

## ACTIVITY CARD

# JUGGLING SCARF

Activity Name	Description	Outcome Focus
<b>PART 1</b>		
Shapes & Directions	<ul style="list-style-type: none"> <li>Scarf in front of body, make giant clockwise circles.</li> <li>Scarf over head, make small counterclockwise circles.</li> <li>Scarf out to the right side, make a square.</li> <li>Scarf out to the left side, make a triangle.</li> <li>Switch hands and repeat all of the above.</li> </ul>	Understands Directions and Relationships with Objects
Locomotor Moves	<ul style="list-style-type: none"> <li>Scarf like a horse's tail, gallop in open space.</li> <li>Scarf scrunched like a rabbit's tail, jump in open space.</li> <li>Fold in half like a deer's short tail, leap in open space.</li> <li>Scarf long like a cheetah's tail, run in open space.</li> </ul>	Performs Locomotor Skills
Levels	<ul style="list-style-type: none"> <li>Waive scarf at a high level, skip in open space.</li> <li>Waive scarf at a medium level, side-slide in open space.</li> <li>Waive scarf at a low level, walk in open space.</li> </ul>	Travels Demonstrating Low, Middle, and High Levels
Pathways	<ul style="list-style-type: none"> <li>Hold scarf in front, draw a straight pathway in the air.</li> <li>Draw a curved pathway like a rainbow.</li> <li>Draw a zig-zag pathway.</li> <li>Now use each of these pathways to march in open space.</li> </ul>	Travels in 3 Different Pathways
Letters & Numbers	<ul style="list-style-type: none"> <li>The scarf is a pen. Write the letters of the alphabet in the air.</li> <li>Write words from our word wall.</li> <li>Write numbers.</li> <li>Write the answers to math questions that I ask.</li> </ul>	Academic Integration
Tail Tag	<ul style="list-style-type: none"> <li>Tuck scarf 2 or 3 inches into your belt loop or waistband. On the start signal, try to pull off others' tails without your tail being pulled. If you pull a tail, hand it right back to the person you pulled it from. They will do 5 jumping jacks and then get right back in the game. Start at a speed walk pace (can progress to a run).</li> </ul>	Demonstrates Locomotor Skills Using Mature Patterns
<b>PART 2</b>		
Toss & Catch	<ul style="list-style-type: none"> <li>Experiment with different ways of tossing and catching 1 scarf (e.g., low/high, different body parts, spin and catch). Move to the rhythm of the music.</li> </ul>	Moves in Self-Space in Response to a Rhythm
Toss Two	<ul style="list-style-type: none"> <li>Hold 1 scarf in each hand. Experiment with different ways of tossing and catching 2 scarves. Move to the rhythm.</li> </ul>	Moves in Self-Space in Response to a Rhythm
Partner Mirror	<ul style="list-style-type: none"> <li>Face a partner. One partner is a performer, the other is a mirror. Emphasize slow and controlled movements. Move to the rhythm.</li> </ul>	Differentiates Between Self and General Space
Partner Lead	<ul style="list-style-type: none"> <li>It's a 2 person parade. Line up and then follow the leader in the activity area. Waive each scarf like a flag. Move to the rhythm. On signal, change locomotor skills.</li> </ul>	Moves in General Space/Combines Locomotor Skills to a Rhythm
Partner Juggle	<ul style="list-style-type: none"> <li>Face each other. Start with 1 scarf each. Both partners toss across to each other at the same time. Progress to 2 scarves each. Move to the rhythm.</li> </ul>	Moves in Self and General Space to a Rhythm
Group Juggle	<ul style="list-style-type: none"> <li>In groups of 3 to 5, each student with 1 scarf. On start signal, toss to the student on your right. Quickly catch the scarf coming from your left, then repeat. Move to the rhythm.</li> </ul>	Moves in Self and General Space to a Rhythm

## ACTIVITY CARD

# BEAN BAG

Activity Name	Description	Outcome Focus
<b>PART 1</b>		
Locomotor Moves	<p>With bean bag on the floor in personal space:</p> <ul style="list-style-type: none"> <li>Walk around the activity area and count all of the bean bags.</li> <li>Jog in the area. On signal, freeze and point to any beanbag.</li> <li>Gallop in the area. Freeze, listen for a color, and then find a beanbag that color and touch it with your toe.</li> <li>Leap over beanbags in area.</li> <li>Slide (jump, hop, skip) in the area. When music stops, find a new bean bag and stand on it.</li> </ul>	Travels in Relationship with Objects
Toss and Try	<p>Toss bean bag straight up and then:</p> <ul style="list-style-type: none"> <li>Clap 1 time before it hits the floor.</li> <li>Clap 1 time and then try to catch it.</li> <li>Clap as many times as you can before it hits the floor.</li> <li>Clap as many times as you can and then try to catch it.</li> <li>Toss with right hand only (repeat tasks above)</li> <li>Toss with left hand only (repeat tasks above)</li> <li>Toss and turn 360 degrees before the bean bag hits the floor.</li> <li>Start with the beanbag on top of your foot. Flip it into the air and try to catch it.</li> </ul>	Catches a Soft Object
Super Moves	<p>With bean bag on the floor:</p> <ul style="list-style-type: none"> <li>Stretch your body and log roll over it back and forth.</li> <li>Start low like a frog, and then jump over it backward and forward; side-to-side.</li> <li>Sit on the floor. Stretch and curl by picking the beanbag up with your feet, reaching and touching it with your hands, and then stretching and setting it back down.</li> </ul>	Demonstrates Twisting, Bending, Stretching
<b>PART 2</b>		
Balancing Act	<p>With bean bag balancing on head, shoulders, or back:</p> <ul style="list-style-type: none"> <li>Balance on one foot. Shift to balance on the other foot.</li> <li>Sit and then stand again. If the beanbag falls, try again.</li> <li>In plank position, slowly slide your feet around in a circle.</li> </ul>	Weight Transfer and Balance/Stability
Slow and Fast	<ul style="list-style-type: none"> <li>Use your foot to slowly slide the bean bag around the activity area.</li> <li>Slide the bean bag on the ground, back and forth from hand to hand. How fast can you make the bean bag slide while keeping it under control?</li> </ul>	Differentiates between fast and slow speeds and strong and light force.
Target Practice	<p>Each student finds a spot on the wall as a target (e.g., a brick, piece of paper, etc.) Toss the bean bag underhand to:</p> <ul style="list-style-type: none"> <li>Hit the center of the target.</li> <li>Hit the edges of the target.</li> <li>Hit just above (below, to the sides) of the target.</li> </ul>	Throws Underhand Using a Mature Pattern
Partner Fun	<p>Using 1 beanbag per pair:</p> <ul style="list-style-type: none"> <li>Toss and catch the bean bag.</li> <li>Slide it back and forth on the ground.</li> <li>Pass it back and forth like a soccer ball, using your feet.</li> <li>Try all of the above using 2 bean bags</li> </ul>	Working With Others

## ACTIVITY CARD

# HAND SKILLS

Activity Name	Description	Outcome Focus
<b>PART 1</b>		
Toss and Try	<p>With ball in personal space:</p> <ul style="list-style-type: none"> <li>• Bounce the ball and catch it.</li> <li>• Toss the ball up and catch it.</li> <li>• Toss the ball up, clap and catch it.</li> <li>• Toss and catch with the right hand only.</li> <li>• Toss and catch with the left hand only.</li> <li>• Toss from hand to hand.</li> </ul>	Catches a soft object/ball from a self-toss.
Sorta Sporty	<ul style="list-style-type: none"> <li>• Dribble with hands and then feet, moving in different pathways.</li> <li>• Shoot like a basketball so it arcs and lands right in front of your feet.</li> <li>• Bowl (roll) the ball against the wall.</li> <li>• Toss against the wall and catch on a bounce off the floor; without a bounce.</li> <li>• Kick against the wall so it bounces straight back to you.</li> </ul>	Travels Demonstrating Low, Middle, and High Levels, as well as a Variety of Relationships with Objects
Rolling Around	<p>Standing, roll the ball around your body:</p> <ul style="list-style-type: none"> <li>• In a circle, clockwise around both feet together; counterclockwise.</li> <li>• Back and forth in front of the body; behind the body.</li> <li>• In a circle around 1 leg and then the other.</li> </ul> <p>On the floor:</p> <ul style="list-style-type: none"> <li>• In plank position, back and forth from hand-to-hand.</li> <li>• In sit-up position, between feet and then up overhead.</li> </ul>	Transfers Weight, Changes Directions and Understands Relationships with Objects
<b>PART 2</b>		
Partner Passes	<p>With a partner:</p> <ul style="list-style-type: none"> <li>• Roll the ball back and forth.</li> <li>• Bounce the ball to each other. Try light and strong bounces.</li> <li>• Toss and catch with an underhand throw.</li> <li>• Toss the ball high and jump to make a catch.</li> <li>• Toss the ball low and bend to make a catch.</li> </ul>	Throws Underhand Using a Mature Pattern, Catches a Well-Thrown Ball with Hands, Works with Others
Double Trouble	<p>With a partner, each partner with a ball:</p> <ul style="list-style-type: none"> <li>• Roll the balls at the same time so they crash into one another.</li> <li>• Roll the balls at the same time so they pass each other and make it to the opposite side.</li> <li>• One partner bounce passes, the other tosses across.</li> <li>• Mirror: One partner moves the ball in personal space while the other mirrors the movements.</li> <li>• Follow the leader: With one partner in front and the other in back, the front partner will move through the activity area performing ball "tricks" while the other follows and copies the movements.</li> </ul>	Differentiates Between Self and General Space, Works with Others

## ACTIVITY CARD

# HULA HOOP

Activity Name	Description	Outcome Focus
<b>PART 1</b>		
Puddles	Lay the hoop flat on the ground. <ul style="list-style-type: none"> <li>Jump in and out of the hoop with a balanced landing.</li> <li>Hop in and out of the hoop.</li> <li>Gallop, skip, jog around the hoop.</li> </ul>	Demonstrates Locomotor Skills (Including Jumping) Using Mature Patterns in Relationship to Objects
Walk Around the World	Lay the hoop flat on the ground. <ul style="list-style-type: none"> <li>Placing hands in the hoop with feet on the outside.</li> <li>Transfer weight from hand to hand as you walk your feet around the outside of the hoop.</li> </ul>	Transfers Weight from One Body Part to Another in Self-Space
Cliff Hanger	Lay the hoop flat on the ground. <ul style="list-style-type: none"> <li>Slowly balance on the hoop and walk all the way around the edge.</li> </ul>	Travels Demonstrating a Variety of Relationships with Objects
Blast Off	Hold the hoop over your head so you can look up and out of the hoop's center. <ul style="list-style-type: none"> <li>Count down from 5 to 0 and then drop the hoop while holding your hands and arms together in a rocket pose. It's a successful launch if the hoop doesn't touch any part of your body.</li> </ul>	Forms Wide and Narrow Body Shapes
Musical Hoops	Everyone's hoops are laying flat on the ground. <ul style="list-style-type: none"> <li>When the music starts, gallop (hop, jump, skip) in open space without stepping on or in any hoops. When the music stops, walk to a hoop and step inside it. It's okay to share hoops with your classmates. Teachers, play 8 rounds using all locomotor skills. Take away 1 hoop after each round to encourage students to share and cooperate.</li> </ul>	Demonstrates Locomotor Skills (Including Jumping) Using Mature Patterns in Relationship to Objects, Shares and Works with Others
<b>PART 2</b>		
Shuffle Around	Lay the hoop flat on the ground. <ul style="list-style-type: none"> <li>With both feet inside the hoop, shuffle your hoop around the area. Move using different pathways.</li> </ul>	Travels in Three Different Pathways
Bus Driver	Hold the hoop out in front of you like a steering wheel. <ul style="list-style-type: none"> <li>Safely drive around the activity area at a walking speed.</li> <li>Listen for "Navigation Instructions" from the teacher (e.g., forward, back, right, left, clockwise, zigzag, etc.).</li> </ul>	Differentiates Between Movement in Personal and General Space, Travels in Different Pathways and Directions
Helicopter	Hold the hoop up over your head like the propellers on a helicopter. <ul style="list-style-type: none"> <li>Safely fly around the activity area on your tip toes.</li> <li>Slowly come in for a landing so that you're sitting with your legs crisscrossed.</li> <li>Take off again and listen for "Navigation Instructions" from the teacher.</li> </ul>	Travels Demonstrating Low, Middle, and High Levels, as well as a Variety of Relationships with Objects
Lucky Coin	Spin the hoop like a coin in your own personal space.	Moves in Self Space
Balancing Act	Lay the hoop flat on the ground. <ul style="list-style-type: none"> <li>Perform different balances inside the hoop (e.g., stand on 1 leg, switch legs, 1 foot inside and 2 hands outside, 1 hand inside and 2 feet outside, etc.)</li> </ul>	Maintains Stillness/Balances on Different Bases of Support

# ACTIVITY CARD

## NOODLES

Activity Name	Description	Outcome Focus
<b>PART 1</b>		
Tracks	<ul style="list-style-type: none"> <li>Be an elephant. The noodle is your trunk. Walk slowly staying in personal space – including your trunks!</li> <li>Be a dinosaur. Noodle is a snout. Jog in open space.</li> <li>Unicorns! The noodle is a horn. Use a fast-tempo gallop.</li> </ul>	Space Tempo
Move It, Move It	<ul style="list-style-type: none"> <li>Lay noodle down and skip around it. (Curved)</li> <li>Hop along the side of the noodle. (Straight)</li> <li>Leave noodle on floor. Jump to a new noodle. (Zig-zag)</li> <li>Leap over your new noodle. (large &amp; small extensions)</li> <li>Side-slide far away from your noodle (near vs. far).</li> </ul>	Locomotor Skills Pathways Extensions
Balancing Act	<ul style="list-style-type: none"> <li>Balance the noodle horizontally on any body part at a low level; medium level; high level.</li> <li>Balance the noodle on the ground horizontally to make a wide statue; balance it vertically to make a narrow statue.</li> </ul>	Levels Narrow/Wide
Motocross	<ul style="list-style-type: none"> <li>The noodles are handle-bars. Open space is your race course. Follow directions to score points.</li> <li>Travel through mud (bound), and now on dry land (free).</li> <li>Teacher says: forward/backward; right/left; up/down; clockwise/counterclockwise.</li> </ul>	Flow (bound/free) Directions
Gymnast	<ul style="list-style-type: none"> <li>With noodle laying down, transfer weight over the noodle.</li> <li>Make plank position under the noodle.</li> <li>Stretch and hold the noodle far away from your body.</li> <li>Hold the noodle near the body and twist around it.</li> </ul>	Relationships Non-Manipulative
<b>PART 2</b>		
Mirror This	<ul style="list-style-type: none"> <li>Teacher leads students through a fun “workout.” Students copy (mirror) the teacher’s movements.</li> <li>Pick 2-3 students to lead. Students match student leaders.</li> <li>Facing a partner, take turns leading and following a variety of stationary movements using the noodles.</li> </ul>	Relationships
Falling Down	<ul style="list-style-type: none"> <li>Facing a partner. One partner balance the noodle (vertically) on palm of the left hand. The other partner counts down, “3,2,1,” and then tries to catch their partner’s noodle before it falls to the ground.</li> </ul>	Relationships Cooperation
The Rocket	<ul style="list-style-type: none"> <li>Students hold noodle in a loose grip 6” from the bottom. Empty hand is open below the noodle with palm flat.</li> <li>Count down 5,4,3,2,1 and strike the bottom of the noodle to underhand volley it in the air. Student try to catch it before it hits the ground.</li> </ul>	Volley (underhand) Catching
Hockey	<ul style="list-style-type: none"> <li>The long noodles are hockey sticks and the small noodles (or fluff balls) are pucks. Skate around the floor stick-dribbling the pucks with the noodle sticks.</li> </ul>	Manipulative (long handle)
Clean the Locker Room!	<ul style="list-style-type: none"> <li>Divide class in half. One team per side.</li> <li>On “Go” each team uses hockey skills to clear all of the small noodles from their side.</li> </ul>	Manipulative (long handle)
Noodle Tag	<ul style="list-style-type: none"> <li>This is a 1v1 (no running) tagging game.</li> <li>Facing a partner, students attempt to tag their partner’s foot with the noodle. The first partner to three points wins.</li> </ul>	Responsibility