise groups lining up and passing ball quickly.</p> | <p>-On STOP cue, whoever has the ball holds it overhead. Quickly line up behind that person. Exchange the ball overhead until it is at the end of the line.</p> |
| Freeze and Go | <p>-As above.</p> <p>-Praise groups that line up, pass the ball, and return to their circle quickly.</p> <p>-After playing Freeze and Go, go back to Memory Ball and add a ball to each group. Continue adding balls one at a time for "Group Juggling."</p> <p>-<u>Advanced Learners:</u> Add objects of various size/shape.</p> | <p>-Whoever has the ball at the end of the line says "GO!" Group quickly returns to their original places in the circle and resumes tossing the ball <u>in the same pattern</u>.</p> |

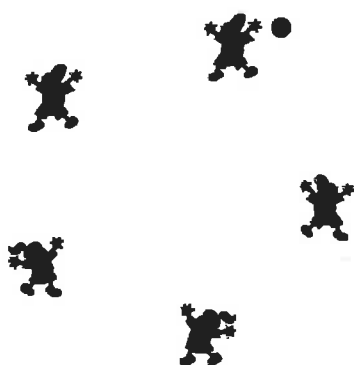
COOPERATIVE GAMES

MEMORY BALL



FREEZE BALL

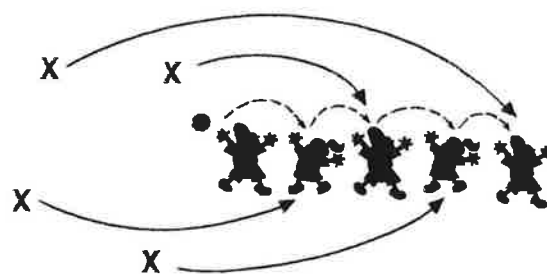
①



②

FREEZE

③

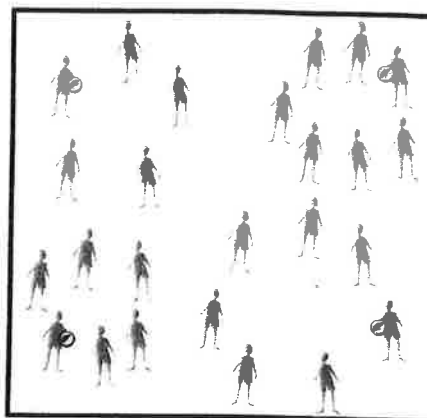


Ready

- 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.

MOON BALL

GAME RESET

Rewind

- **Hands Only** – Use only your hands and arms to keep the ball up.

Fast Forward

- **No Hands** – Use all body parts except your hands and arms to keep the ball up.



HOME PLAY

Character Matters

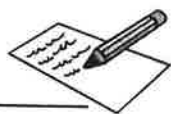
Encouragement: (noun) support of a kind that inspires confidence and a will to continue or develop. Encouragement celebrates the journey and the struggle, not just the destination and the accomplishment. If you see someone who is struggling through something, give them some encouragement to keep going. It may make the difference between quitting and succeeding.

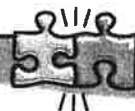


GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Active Game Choice
3. Cooperation; Responsibility

NOTES





THE RIGHT FIT

Group Size

- **Small** – Can be done with as few as 2 players.
- **Large** – Can be done with many players, simply divide into more circles. Use various types of balls to challenge players of every skill level.

Limited Space

- Can be done in smaller circles with smaller beach balls and while seated.

Wide Age Range & Skill Levels

- Divide groups by skill level and provide skill-appropriate balls. Balloons for lesser-skilled, then beach-balls, foam volleyballs, then volleyballs to the highest-skilled players.

UNIT: COOPERATIVE GAMES**AGES: 8-14****OBJECTIVES**

Striking skills, muscular strength, cooperation

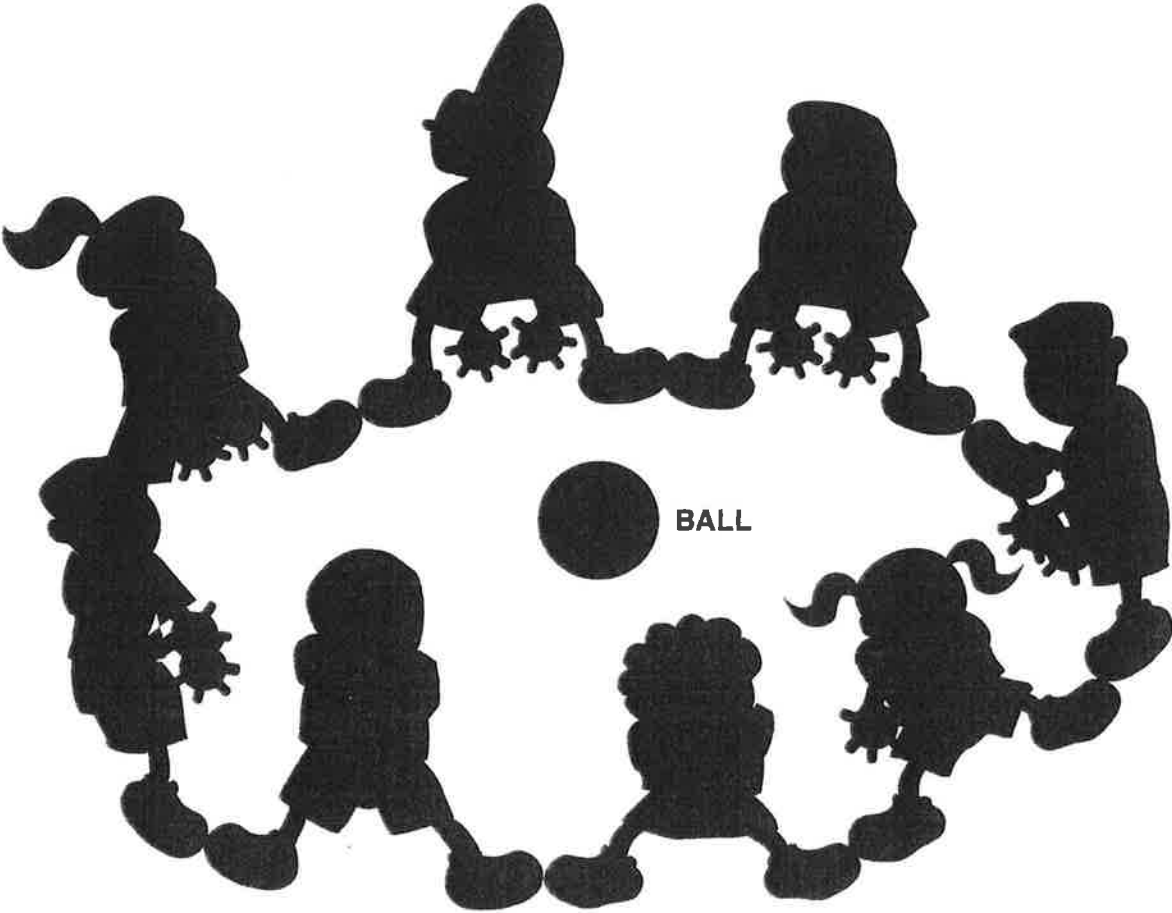
EQUIPMENT

1 foam ball/8 youth, 4 cones for boundaries, music/whistle

| ACTIVITY | ORGANIZATION | TEACHING CUES |
|---|--|--|
| <u>-GROUP DAY-</u> | | |
| Straddleball <i>Diagram on back</i> | <p><u>-Groups of 8 with 1 ball.</u> (Groups of 7 or 9 are fine.)</p> <p>-Have groups create a small circle, members touching outsides of feet. Legs wide to simulate a "goal."</p> <p>-In time, add a second ball to each group. Advanced groups may use a third ball.</p> <p><u>-NOTE:</u> Some will enjoy aggressive play. Allow youth to categorize themselves into 2 or 3 levels (e.g., "hard core," "casual," "nice and easy").</p> | <p>-Today's Great Game is called "Straddleball!"</p> <p><u>-The object of the game is to score a goal by striking a ball through the legs of others.</u></p> <p>-Create a "goal" by spreading your legs very wide to touch the sides of the feet with the person next to you.</p> <p>-Bend your knees and get low. Palms of hands facing in towards the middle of the circle, fingers close to the ground.</p> <p>-Send the ball through anyone's "goal" by striking it with an open palm and stiff wrist.</p> <p>-Keep the ball low.</p> <p>-You can protect your "goal" with your hands only.</p> <p>-If the ball goes outside of your circle, the person who touched it last retrieves it. Toss it back in <u>first</u>, then rejoin the group.</p> |

COOPERATIVE GAMES

STRADDLEBALL



SPARK™**RADIO CONTROL****TEAM BUILDERS****Ready**

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

Set

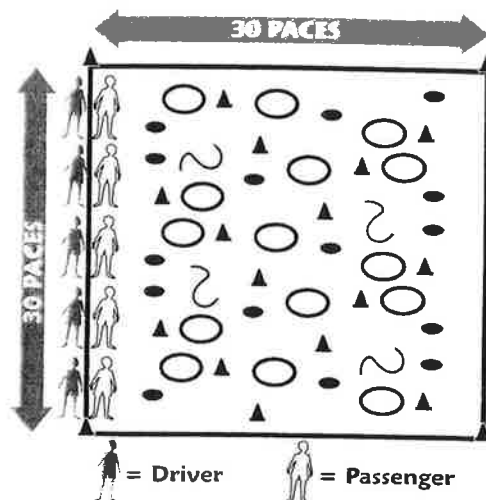
- Create a large (30X30 paces) activity area.
- Scatter “road hazards” randomly in area.
- Form pairs and spread along 1 sideline.

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.

**COOL
COOPERATIVES****AFTER SCHOOL**

RADIO CONTROL

GAME RESET

Rewind

- **Eyes Wide Open** – (Allow cars to keep their eyes open.)

Fast Forward

- **Back Seat Driver** – Only verbal cues are allowed. Drivers, stand to the side or front but do not touch your cars.



HOME PLAY

Character Matters

Responsibility: (*noun*) the quality of being reliable and trustworthy. Responsible competitors engage in fair play.



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Take it Home for Friends/Family
3. Cooperation; Responsibility

NOTES





THE RIGHT FIT

Group Size

- **Small** – Can be played with as few as 2 players.
- **Large** – Allow for plenty of space. Stagger starts of cars every 10 seconds or so to give some a head start.

Limited Space

- Allow cars only to move through the hazards. Drivers stand at the other end and use verbal cues only.

Wide Age Range & Skill Levels

- Allow participants to choose their own partners. They may choose partners that are similar or different from themselves, it is up to them. Both work well.

UNIT: COOPERATIVE GAMES**AGES: 5-11**

OBJECTIVES
Social/personal skills

EQUIPMENT
4 cones for boundaries, music/whistle

| ACTIVITY | ORGANIZATION | TEACHING CUES |
|---------------------|---|---|
| Truck Driver | <ul style="list-style-type: none"> -Groups of 4 in open space within a large square. -Groups line up single file. -Play until all have a chance to be truck drivers. -Change locomotor skill and/or levels of movement. Always play at slow tempo -Close session with a reinforcement/discussion of the concept of trust during cool-down. | <ul style="list-style-type: none"> -How quickly can your pair find another to make a group of 4? -Now it's time to play "Truck Driver!" -The person in front is the truck driver, and the other 3 are passengers. The driver's eyes are open but <u>everyone else's are closed!</u> The driver leads the others within the boundaries safely. -Place your hands on the shoulders of the person in front. -Truck drivers lead groups until STOP cue. -Show that your group can move safely within our boundaries. -Trust your truck driver to get you down the highway! -No peeking! -On my cue, drivers rotate to the end of the line, everyone else moves up 1 place. |

SPARK™

STICK WITH ME

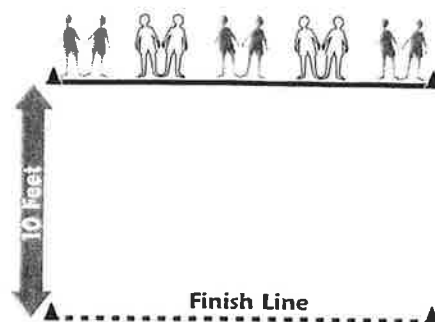
TEAM
BUILDERSCOOL
COOPERATIVES

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.

STICK WITH ME

GAME RESET

Rewind

- *(Place a spot marker under their inside feet. They must both keep their feet on that spot which will help keep them together.)*

Fast Forward

- **Big Groups** – When finished with 4, try groups of 8. When finished with 8, try 16, etc., until the whole group tries it together.



HOME PLAY

Character Matters

How do you show appreciation to those who help you outside of school? This week make 3 thank-you cards for people who support your physical activities. These could be to your parents for driving you to practices/games; to your coach; and to a teammate or other supporter.



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Active Game Choice
3. Cooperation; Responsibility

NOTES



THE RIGHT FIT

Group Size

- **Small** – Can be done with as few as 2 players. Time them so they can compete against their own time.
- **Large** – Can be done with very large groups.

Limited Space

- Can use a long hallway or can have groups going from different start lines to different finish lines to make best use of your space.

Wide Age Range & Skill Levels

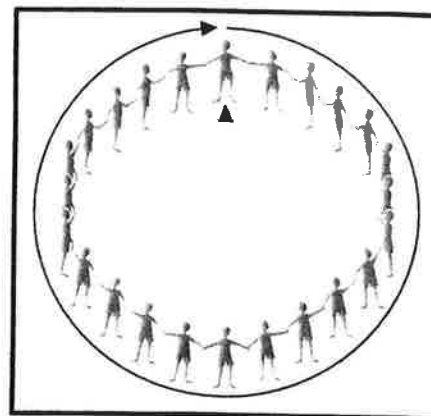
- Allow players to choose their own partners. It is easiest with partners of similar height.

SPARK™**BEAT THE CLOCK****TEAM
BUILDERS****COOL
COOPERATIVES****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.

AFTER SCHOOL

BEAT THE CLOCK

GAME RESET

Rewind

- First few times through, we will do at a walking pace.

Fast Forward

- **Touch the Spot** – (Use a spot marker for the 12 o'clock marker.) All players must touch the marker with at least 1 foot when going around the circle.



HOME PLAY

Character Matters

Ever heard of a “PR?” It stands for Personal Record. It is your best attempt at something you are trying to improve. Your personal record is just that: personal. You don’t compare it to other people’s personal record, just your own. It helps you to see if you are improving and by how much. So go out there and set a new PR in something you care about!



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Active Game Choice
3. Cooperation; Responsibility

NOTES



THE RIGHT FIT

Group Size

- **Small** – Can be done with as few as 10 players. If fewer than 10, add a ball to toss around the circle in the opposite direction from the movement to increase the fun and challenge. Hands are no longer joined in this case.
- **Large** – Can be done with a very large circle or divide into 2 or more smaller circles.

Limited Space

- Create 2 circles and put the smaller inside the larger.

Wide Age Range & Skill Levels

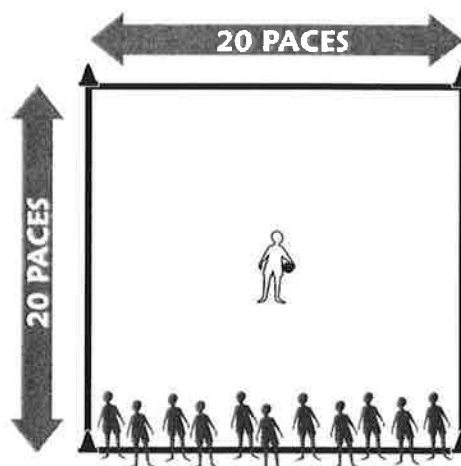
- Can divide into smaller circles based on height so as not to endanger smaller players who may not be able to move as quickly.

Ready

- 4 cones (for boundaries)
- 10+ yarnballs (or similar to designate Cookie Monster and helpers)

Set

- Create a medium (20X20 paces) activity area.
- Scatter players (Cookies) on 1 sideline facing opposite sideline.
- Designate 1 player to be the Cookie Monster who is "It" and stands in center of area facing the Cookies, holding a yarnball.



GO!

1. Today's game is *Cookie Monster Tag* where Cookies try to move to the opposite sideline without being "eaten" (tagged) by the Cookie Monster.
2. On signal, Cookies ask "Cookie Monster, Cookie Monster, are you hungry?" To which the Cookie Monster replies either "Yes, I am!" or "No, not yet." (Allow only 2 "No" responses total.)
3. If the Cookie Monster says "No", they need to ask again. When they say "Yes," all Cookies move to the other side and avoid being eaten (tagged) by the Cookie Monster. Players move at a fast, walking pace.
4. Cookie Monster tries to tag as many Cookies as possible by touching with the yarnball between the shoulders and waist.
5. If you make it to the other side without being tagged, wait for the next round. If you were tagged, get a yarnball and become a Cookie Monster's helper for the next round.
6. (Continue play until most are Cookie Monster helpers, then begin again. When players are playing safely, increase the intensity of the locomotor skill to gallop or skip.)
7. **Food Facts**
 - Are cookies a good choice for a healthy snack? Why or why not?

Safety First

- Use only the locomotor skill I call each round.

COOKIE MONSTER TAG

GAME RESET

Rewind

- **Zoo Animals** – (Choose 1 player to be the Zookeeper who is “It.” Divide others into Lions, Tigers, and Bears who stand on 1 sideline.) Zookeeper calls an Animal; that Animal tries to get to the other sideline without being tagged. When tagged Animals become Zookeeper Helpers.

Fast Forward

- **Octopus Tag** – (Begin with 3 Octopi as “Its” spread along the midline of the area with all other players on 1 sideline.) Those on the sideline are the Fish. When Octopi call “Swim Fish!” Fish move across the ocean and avoid being tagged. Octopi may move arms only, not their feet. When tagged, Fish become Octopi.



GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Active game choice

NOTES





HOME PLAY

Food Facts

Cookies are not your best choice for a healthy snack. They are not considered an “everyday” food because most are high in sugar and fats. Your task this week is to find a healthy alternative to cookies for your snack.



THE RIGHT FIT

Group Size

- Small – For a small group, keep the same Cookie Monster the whole round. Switch on the next round.
- Large – Begin with 1 Cookie Monster per 5 players.

Limited Space

- Use animal walks to slow down the tempo to make it safe for limited space.

Wide Age Range & Skill Levels

- Appropriate for participants just learning to play chasing and fleeing games.

UNIT: COOPERATIVE GAMES

AGES: 5-14

OBJECTIVES

Large object manipulation, cooperation,
balance, agility

EQUIPMENT

1 hoop/2 youth, 4 cones for boundaries,
music/whistle

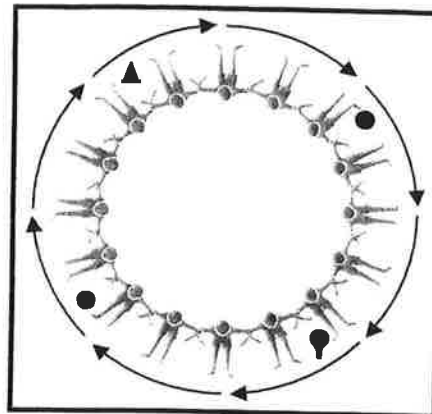
| ACTIVITY | ORGANIZATION | TEACHING CUES |
|--|---|--|
| | -GROUP DAY- | |
| Houdini Hoops <i>Diagram on back</i> | <p>-Groups of 6 in small circles. Give each group 1 hoop.</p> <p>-Explain/demonstrate game.</p> <p>-Instruct youth to change directions on cue.</p> <p>🍏 <i>Academic Integration:</i> -Instruct a lesson on keeping time, teach clockwise and counterclockwise.</p> | <p>-The Great Game we are going to play is called "Houdini Hoops!"</p> <p>-Mingle-Mingle 3's! How quickly can you find another threesome and make a group of 6?</p> <p>-Form a circle and join hands.</p> <p>-<u>The object of the game is to see how quickly you can move a hoop around your circle while not letting go of your hands.</u></p> <p>-When your group is ready, you will get a hoop. Place the hoop over one person's wrist so it dangles like a bracelet.</p> <p>- On START cue, move the hoop around your circle (right or left) by stepping and ducking through it.</p> <p>-Don't let go of your hands!</p> <p>-Bend, twist, turn! Talk to each other and work together!</p> <p><u>Challenges:</u></p> <p>-How quickly can your group pass your hoop around your circle 2 times? Yell "Hooray" when done!</p> <p>-How many times can your group move the hoop around the circle in 1 minute?</p> <p><u>After trials:</u></p> <p>-I will combine 2 groups. Your new group will have 2 (or 3) hoops to move around your circle.</p> <p>-Do you think we can make 1 big circle with the entire group and pass many hoops?</p> |

SPARK™**PASS IT AROUND****TEAM
BUILDERS****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.

**COOL
COOPERATIVES****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.

PASS IT AROUND

GAME RESET

Rewind

- (Use easy to pass items such as Grab Balls or jump ropes.)

Fast Forward

- **Teeny Weeny Beanie** – Pass small objects such as beanbags, yarnballs, or tennis balls.
- **Heavy Chevy** – Pass heavier objects such as basketballs or medicine balls.



HOME PLAY

Fitness Focus

When at home watching TV, work your abs by picking up towels, magazines or other lightweight items with your feet. Graduate to heavier items such as books, shoes, blankets, etc.



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Initiative; Fair Play
3. Cooperation; Responsibility

NOTES





THE RIGHT FIT

Group Size

- Small – Can be done with as few as 4 players.
- Large – Create more circles if there are more than 20 players.

Limited Space

- Instead of a circle, place groups of 5 in file lines, 1 object per group. Line leader uses feet to pass to 2nd in line, then crab walks to end of line. The 2nd in line passes to the 3rd, then crab walks, etc. The line “caterpillars” toward a specific endpoint.

Wide Age Range & Skill Levels

- Works well to mix ages and skill levels so older can help younger.

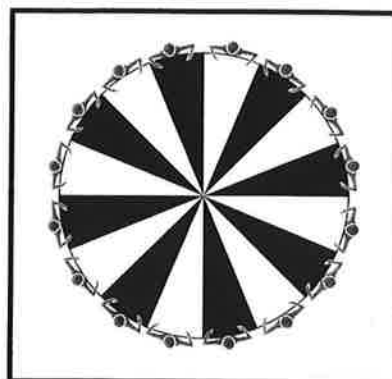
Ready

- 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.

CHUTE SHAPES



Rewind

- **Small Chute** – (Use a smaller chute.)

Fast Forward

- **Piggy Bank** – (For chutes with a hole in the center.) I'll place a small ball (or beanbag) on the chute. Can you work together to drop the "coin" into the "slot"?



HOME PLAY

Move More

No matter what your body type or shape, nearly everyone can use more physical activity. If you aren't active nearly every day, you should be. If you are doing something every day, but your activity doesn't add up to 60 minutes each day, set that as your next goal.



GUIDELINES ADDRESSED

1. Muscular Fitness
2. Greater than 50% MVPA
3. Cooperation; Responsibility

NOTES





THE RIGHT FIT

Group Size

- **Small** – Can be done with as few as 12 players. Use a smaller chute for fewer.
- **Large** – Can be done with a large chute and many players. Divide into 2 chutes if they don't all fit.

Limited Space

- Use a small chute.

Wide Age Range & Skill Levels

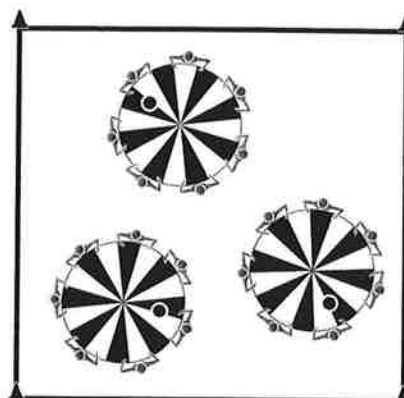
- Can be done with a wide range of ages and skills. It helps to have similar heights near each other around the chute.

Ready

- 1 small (6' diameter) parachute per 6-8 players
- 1 7" foam ball (or similar tossable) per 6-8 players

Set

- Scatter small parachutes in area.
- Form groups of 6-8 players; 1 group per parachute.
- Keep balls off chutes until needed.



● = Foamball

GO!

1. Today's activity is *Fly in the Web* where your group works together to toss and catch a ball using your chute.
2. Pretend you are spiders and the chute is your web. The ball is the fly (or "lunch").
3. On signal, practice moving your web up and down. (*Allow time for practice.*)
4. When I see your group is ready, I'll give you your "fly." Place it in the middle of your web and work with your group to toss it in the air and catch it on your web.
5. **Skill-it!**
 - Communicate and work together.
6. **Challenges**
 - How many times can your group catch the fly in your web before it gets away (falls to the ground)?
 - How many times can your group catch the fly before the stop signal?
 - How high can you toss the fly and still catch it?
7. **Food Facts** (*Discuss during a cool-down, while leading a stretch.*)
 - Can you name some animals (and plants) that eat flies?
 - Where are flies on the food chain? (They are eaten by many animals and their larva, the maggot, breaks down all sorts of things!)

Safety First

- Warn other groups if your fly is flying toward them.

FLY IN THE WEB

GAME RESET

Rewind

- **Varied Species** – We will use a variety of fly species (e.g. beanbags, beach balls, utility balls, etc.) to experiment and learn about how they fly.

Fast Forward

- **Play Catch** – Work with another group of spiders to toss and catch the ball back and forth between your webs.



HOME PLAY

Food Facts

While we may not think of flies as essential to life on earth, they are an integral part of the food chain. Their larva, the maggot, breaks down and redistributes organic matter and provides nutrients for fungi, molds, and plants. It's not exactly the same as the old song "I Knew an Old Lady Who Swallowed a Fly" but that is on the right track. Flies eat stuff and get eaten by a lot of animals who get eaten by other animals. So, next time you think about swatting a fly, remember they are an important link in our food chain.



GUIDELINES ADDRESSED

1. Muscular Fitness
2. Greater than 50% MVPA
3. Cooperation; Responsibility

NOTES





THE RIGHT FIT

Group Size

- **Small** – Can be played with as few as 4 players holding the chute.
- **Large** – Can be played with as many players as you have chutes. Place up to 8 players per chute. If not enough chutes, use large scarves, sheets, towels, etc.

Limited Space

- Use balloons as flies since they won't go very far and are not a danger to anything or anyone.

Wide Age Range & Skill Levels

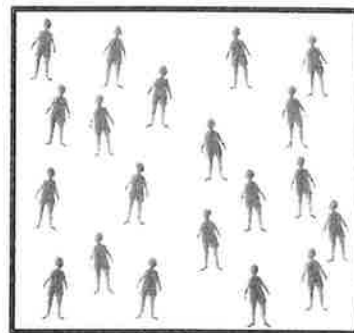
- Have older players on chutes together and challenge them to toss their flies higher.

SPARK™**CALIFORNIA STRUT****COOPERATIVE
DANCES****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.

CALIFORNIA STRUT

GAME RESET

Rewind

- **Mirror Dance** – (Dancers in pairs, in face-off formation.) On the 1st move, partners walk forward 4 steps toward each other, and give a high-ten.

Fast Forward

- **Double Circle Mixer** – (Dancers in 2 circles; an inner and outer.) Partners: 1 in inner circle, 1 in outer and face each other. Inner circle dancers do same dance. Outer circle dancers turn to their R, and move to a new partner on their R each round.



HOME PLAY

Food Facts

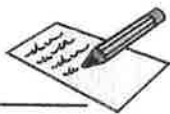
Have you ever seen a vegetable garden? A vegetable garden usually has a variety of vegetables of different shapes, colors and sizes. Veggies give you different vitamins and nutrients that your body needs to survive. Talk to your family about starting a vegetable garden or working in a community garden, so you can eat fresh veggies as a family. You can all decide your favorites and which ones you would like to plant!



GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Cooperation; Initiative; Responsibility

NOTES





THE RIGHT FIT

Group Size

- Small – Can be done with as few as 2 dancers.
- Large – Can be done with as many dancers as the activity space allows.

Limited Space

- Can be done in a small space as long as there is room for dancers to move forward and backward.

Wide Age Range & Skill Levels

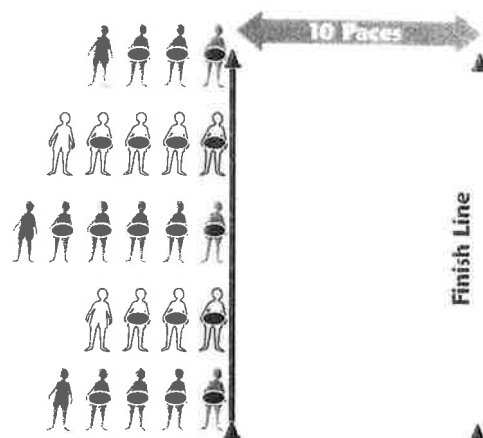
- Can be challenging for younger dancers, so pair them up with older, high skilled dancers.

SPARK™**CROSS THE POND****TEAM BUILDERS****COOPERATIVES****Ready**

- 4 cones (for start and finish lines)
- 3-5 spot markers per 4-6 players

Set

- Create start and finish lines 10 paces apart. Length of lines should be 3 paces per group (e.g., 5 groups need 15 paces).
- Form groups of 4-6. Groups in file lines with leader touching start line.
- Provide each group with 1 less spot marker than number of players. Last in line has no spot.

**GO!**

1. Today you'll play *Cross the Pond*. The object is for your whole group to cross the "pond" using your spot markers as "rocks." After hearing the rules, discuss and decide on a plan, then test it out. If it doesn't work, revise and try again.
2. This isn't a race. Take your time and follow the rules.
3. Take turns being the leader. Use a new leader with each attempt across.
4. **The Rules**
 - You feet may not touch the floor in the pond. They must be on spots. If anyone steps off a spot, the whole group must begin again.
 - Spots must have human contact at all times. If a spot has been left untouched for even an instant, it is taken away from the group.
5. **Skill-it!**
 - Always keep contact with your spots when putting them down or handing to someone.
 - Plan first, then put your plan into action. Revisit the plan.
6. **Challenges**
 - When you finish the first time, get together and discuss how to improve. Then set a new group goal for time.
 - Can you cross with 1 fewer spot?
7. **Character Matters** (*Discuss during a cool-down, while leading a stretch.*)
 - Why is it important to let everyone be the leader?

Safety First

- Step carefully on spots if the floor is slippery.

CROSS THE POND

GAME RESET

Rewind

- **All Spots on Deck** – (Allow each player a spot.)

Fast Forward

- **Blindfold One** – (Need 1 blindfold per group.) Blindfold 1 player and try again.



HOME PLAY

Character Matters

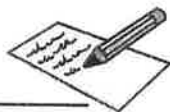
Whether you are a born leader or love to follow the pack, it is important to try out your leadership skills often. So, don't be shy. Step up to the plate and take your turn at being the leader. You may not know when that skill will come in handy, but you can be sure it will.



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Active Game Choice
3. Cooperation; Responsibility; Initiative

NOTES





THE RIGHT FIT

Group Size

- **Small** – Can be done with as few as 3 players.
- **Large** – Can be done with very large groups. Use paper plates or hoops if not enough spots.

Limited Space

- Make the pond smaller across.

Wide Age Range & Skill Levels

- Works well with mixed groups.

Shark & Lifeguard

Ready

- 1 parachute

Set

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

GO!

1. Today activity is called *Shark & Lifeguard* where we pretend the parachute is the ocean and there are sharks underneath that “attack” our ankles.
2. I will select 3 of you to be sharks and 3 of you to be lifeguards. Sharks put your fin up by putting a hand on top of your head.
3. The three sharks will go under the parachute and the three lifeguards will stand around the parachute.
4. All other students will sit by a color of the parachute with their legs and feet under the parachute (they will be the swimmers).
5. To start the game the sharks will grab at the legs and feet of the swimmers and try to gently pull them under the parachute. When a swimmer is grabbed they let go of the parachute and yell for help from the lifeguards. The lifeguards will run quickly to the swimmer to try to pull them back out of the water before they get pulled under the parachute.
6. If the swimmer is pulled under then the shark, the swimmer and shark must trade places.
7. Do this for a few minutes and then name new lifeguards and let play resume again.