

SNOWMAN TAG

STUDENT TARGETS

- ✔ **Fitness:** I will identify different activities that contribute to my fitness.

TEACHING CUES

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

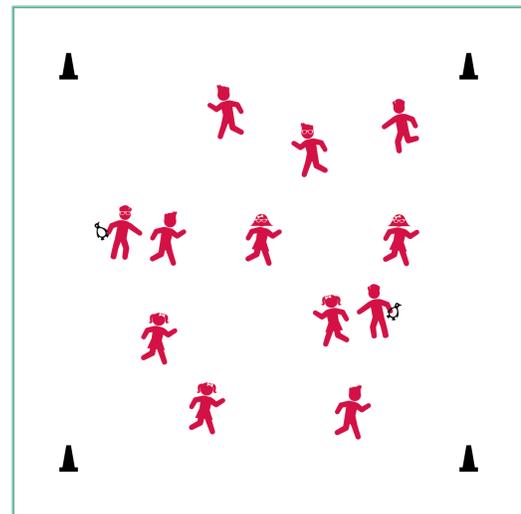
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 4 cones for boundaries
- ✔ Bean bags or rubber critters to identify taggers

Set-Up:

1. Create a large playing area using the 4 cones.
2. Scatter students in the activity area.
3. Identify 2 or 3 taggers by giving them bean bags or critters.



Activity Procedures:

1. Today we're going to warm up our bodies for physical education class by playing Snowman Tag.
2. When I say "GO!" we'll begin 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, crouch down and hug your knees so you look like the base of a snowman.
4. To be freed, a classmate will come over and stack their fists, one-by-one, on top of each other to form a snowman with 3 fists. As you stack hands say "1, 2, 3, snowman!" On, "Snowman!" you're then free and can continue playing.
5. Freeze when you hear the stop signal and we'll change taggers.

Grade Level Progression:

K: Use a speed-walking pace.

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

3rd – 5th: When the students finish creating snowmen with their hands, add a star jump before returning to the game. Add a basketball, soccer, or floor hockey dribble as an extended challenge.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E3.2]** Identifies physical activities that contribute to fitness (2b).
- ✔ **Standard 3 [E1.4]** Analyzes opportunities for participating in physical activity outside of physical education class (4).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What winter activities can you do outside of physical education class that contribute to your fitness?
- ✔ **DOK 2:** How do these activities contribute to your fitness? Provide facts as support.