Ready
• 4 cones (for boundaries)
• 1 spot marker per student
• Music and player
• 1 hoop per student (optional)
• 2 beanbags per student (optional)

Set
• Create medium (20X20 paces) activity area.
• Scatter spot markers within boundaries.
• Send students to stand on a spot marker.

GO!
1. Personal Space Review
   • What is the area on and around your spot called? (Home base) What can you do to make sure you have enough personal space to move safely? (The Helicopter) Show me your helicopter; twist and turn with your arms at shoulder height.
   • Challenges – Can you...
     o Jump side-to-side over your home?
     o Jump to the R, back on your home; to the L, back on your home; Forward, back on your home; and finally Backward, then back on your home.
     o Make a lower case letter “t” with your jumps? Practice your “t” until you hear the stop signal. (Give 20-30 seconds to practice.)
     o Stand behind your home base and step over it? Now step with the other foot. How many times can you step over your home before the signal? (Give 10-15 seconds to practice.)

2. Creative Words and Moves
   • What does creativity mean? We will practice moving creatively in our next activity.
   • When I say a word, think how you could move to show me that word.

3. General Space Introduction
   • General space is the space we all share. It is the space inside our boundaries (lines on floor, coned area, etc.).
   • When in general space, we move without bumping or shoving others.
4. **Go Away, Go Home**
   - When I say, “Go away,” leave your home base, and walk inside our general space. While moving, keep a safe distance from others.
   - When you hear, “Go home,” return to your home base (*spot marker*).
   - How safely can you move in general space?
   - How quickly can you return home?
   - *(Repeat several times.)*

5. **Scrambled Eggs**
   - When you hear, “Scrambled eggs!” move safely within general space any way you wish.
   - On signal, freeze right where you are. Can you freeze in a position without moving or falling over?
   - If you hear, “Go home!” return to your home base.
   - Show how well you listen and freeze.
   - Watch for others moving in general space; no bumping or touching.
   - *(Repeat many times until learned and signals are followed quickly.)*

6. **Wrap It Up**
   - What people and objects were within your general space today? Are there any people or objects within your personal space right now?
   - Who can name an animal that lays eggs – besides a chicken? (*Ducks, geese, ostriches, etc.*)
   - Let’s review our key words from today. *(These are the underlined words/phrases in the GO section.)*
**SPARK IT UP!**

- **Switcheroo**
  When moving in general space, if you hear “Switcheroo,” do not return to your home base. Go to a different spot.

- **Freeze Dance**
  (Play The Freeze from the ASAP unit. Students move within boundaries and stop when they hear the word “Freeze!”)

- **Gathering Coconuts**
  (Scatter 1 hoop per student throughout activity area. Place 2 beanbags inside each hoop. Ask each student to stand inside a hoop. Give instructions.) When you hear my start signal, walk to another hoop (“coconut tree”), and take (“harvest”) a beanbag (“coconut”) from within and bring it to your home hoop. Take only 1 at a time. On the stop signal, count your coconuts!

**STANDARDS Addressed**

- **National PE Standards**
  - **Movement/Skills:** Spatial awareness, nonlocomotor skills, locomotor skills
  - **Fitness:** Participates in physical activities that are enjoyable and challenging
  - **Personal/Social:** Participates, appreciates, enjoys movement, cooperates in large group activities

- **Your State** (Write in here)

- **PAULA’S POINTERS**
  - Use “Scrambled Eggs” to signify that students may choose the way they move.
  - Show those having difficulty stopping and maintaining their balance how to bend their knees and widen their stances (for lower centers of gravity).
  - Alternate “Freeze” and “Go home” until students are proficient.
  - Praise those following signals quickly and moving in general space without touching others.

**Vocabulary**
General space, boundaries, creativity, coconuts

**Wellness**
Keep your personal space neat and clean! Who washes their hands before eating and after using the restroom? Who brushes their teeth after eating and before going to bed?