

R,P,S VICTORY LAP

STUDENT TARGETS

- ✓ **Fitness:** I will participate and stay active in order to increase my heart rate.
- ✓ **Fitness:** I will discuss ways to improve my overall fitness.

TEACHING CUES

- ✓ Once, Twice, Throw!
- ✓ Pace Your Lap
- ✓ Win or Lose, Quickly Start Again

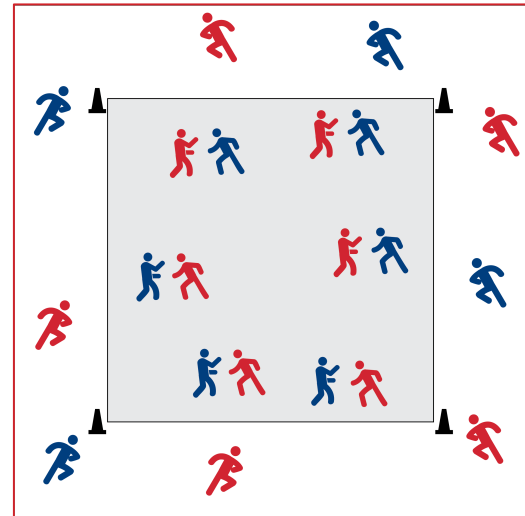
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 4 cones for boundaries

Set-Up:

1. Create a lap area with 4 cones.
2. Students gather in the center of the lap area.



Activity Procedures:

1. Today we're going to warm-up our bodies playing Rock, Paper, Scissor Victory Lap.
2. The object is to win as many games of RPS as possible. After each win, you'll run a victory lap around the cones to celebrate your success. Find a new partner as soon as you complete your lap and play again.
3. If you don't win, quickly find a new partner and play again.

Grade Level Progression:

Middle School: Play this game and incorporate dribbling/ball control skills from any middle school invasion game. Students dribble a basketball, soccer ball, or floor hockey ball during their victory laps.

High School: Create muscular fitness and/or flexibility stations at each cone. After each win, students jog to a cone, complete the station activity, and then return to find a new opponent.

STANDARDS & OUTCOMES ADDRESSED

- ✓ **Standard 3 [M1.6]** Describes how being physically active leads to a healthy body.
- ✓ **Standard 1 [H3.L1]** Demonstrates competency in one or more specialized skills in health-related fitness activities.

DEBRIEF QUESTIONS

- ✓ **DOK 1:** How can you recognize an activity that helps to improve your fitness?
- ✓ **DOK 2:** How does your favorite physical activity affect your personal fitness?
- ✓ **DOK 3:** In what ways could you modify this activity in order to improve each of the 5 components of fitness? Provide details.