

COLOR DASH

Cooperative Fitness

STUDENT TARGETS

- ✓ **Skill:** I will move safely in general space.
- ✓ **Cognitive:** I will follow all teacher instructions.
- ✓ **Fitness:** I will stay active during the entire activity.
- ✓ **P&S Responsibility:** I will respect the personal space of others.

TEACHING CUES

- ✓ Listen to Start/Stop Signals
- ✓ Move Safely
- ✓ Follow Instructions

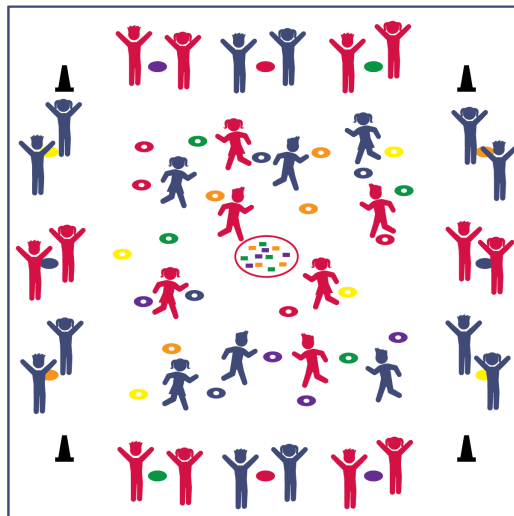
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 36 low-profile cones (6 colors)
- ✓ 20 OPEN Color Cards
- ✓ 1 hula hoop
- ✓ 1 spot marker per group of 3 students

Set-Up:

1. Create an activity space with 1 spot marker per group. Set spot markers around the perimeter as a home base for each group.
2. Scatter low-profile cones throughout the activity area.
3. Place the hoop and color cards face-down in the center of the activity area.
4. Create equal groups, each group at a spot marker.



Activity Procedures:

1. Today's activity is called Color Dash. It's going to help us stay active and increase our heart rates.
2. On the start signal, Player 1 in each group will speed-walk to the center hoop and pick up a color card. Then, she/he will speed-walk to touch 4 cones that match the color on the card.
3. After touching 4 cones, put the color card back in the hoop, face-down, and then move to your home base to give Player 2 a high-5. After the high-5, Player 2 will collect a card, touch 4 spots, replace the card, and return to give Player 3 a high-5. Keep rotating in this way until you hear the stop signal.
4. Students waiting will do jumping jacks (or another activity) until it is their turn to collect a card.

Grade Level Progression:

K–2nd: Prompt students to perform a variety of locomotor skills.

3rd–5th: Use the OPEN Math Cards. Students solve the math problem and touch the corresponding number of cones.

STANDARDS & OUTCOMES ADDRESSED

- ✓ **Standard 1 [E1.K-2]** Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance (K); Hops, gallops, jogs, and slides using a mature pattern (1); Skips using a mature pattern (2).
- ✓ **Standard 2 [E1.K]** Differentiates between movement in personal (self-space) and general space (Ka).
- ✓ **Standard 3 [E2.K-2]** Actively participates in physical education class (K); Actively engages in physical education class (1); Actively engages in physical education class in response to instruction and practice (2).

DEBRIEF QUESTIONS

- ✓ **DOK 1:** What is physical activity?
- ✓ **DOK 2:** How does physical activity affect our health?
- ✓ **DOK 3:** How is following teacher instructions related to staying physically active in physical education class?