

Learning Objectives

- Students will demonstrate teamwork and cooperation in a group activity.
- Students will accept challenges with others.
- Students will engage in physical activity with responsible interpersonal behavior.

Learning Targets

- I can work cooperatively and encourage others in activities.
- I can work with others to complete challenges.
- I can follow directions and participate safely with others.

Teaching Cues

- Communicate cooperate, and problem-solve with your group.
- Be creative and think outside the box to find different ways to get your noodle to the finish line..
- The noodle must be touching both of you at all times.

PREP

- 1 pool noodle per student
- 4 cones (for start and finish lines)
- 1 foam ball per 2 students



SET

- Create a large (30 x 30 paces) activity area.
- Use cones to create a start and finish line 10-15 paces apart.
- Pair students and provide each pair with 1 pool noodle.

TEACH

1. Lesson Objective

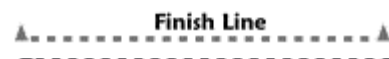
- The object of **Noodle Movers** is to work cooperatively with your partner and group to use your noodles to move the ball from the starting line to the finish line.

2. Noodle Travel

- How many different ways can you and your partner move the noodle from the starting line to the finish line without using your hands?
- The noodle must be touching both of you at all times.
- If you use your hands or the noodle falls to the ground you will go back to the starting line and try again.
- Come up with unique ways to get the noodle to the finish line.
- *(Sample ideas to prompt students who need help.)*
 - Balancing on your heads
 - Under your chins,
 - On top of feet,
 - On shoulders,
 - Between knees
 - Under arm pits

4. Movers and Shakers

- **Partner**
 - *(Students in pairs provide 2 noodles and 1 foam ball.)*
 - Stand across from your partner and each of you will hold the ends of the noodles right next to each other.
 - Place the ball on top of the noodles. Using your hands open and close the noodles to allow the ball to move the ball back and forth between your bodies. *(Allow 2-3 minutes for students to practice their technique.)*
- **Small Group**
 - *(Pairs combine to make a group of 4. Pairs stand side by side with their partner holding the noodle like before.)*
 - Practice moving the ball from 1 set of noodles to the other, handing it off without letting the ball hit the floor.
 - Next toss the ball from one set of noodles to the other. First from a short distance then gradually move farther away.
- **Large Group**
 - *(Groups of 4 combine to make 8 all standing behind the starting line with 1 ball per group.)*
 - First pair will start with the ball on their noodles then the other pairs will move in front side by side.
 - First pair moves the ball to the next group then runs to the end of the line.
 - Each pair then hands it off to the next pair and moves to the end.
 - When you get there walk back to the starting line and wait for the signal to begin again
 - *(Can progress to tossing the ball instead of handing it off.)*



Key Standards Addressed

Standard 1.5.1

Combines varied locomotor skills in a variety of practice tasks.

Standard 2.5.1

Applies movement concepts and strategies for safe movement within dynamic environments.

Standard 2.5.4

Demonstrates knowledge of appropriate movement concepts for performance of manipulative skills.

Standard 2.5.5

Demonstrates problem solving strategies in a variety of games/activities.

Standard 3.5.2

Uses communication skills to negotiate roles and responsibilities in a physical activity setting.

Standard 4.5.5

Recognizes group challenges through movement.

(The complete set of standards for this lesson can be found in the Curriculum Resources section on SPARKfamily.org)

SEL Competencies

Self-Awareness

Peer interaction, self-efficacy

Self-Management

Self-discipline

Social Awareness

Respect for others

Relationship Skills

Communication, teamwork

Responsible Decision-Making

Analyzing situations

Vocabulary

- average
- solve
- transition

Reflection Questions

- How did you show good communication and cooperation in this activity?
- What was the most challenging task you tried? Why?
- What could you do to make this activity easier? More challenging?

SPARK It Up!

1. Roller Alley

- Groups of 6, 6 noodles and 1 foam ball per group.
- Hold your noodles horizontally end to end to make 1 long track.
- Place 1 student at each end and then 2 students on each side.
- The students on the end will hold the ends of 2 noodles, 1 in each hand.
- The students on the side will hold noodles together 1 with L hand and 1 with R
- On the signal put the ball on top of the noodles at 1 end and attempt to move the ball to the other end of the noodles without it falling off.
- How quickly can you get the ball to one end and back to the start?

Teaching Suggestions

- Talk with students about using the noodle appropriately as to not break or damage the noodles. They also should not use it to strike other students.
- Discuss student safety and remind students to be careful as the run to the front of the tracks.
- Give students time to problem-solve and strategize.
- Modify the travel distance to provide increase the challenge or success rate.

Integration

Have you ever moved to a different home? How many times do you think the average person moves in their lifetime? Some people moved when they change jobs, some move to live closer to their family and some just want to live in a new house, neighborhood or city. Research shows that the average person moves 11 times in their lifetime! Moving can be very stressful because of the cost of transporting your belongings, packing and unpacking and getting used to a new

Teacher Reflections
