

**RPS VICTORY LAP (WARM-UP)**

STUDENT TARGETS

- **Skill:** I will demonstrate proper exercise form, focusing on warming up my muscles.
- **Cognitive:** I will discuss why it's important to warm up my muscles before participating in vigorous physical activity.
- **Fitness:** I will remain actively engaged.
- **Personal & Social Responsibility:** I will follow the protocols and etiquette of physical education class.

TEACHING CUES

- Focus on Form
- Move Safely
- Have Fun

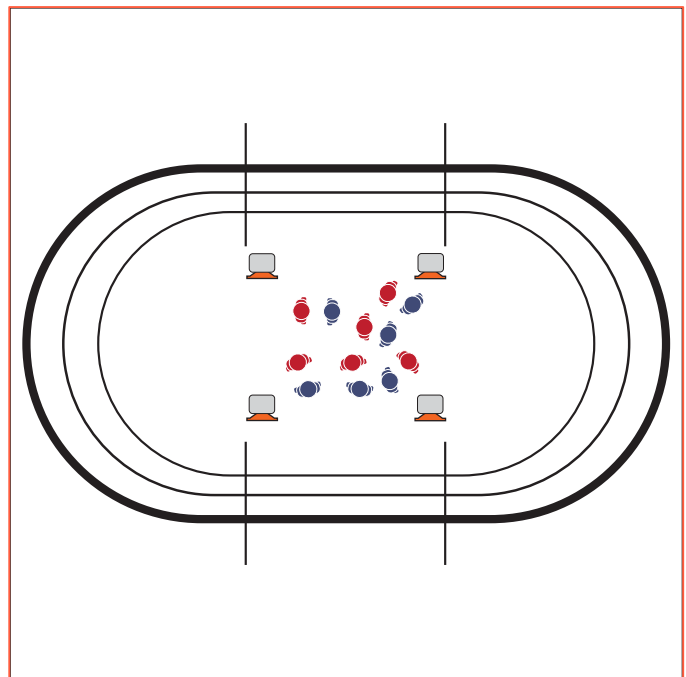
ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- 4 large cones
- 4 task tents
- 4 Dynamic Warm-Up Exercise Posters

**Set-Up:**

1. Using 4 large cones, create a medium square activity area on the infield of the track.
2. Place task tents on the cones with exercise posters displayed.
3. Students begin the activity scattered inside the cones.



**Activity Procedures:**

1. Today we will play RPS Victory Lap as our dynamic warm-up.
2. The object of RPS Victory Lap is to do as many victory laps as you can during our 5-minute warm-up.
3. On the start signal, find any partner. Play a game of RPS. The winner of the game will jog to a cone, read the first warm-up task, and then perform that task to the next card. Repeat until you complete a lap and then re-enter the game and find a new partner.
4. If you do not win a round of RPS, quickly find a new partner and try again.

**Standards & Outcomes:**

**Standard 3 [H9.L1]:** Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, PNF, dynamic) for personal fitness development (e.g., strength, endurance, range of motion) (L1).