



## JUNE BUG TAG

### STUDENT TARGETS

- ✔ **Fitness:** I will work on abdominal/core strength by holding June Bug pose for 10 seconds before re-entering the tag game.

### TEACHING CUES

- ✔ Eyes up
- ✔ Be aware of your surroundings
- ✔ Safe tagging

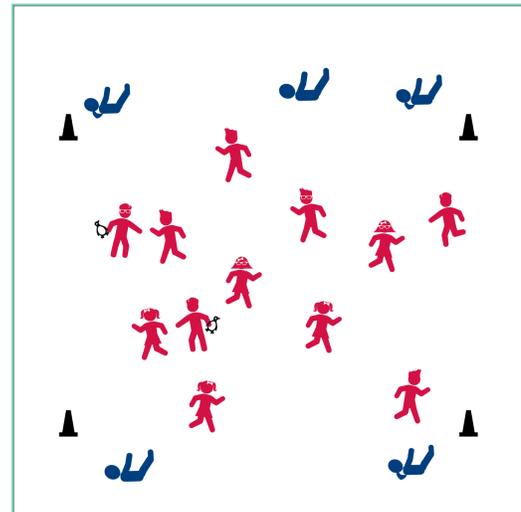
### ACTIVITY SET-UP & PROCEDURE

#### Equipment:

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

#### Set-Up:

1. Use 4 cones to create a large playing area.
1. Scatter students in the activity area.
2. Give bean bags/critters to 3 students to identify them as taggers. Identify taggers as moles, birds, or chipmunks.



#### Activity Procedures:

1. Today we're going to warm up our bodies and work on abdominal strength by playing June Bug Tag.
2. Did you know that June Bugs are actually green beetles most commonly found in the eastern United States? They appear in the month of June and have a complete lifecycle of only 1 year. However, they have to keep a look out for moles, birds, and chipmunks, who love to eat June Bugs!
3. When I say "GO!" you will become a June Bug and begin playing at a speed-walking pace. The 3 taggers will be a mole, bird, and chipmunk and will do 5 jumping jacks to give you time to move away from them.
4. If you're tagged, move to the sideline and hold June Bug Pose for 10 second. After 10 seconds you can re-enter the game.
5. Hold June Bug Pose by laying on your back with your feet and hands straight up in the air and your head off the floor. You should look like an upside down bug with its legs in the air.
6. Freeze when you hear the stop signal and we'll change taggers.

#### Grade Level Progression:

**K:** Keep the pace at a speed walk.

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

**3<sup>rd</sup> – 5<sup>th</sup>:** Add more challenging strength poses (e.g., plank, squat, etc.).

#### STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E3]** Actively engages in physical education class.
- ✔ **Standard 3 [E6]** Differentiates between healthy and unhealthy foods.

#### DEBRIEF QUESTIONS

- ✔ **DOK 1:** June Bugs provide their predators with protein. What foods do you eat in order to get protein?
- ✔ **DOK 2:** Why are some protein foods considered lean proteins?