

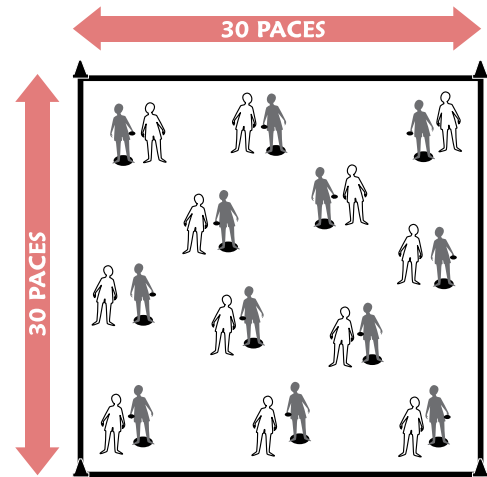


Ready

- 4 cones (for boundaries)
- 1 spot marker per 2 students
- 1 tiny object that can be hidden in student's hand (button, rock, pompon, etc.) per 2 students
- Music and player (optional)

Set

- Create large (30X30 paces) activity area.
- Scatter spot markers (rocks) within area.
- Pair students; divide pairs into Snakes and Lizards.
- Give each Snake an object and have each stand on a "rock" (spot).
- Lizards stand next to their Snake partner.



ASAP

GO!

1. Our ASAP is called *Snakes and Lizards*.
2. I'll say different ways for our Lizards to move in a circle around our snakes. Lizards, on the start signal you will move around your Snake 3 times.
3. Snakes, stay on your rock and perform a balance I call.
4. Lizards, after moving around your Snake 3 times, stop in front of your partner.
5. Snakes, put your hands behind your back and hide object in 1 hand. Bring your hands out in front.
6. Lizards, guess which hand holds the object.
7. If you guess correctly, switch roles with your Snake partner. If you guess incorrectly, you will again move 3 times around your Snake.
8. We'll do this again, but this time, Lizards, you will move around the perimeter of the activity area until you hear the stop signal, then you will return to your Snake and guess which hand holds the object.
9. (*Sample locomotor skills and balances: skip/stand on 1 foot, side-slide/stand on the other foot, gallop/stand on tip-toes, jog/balance on 1 foot and 1 hand, fast walk/balance on 1 knee, etc.*)
10. **Wrap It Up**
 - Snakes and lizards live in the desert, where it is hot. Why is it important to drink water during and after physical activity – especially when it's hot?
 - The K in SPARK stands for "Keep H₂O the Way to Go." H₂O is the chemical symbol for water.
 - Water makes our bodies happy. Sugary soft drinks are not a healthy choice.

SNAKES AND LIZARDS

* SPARK™ IT UP!

* Any Snake

This time you are not in pairs. Lizards, you can now move throughout the general area between all of the other Snakes. On my signal, approach any Snake and guess which hand holds the object. Switch roles with that Snake if you guess correctly (just 1 guess per round).

* Right or Wrong

If you guess correctly, before you switch roles, both do 3 jumping jacks. If you guess incorrectly, both do 3 curl-ups.



ACADEMIC

Language Arts

(Read Lizard's Home by George Shannon. In this story, the snake tries to double-cross the lizard that outsmarted him. Discuss demonstrating respect for self and others; acceptable responses to challenges, successes and failures, and the characteristics of sharing.)



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Spatial awareness, locomotor skills, balance

Fitness:

Cardiovascular endurance

Personal/Social:

Participates, appreciates, enjoys movement, cooperates in small group activities

Your State (Write in here)



PAULA'S POINTERS

- Teach and remind students to pace themselves as they move around the perimeter.

NOTES

