

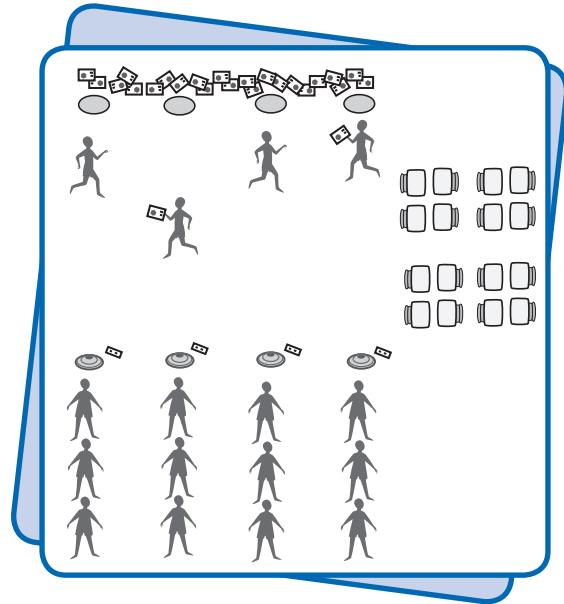
## SOCIAL STUDIES FITNESS RELAY

## Ready

- 1 half cone per 4 students
- 1 spot marker per 4 students
- *Social Studies Fitness Relay State Lists*
- *Social Studies Fitness Relay State Cards*

## Set

- Create 1 relay area per group with a half cone as the starting spot and a spot marker 10 paces (or more) away from the half cones. This will create 2 parallel lines of markers and cones.
- Spread the *Fitness Relay State Cards* in the area behind the spot markers.
- Place 1 *Fitness Relay State List* next to each half cone.
- Create groups of 2-4 students, each group behind a half cone. (Use 2 sets of lists and cards as needed.)



## GO!

1. Today's activity is called *Social Studies Fitness Relay*. The object is to collect all of the state cards on your group's list before the stop signal. You'll do that by sending 1 group member at a time past the spot markers to collect a state from your list.
2. When a group member returns, the next begins to move. Those of you waiting in line for a turn will do invisible jump rope (or another stationary activity) until it's your turn.
3. On the start signal, the first person in line will skip (or another locomotor skill) to the *State Cards*.
4. Freeze when you hear the stop signal.
5. **Challenges**
  - Without looking at the cards, who can tell us a state from their list, along with the Capital?
6. **Discussion**
  - There are 8 basic locomotor skills. Which do you like the best? Why?
  - Can you think of activities that require different locomotor skills? Who can give an example?
7. **Quick Cues**
  - Move safely between the half cone and spot marker.
  - Place *State Cards* carefully in front of your group's half cone as you return.

# SOCIAL STUDIES FITNESS RELAY

## MIND/BODY CONNECTION

**Peripheral vision development helps reading** – Eye fitness impacts reading readiness. When students watch screens, their eyes lock in constant distant vision, and the muscles that control eye movement atrophy. Regular physical activity provides unique opportunities for strengthening the eye muscles needed for tracking characters on a page.



## HOME PLAY

The Hawaiian state bird is the Nene. A Nene bird is a species of goose only found in Hawaii. It's an herbivore, meaning that it only eats plant-based foods. Humans also benefit from eating a mostly plant-based diet. In fact, half of your plate at each meal should be filled with vegetables and fruits. Plus, nearly all of the remaining plate should be filled with whole grains. Now, that's a plate a Nene would love to eat from!



## STANDARDS ADDRESSED

- People, places and environments
- Culture

### NOTES




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## TEACHING TIPS

- Start relays with a slow locomotor movement like walking or marching, then gradually build speed after students demonstrate safe movement.
- Challenge students to move for the duration of the activity, especially while they wait for a turn to collect a *State Card*.

### NOTES

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