

## Quick Reference Activity Card: Ropes 1

Set-up: Scatter ropes in the activity area to serve as a Home Base for each student.

1 student per Home Base. Use 4+ cones to set perimeter boundaries.

Each activity below should take approximately 10 minutes.

Schedule 6 activity breaks throughout the day to provide 60 minutes of daily physical activity.

*Suggested MC Cards* refers to the Movement Concept Cards the authors recommend for each activity.

	<b>Activity Description</b>	<b>Suggested MC Cards</b>	<b>Category</b>
1	<u><i>Get in Shape</i></u> <ul style="list-style-type: none"> <li>Students use the ropes to create various shapes. Allow them to experiment and create any shape they want.</li> <li>Teacher describes a shape for students to create (e.g. round, 3 sides, 4 sides) and then ask students its name.</li> <li>Partners: create shapes that match.</li> </ul>	Self-Space, Low Level, Matching,	<b>Movement Concepts</b>
2	<u><i>"A" is for Activity</i></u> <ul style="list-style-type: none"> <li>Students use the ropes to create letters of their choice.</li> <li>Give students a letter to create.</li> <li>Challenge: Give a letter sound; students make the letter that matches the sound.</li> </ul>	Self-Space, Low Level	<b>Social/Emotional</b>
3	<u><i>Know Where</i></u> <ul style="list-style-type: none"> <li>Students use the ropes to create a pathway (straight, curved, zig-zag) and walk/balance on it.</li> <li>Ask students to stand on/next to/behind the rope.</li> <li>Partners: One partner creates a pathway with 2 ropes for her/his partner to walk along.</li> </ul>	Pathways: Curved, Straight, Zigzag	<b>Balance</b>
4	<u><i>Be like Superboy/Supergirl</i></u> <ul style="list-style-type: none"> <li>Students place the rope in a straight line and then jump over it, landing on 2 feet.</li> <li>Remember to swing arms like superboy/supergirl.</li> <li>Challenge: Can students leap or hop over the rope?</li> </ul>	Over, Follow, Pathways	<b>Locomotor</b>
5	<u><i>Yikes...Snakes!</i></u> <ul style="list-style-type: none"> <li>Students sit and drag the rope ("snake") along the ground in front of them. As a class, count to 20.</li> <li>Partners: One partner wiggles the rope, the other attempts to catch the snake (palms down, don't grab).</li> </ul>	Low Level, On	<b>Manipulative</b>
6	<u><i>What's on your Plate?</i></u> <ul style="list-style-type: none"> <li>Students make a circle with the rope, pretending it is a plate.</li> <li>Students hop inside of the circle and name the healthy foods on their plate.</li> <li>Challenge: Talk about the 5 senses. Identify a food and describe how it tastes, looks, etc.</li> </ul>	Inside	<b>Health/Nutrition</b>