**TORCH RACE TIC-TAC-TOE**

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| **STUDENT TARGETS** | |
| * **Skill:** I will move safely from the starting cone to the game grid. * **Cognitive:** I will discuss how physical activity can assist with stress management. * **Fitness:** I will remain actively engaged throughout the activity. * **Personal & Social Responsibility:** I will communicate with teammates using positive and encouraging language. | |
| **EQUIPMENT & SET-UP** |  |
| **Equipment:**   * 9 spot markers per 2 teams of students * 4 bean bags of a matching color per team * 1 starting cone per 2 teams * 1 cut foam noodle per team (to act as the torch)   **Set-Up:**   1. Place 1 set of 9 spot markers in a 3X3 grid on one end of the activity area. 2. Place 1 cone 10-15 yards from the spots as a starting line. 3. Organize 2 teams of 3-4 students at each cone. Each team has a set of 4 bean bags of a matching color, that is different from their opponent. 4. Each team begins with a cut foam noodle to act as their torch. |
| **ACTIVITY PROCEDURES** | |
| 1. It is time to light the Olympic Torch! The Olympic flame first became a tradition of the modem Olympic Games when a flame was lit and remained burning at the entrance to the Olympic Stadium throughout the 1928 Amsterdam Games. The lighting of the flame captured the public's imagination and has remained a traditional event for the Opening Ceremony of the Games. 2. This activity is called Torch Race Tic-Tac-Toe. The object of the game is for your team to use your bean bags to create tic-tac-toe and win the game. 3. On the start signal, the first player on each team will balance a bean bag on their torch (foam noodle) and sprint to the game grid and place their bean bag on a spot marker. As soon as the first player returns and hands the torch to the next person in line, the second player places a bean bag on the torch and runs down to place it strategically on the game grid. Both teams continue in this way until all 8 bean bags are placed on the game grid. 4. After all bean bags are in play, players can sprint to the game grid and strategically move 1 bean bag at a time until a team wins, or until you hear the stop signal. But don’t forget to carry your torch with you each time you move to the game grid! | |
| **TEACHING CUES** | |
| * **CUE 1**: You must have the torch (foam noodle) to move to the game grid for your team. * **CUE 2**: Be strategic with where you place your bean bags, you may need to play defense vs offense! | |
| **PRIORITY OUTCOMES** | |
| * **(K-2)** Follows directions for safe participation and proper use of equipment without reminders. * **(3-5)** Exhibits responsible behaviors in physical activity settings. | |
| **DEBRIEF QUESTIONS** | |
| * **DOK 1:** What are some things you like to do when you feel anxious or stressed? * **DOK 2:** How can physical activity help when someone is feeling anxious or stressed? | |