

FROSTBITE TAG

STUDENT TARGETS

- **Fitness:** I will increase my heart rate to improve my fitness.
- **Social & Emotional Learning:** I will work safely by controlling my movement and my behavior.

TEACHING CUES

- Control Your Speed
- Be Aware of Space and Others
- Move and Tag Safely

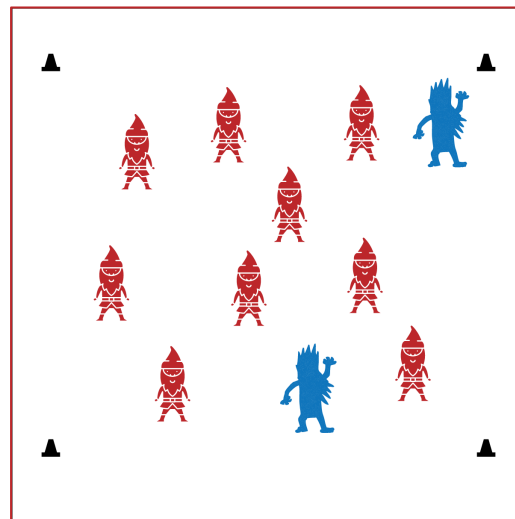
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 4 cones to create boundaries
- 2-3 noodles to identify the taggers

Set-Up:

1. Create a large playing area using the 4 cones.
2. Scatter students in the activity area.
3. Identify 2-3 taggers by giving them noodles.



Activity Procedures:

1. Let's warm up our bodies for physical education class by playing Frostbite Tag. Frostbite occurs when our skin isn't covered in cold winter weather. Frostbite can cause damage to your skin. That's why it's important to dress appropriately in cold weather.
2. When I say "GO!" we'll begin at a speed-walking pace. Taggers will do 10 jumping jacks to give you time to move away. The taggers are "frostbite" looking for students with exposed skin on cold winter day.
3. If you're tagged, stop moving and act like you're freezing cold. You are frozen until a classmate comes up to you and wraps an imaginary blanket around you and then gives you a double high five to increase blood flow to your frozen hands.
4. Stop and freeze when you hear the stop signal. We will change taggers and begin again.

Modifications:

- Prompt students to use a variety of locomotor skills.

STANDARDS & OUTCOMES ADDRESSED

- **Standard 4 [E6.K-5]** Follows teacher directions for safe participation and proper use of equipment with minimal reminders (K); Follows teacher directions for safe participation and proper use of equipment without teacher reminders (1); Works independently and safely in physical education (2a); Works independently and safely in physical activity settings (3); Works safely with peers and equipment in physical activity settings (4); Applies safety principles with age-appropriate physical activities (5).

DEBRIEF QUESTIONS

- DOK 1:** What is a consequence?
- DOK 2:** How does decision-making affect consequences?
- DOK 3:** On a cold winter day, what decisions can you make about what you wear in order to avoid negative consequences?
- DOK 3:** What decisions can you make in physical education class to avoid negative consequences?