Making Every Minute Count

Strategies for Increasing MVPA in PE

Presented by:

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Partner Tag

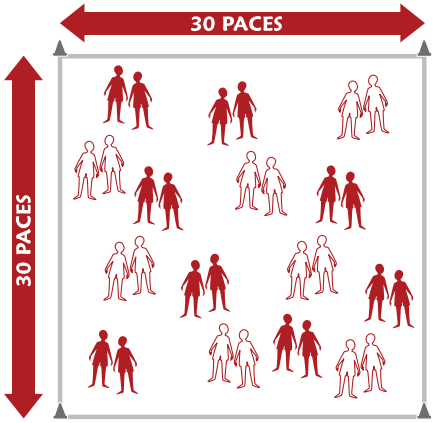
Learning Objectives
- Students will be able to chase and flee with a partner.
- Students will be able to move quickly and safely in general space.
- Students will be able to follow the rules of a simple game.

Learning Targets
- I can chase a partner safely in general space.
- I can flee from a partner safely in general space.
- I can warm up my large muscles.

Teaching Cues
- Tag your partner gently with a 2-finger tag.
- Use fakes, feints, and change directions to flee from your partner.
- Be aware of other students as you turn to flee.

PREP
- 4 cones for boundaries
- 2 paper plates per student (optional)
- Music and player

SET
- Create a large (30 x 30 paces) activity area.
- Pair students. Scatter pairs within area.



TEACH
1. Lesson Objective
- The object of ***Partner Tag*** is for partners to chase and flee each other in general space.

2. Instructions
- One of you is the first Chaser, the other is the first Fleer. Decide now.
- On the signal, fleers walk away from chasers, while chasers do 3 jumping jacks.
- After completing the jumping jacks, the chaser tries to fast walk and safe tag *(2-finger tag)* their partner *(fleer)* between the shoulders and the waist.
- When the chaser tags the fleer, switch roles. The new chaser completes 3 jumping jacks before chasing their partner.

REFLECTION QUESTIONS
- What safety tips did you need to remember during Partner Tag?
- Can you tell me why you needed to change speeds during the activity?
- How did you successfully flee from your partner?

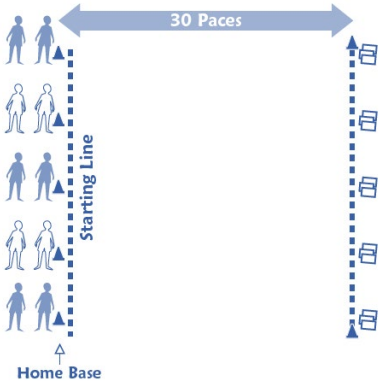
Cardio Cards

Learning Objectives
- Students will be able to explain the role of MVPA in fitness
- Students will participate in MVPA for sustained periods of time.
- Students will exhibit adherence to rules in physical activities.

Learning Targets
- I can explain the importance of MVPA.
- I can stay engaged in activities that keep my heart rate up.
- I can follow rules to play fairly.

Teaching Cues
- Be ready to go when your partner returns. Give them a high-five.
- Run with your head up and your eyes alert to avoid collisions.
- Turn over only one card and bring just the one card back with you.

PREP
- 1 deck of cards per 10 participants
- 1 cone per 10 participants



SET
- Form teams of 2.
- Create a starting line with cones.
- Scatter playing cards face down along a line 30 paces across from starting line.
- Pair participants on starting line

TEACH
1. **Lesson Objective**
   - The object of *Cardio Cards* is to collect the best 5 cards you can.
2. **Instructions**
   - *(Can play poker-style, highest total using the sum of 5 cards, or another variation.)*
   - On signal, alternate with your partner, sprinting to the opposite baseline to get a card.
   - Leave your cards at the starting line when you return.
   - After collecting 7 cards, do jumping jacks *(or selected exercise)* until the signal.
   - You must alternate with your partner, taking 1 card at a time.
   - There is no "window shopping", the first card you touch is the one you take.
   - Leave your "home" baseline only after your partner has crossed it. Give a high five.
   - *Have 1-2 students collect the cards and return spread them across the baseline. Repeat the game with a variation.*
3. **Challenges**
   - We'll play for a set time, once you get to 7 cards you can trade one in one at a time. (*Play for 2-3 minutes)*
   - Switch and ditch! At the end of the collection time, slide 2 of your cards face down to the pair to your left and 1 card face down to your right. Pick up your new cards and calculate your hand.
   - We will choose 1 card to be wild and you can make it any card you would like. *(Choose a number or face card)*

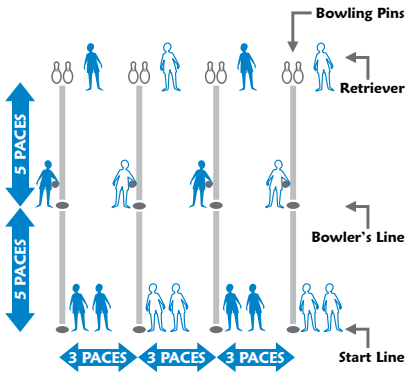
Aerobic Bowling

Learning Objectives
- Students will roll a ball with accuracy.
- Students will participate in MVPA for sustained periods of time.
- Students will work cooperatively within a group.

Learning Targets
- I can roll a ball at a target with control and accuracy.
- I can actively participate in activities that keep my heart rate up.
- I can demonstrate respect for myself and others by working hard and encouraging others.

Teaching Cues
- Bowlers, call the score aloud after you bowl.
- Ball retrievers, move quickly to pass the ball to the next bowler.
- New bowlers, move to the bowling line quickly.

PREP
- 2 spot markers per 4 students
- 2 cones or bowling pins per 4 students
- 1 ball per 4 students



SET
- Create bowling lanes with cones 3-5 paces apart depending on the amount of space available.
- Place pons end end of lane then 1 spot marker 5-7 paces away, then the other spot marker 5-7 more paces from that one.
- Place groups of 4 at each lane; ball retriever at the pins, bowler at the first spot, 2 others at the second spot.

TEACH
1. Lesson Objective
- The object of ***Aerobic Bowling*** is for your group tries to knock down as many pins as you can before the stop signal by rolling the ball toward the pins/cones.

2. Instructions
- On signal, the Bowler (at first spot) rolls the ball toward pins/cones.
- Bowler immediately follows the ball and sets up any knocked down pins/cones for next bowler.
- Then the Bowler take the place as the new Ball Retriever and stands behind the pins.
- Ball Retriever retrieves rolled ball, runs it back to the spot and bounce passes it to the new bowler
- Then the Ball Retriever continues to the second spot.
- When you are at the second spot, you are the next Bowler.
- Continue bowling, setting up pins, retrieving, and running until signal.
- **Scoring**
  - Strike (both pins knocked down) = 10 points
  - Spare (1 pin knocked down) = 5 points

3. Challenges
- How quickly can your group score 50 points?
- How many points can your group score before the signal?

SPARK PHYSICAL EDUCATION GRADES 3-6

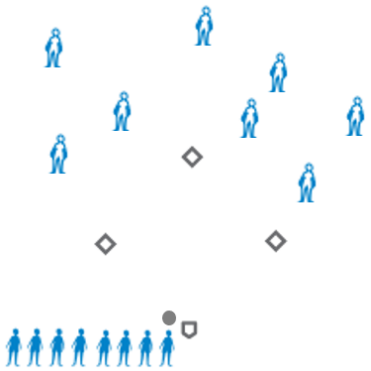
All-Run Kickball

Learning Objectives
- Students will be able to discuss strategies for creating a positive learning environment.
- Students will kick a ball with appropriate technique, force, and accuracy.
- Students will demonstrate responsibility and fair play.

Learning Targets
- I can discuss ways to create a positive learning environment in our class.
- I can kick a ball for distance and accuracy.
- I can follow the rules and give my best effort in the activity.

Teaching Cues
- Kicking team, run single file around the bases. Everyone stays in the same order as they run,
- Fielding team, pass the ball over and under to the back of the line. Last student to get it yells "stop".
- Switch offense and defense after 3 batters.

PREP
- 4 cones (or bases)
- 6 hoops
- 1 kickball or soccer ball per 24 students



SET
- Create a softball-type diamond with the 4 cones used as bases.
- Place the 6 hoops scattered in the outfield.
- Divide students in 2 even teams, if more than 24 students create 2 games.
- Fielding team should be scattered throughout the outfield.
- Kicking team should be lined up single file behind home plate.

TEACH
1. Lesson Objective
- The object of ***All-Run Kickball*** is for the kicking team to score as many runs as possible before the fielding team gets the ball to the end of their line by passing it over and under throughout the line.

2. Instructions
- **Fielding**
  - Fielding team, you will scatter throughout the outfield. Each inning find a new place to cover in the outfield.
  - After the ball is kicked, the student who catches it stays where they are and hold the ball above their head.
  - Everyone else on the team will run over and line up single file behind them.
  - They will pass the ball over their head then under their legs alternating until it gets to the end of the line.
  - When the last student gets the ball they yell "stop!"
  - **Rules**
    - Line-up as quickly as you can, do not try to be the last one in line to yell stop.
    - There are no outs, so it doesn't matter if you catch the ball in the air.
    - Do not stand in the baselines, fielders must stay beyond the cones at all times.
    - If ball does not reach the outfield, you may go in and retrieve it and bring it to the outfield to meet your team.
- **Kicking**
  - Kicking team, stand single file behind home. You will stay in this same order each time your team is at bat.
  - Kick a stationary ball that is placed next to the cone at home.
  - Kick the ball in fair territory beyond the cones between the 1st and 3rd base cones.
  - The first student in line will kick it then run around the outside of each of the bases.
  - Your team will follow you around the bases. Everyone must stay in the same order as they run, do not pass others.
  - Every time the last student in line passes a cone your team gets 1 run. Run until the fielding team yells "stop!"
  - **Rules**
    - Do not cut corners, run around the outside of the bases.
    - No bunting, you must try to get it to the outfield.
    - When the fielders yell "stop!" the kicker goes to the end of the line and the next person kicks.
- *(Allow 3 kickers to kick each time at bat. Make modifications based on how long they are up and how tired teams get.)*
- *(Teams should be in the same order each time they are up starting with the student who was on deck the last inning.)*

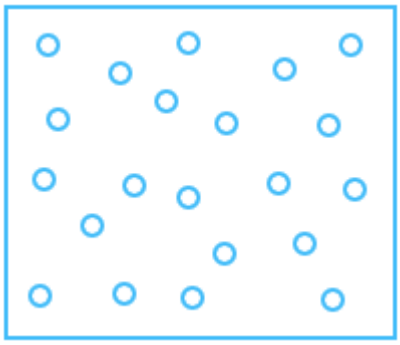
Action Go Rings

Learning Objectives
- Students will engage in MVPA for sustained periods of time.
- Students will apply offensive and defensive strategies in a large-group activity.
- Students will exhibit respectful and responsible behavior in small group situations.

Learning Targets
- I can participate in activities that keep my heart rate up.
- I can use dodging skills to avoid being tagged.
- I can work cooperatively and safely with others while following rules.

Teaching Cues
- Listen for the stop and start signals.
- Use a 2-finger safe tag between the shoulders and waist.
- When tagged, take off 1 ring and place it on the floor.

PREP
- 10 Sets of Rainbow® GoRings™
- 4 cones for boundaries



SET
- Create a large (30 x 30 paces) activity area.
- Scatter the rings around the entire play area.
- Designate a quarter of the students as Taggers.
- The remaining students are Collectors.
- Students begin the game scattered around the activity area.

TEACH
1. Lesson Objective
- The object of the game of **Action Go Rings** is to get as many points as you can by the end of each round by collecting as many rings as possible.

2. Instructions
- On the signal, Collectors rush to collect as many rings as possible, sliding the rings over their hands and onto their arms.
- Taggers attempt to tag collectors as quickly as possible.
- If a Collector is tagged, they remove 1 ring from their arm and place it on the floor.
- This Collector may not pick up the ring they just removed.
- If a Collector is tagged who does not have any rings on their arm, they perform a predetermined task to (10 jumping jacks, etc.) and continue participating in the game.
- After each round, Taggers become Collectors and new Taggers are selected.
- Scoring
  - Each ring the Collector has on their arm on the stop signal is worth one point each.
- Variations
  - Award points for different colored rings:
    - Red and green rings = 1 point.
    - Orange and blue rings = 2 points.
    - Yellow and purple rings = 3 points.

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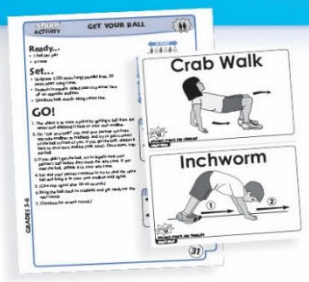

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