



Ready...

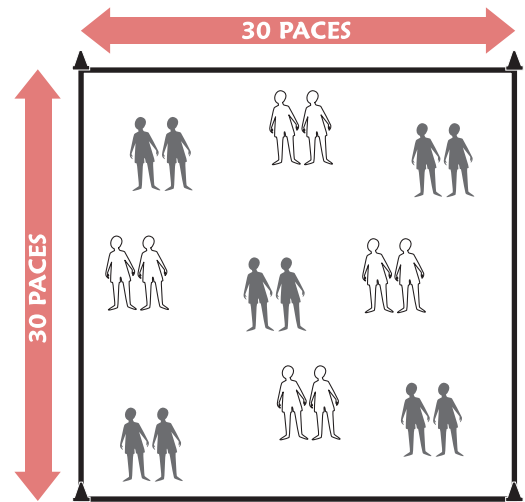
- 4 cones (for boundaries)

Set...

- Create large (30X30 paces) activity area.
- Pair students, scattered in area.

GO!

1. The object is to walk/jog and discuss various topics with your partner.
2. While you walk and jog with your partner, talk about (*topic samples below*):
 - Your favorite physical activity.
 - The last book you read.
 - The last movie you watched.
 - Your favorite fruit/vegetable.
 - If you were to become a professional athlete, what activity or sport would you play?
3. (*Continue for designated time. Add 30-60 seconds to the time moved in the previous lesson.*)



WALK/JOG/RUN

CHALLENGES

- ★ Can you talk in Pig Latin or another silly language that you make up?
- ★ Can 1 of you think of math problems for the other to solve?

CUES

- ★ Be a good listener, as well as a speaker.
- ★ Take turns being the first to talk.
- ★ Keep moving while you talk. Move at a pace that is comfortable to talk.

★ Class Chat

(Use topics from subjects being taught currently in the classroom. For example, spelling words, states and capitals, plant cell components, math problems, Boston Tea Party, art of the early Miwok, etc.)

★ Pedometer

(Need 1 pedometer per pair.) How quickly can you and your partner reach _____ steps (your call) while talking and moving?



ACADEMIC

Language Arts (Sequencing and Oral Communication)

One partner is the narrator and begins a story, i.e., “One day, a gym rat found a magic basketball,” or “Yesterday, a Hawaiian came to town with a mystery machine.”

Narrators tell the story until the signal (give them about 30 seconds). Then the other partner continues the story.

STANDARDS ADDRESSED

NASPE

#3, 4 Cardiovascular fitness

#5, 6 Cooperation, accepting challenges

Your State (Write in here)

PAULA'S POINTERS

- Allow students to choose their own partners.
- Pairs choose when to walk and/or jog.
- Groups of 3 are OK if there is an odd number.

NOTES

