

PUMPKIN PATCH TAG

STUDENT TARGETS

- ✔ **Fitness:** I will recognize what happens to my breathing and heart rate when I move fast.

TEACHING CUES

- ✔ Eyes Up
- ✔ Be Aware of Your Surroundings
- ✔ Safe Tagging

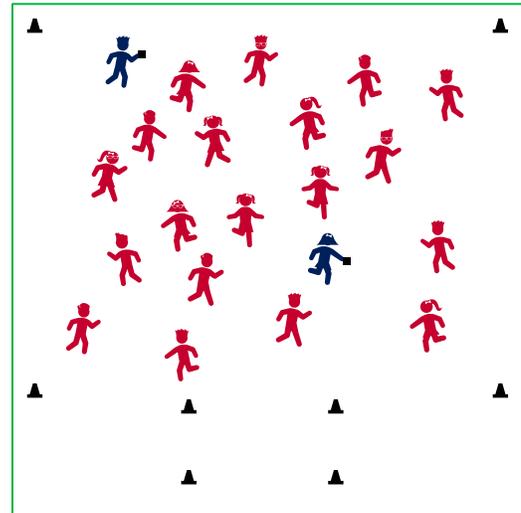
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 4 cones for boundaries
- ✔ 4 cones to show the pumpkin patch boundary
- ✔ 2-4 bean bags to identify taggers

Set-Up:

1. Create a large playing area using 4 cones.
2. Create a designated area to represent the pumpkin patch.
3. Scatter students in the activity area.
4. Pick 2-4 students to be the taggers (depending on class size and room size). Give each one a bean bag to identify them as taggers.



Activity Procedures:

1. Today we're going to warm up our bodies for physical education class by playing Pumpkin Patch Tag.
2. When I say "GO!" begin playing at a speed-walking pace. The taggers will do 5 jumping jacks to give you time to move away from them.
3. If you're tagged, go into the pumpkin patch (designated area) and do 5 Pumpkin Pick-Ups (i.e., squats).
4. After you've completed the Pumpkin Pick-Ups, you can reenter the playing area.
5. Freeze when you hear the stop signal and we'll change taggers.

Grade Level Progression:

K: Keep the pace at a speed-walk.

1st – 2nd: When students demonstrate safe movement, increase the pace to a skip or gallop.

3rd – 5th: When students enter the pumpkin patch, have them choose any exercise that contributes to their fitness before reentering the game.

STANDARDS & OUTCOMES
ADDRESSED

- ✔ **Standard 3 [E3.K]** Recognizes that when you move fast, your heart beats faster and you breathe faster.
- ✔ **Standard 3 [E3. 2b]** Identifies physical activities that contribute to fitness.

DEBRIEF
QUESTIONS

- ✔ **DOK 1:** What happened to your breathing/heart rate when we were active?
- ✔ **DOK 2:** Why does exercise make your breath/heart rate faster?
- ✔ **DOK 1:** What muscles were being used when you were in the pumpkin patch?
- ✔ **DOK 2:** What other exercises could you do to help your fitness while you're in the pumpkin patch?