

# 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<br>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<br>Pathways<br>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<br>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)<br>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<br>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<br>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)<br>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<br>(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<br>(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                             |