

Ahh, Umm, Err

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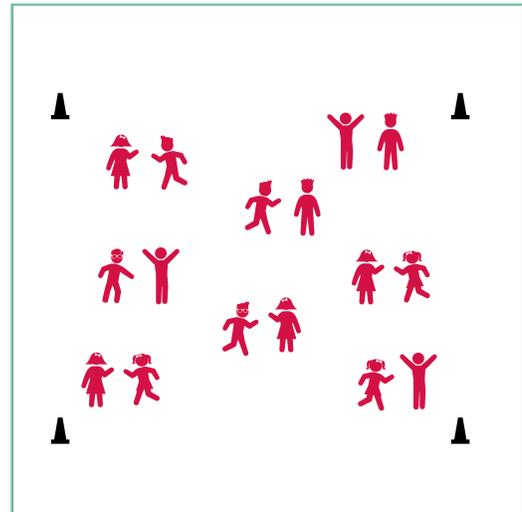
STUDENT TARGETS

- ✔ **Fitness:** I will articulate the relationship between food choices and personal health.
- ✔ **Personal & Social Responsibility:** I will follow the rules of the physical education learning environment.

TEACHING CUES

- ✔ Stay Active
- ✔ Act Responsibly

ACTIVITY SET-UP & PROCEDURE



Equipment:

- ✔ None

Set-Up:

1. Pair students.
2. Each pair safely spaced in the activity area.

Activity Procedures:

1. It's time for the Ahh, Umm, Err Challenge! The object is for the Storyteller to tell their partner a story without saying, "Ahh," "Umm," or "Err."
2. When you hear me yell, "Huddle Up!" all Storytellers will hustle in to our huddle. I'll give you a story-starter. On, "Break!" hustle back to your partner (the Active Listener) and begin telling your story.
3. All Active Listeners must stay active while the Storyteller is talking. Do invisible jump ropes, invisible dumbbell exercises, or something else that's safe and active.
4. If an Active Listener catches a Storyteller saying, "Ahh," "Umm," or "Err," put both hands in the air and say, "STOP! GOTCHA!" Then, choose an exercise that both partners must do until you hear me say, "Huddle Up!"
5. Then, change roles and repeat so we can play again!

Grade Level Progression:

K – 2nd: Choose a familiar story for students to retell to their partner. Collaborate with classroom teachers to use literature they are reading in Language Arts.

3rd – 5th: Prompt students to retell the details of nonfiction work (e.g., how food choices impact personal health, how to prepare a healthful meal, or historical events).

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E6.5]** Analyzes the impact of food choices relative to physical activity, youth sports & personal health (5).
- ✔ **Standard 4 [E2.K-2]** Acknowledges responsibility for behavior when prompted (K); Follows the rules/parameters of the learning environment (1); Accepts responsibility for class protocols with behavior and performance actions (2).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What is personal responsibility?
- ✔ **DOK 2:** How would you apply personal responsibility to this activity?
- ✔ **DOK 3:** How is personal responsibility related to your food choices and your personal health?