



THE GRID

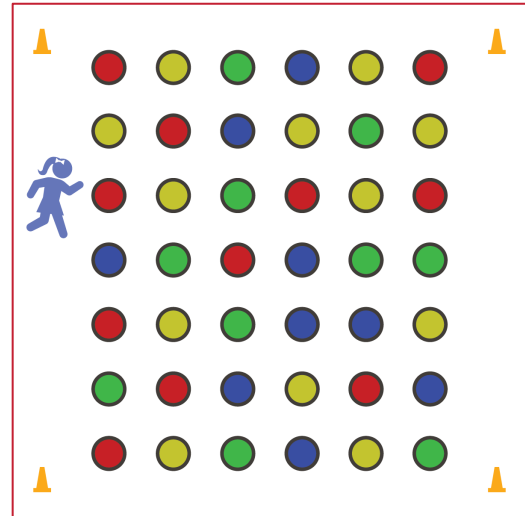
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 4-color grid course (6x8 spots)
- The Grid Challenge Posters (optional)

Set-Up:

- ✓ Players begin along 1 side of the grid. Any of the 4 sides works as a starting point. Changing sides creates new challenges.



How to Play:

1. Let's make Recess Matter with The Grid. Each challenge level will test your agility, balance, and overall ninja warrior skills.
2. The object of this activity is to step, leap, jump, or hop from spot to spot in order to get from 1 side of the grid the other.
3. Challenge Levels:
 - ✓ Level 1: Spot-to-spot using all 4 colors.
 - ✓ Level 2: Spot-to-spot using 3 colors.
 - ✓ Level 3: Spot-to-spot using 2 colors.
 - ✓ Level 4: Spot-to-spot using 1 color.
4. Novice Ninjas can go from spot to spot with feet partially off the landing spot. It's allowed as long as the ninja's foot doesn't touch 2 spots at the same time.
5. Expert Ninjas must go from spot to spot only touching inside landing spots – not bare floor or blacktop.

Helpful Tip:

- ✓ Print and post The Grid Challenge Posters next to the course as a reference for students.

Social and Emotional Learning Competencies (adapted from CASEL.org)

- ✓ Self-Awareness: Self-efficacy. Students demonstrate a growth mindset by working to improve their skill and performance and progressing from level 1 to level 4.
- ✓ Social Awareness: Respect for others. Students demonstrate the ability self-manage social play settings by taking turns, encouraging others, and following recess etiquette.

SEL Conversation Starters:

- ✓ **Level 1 Question:** What does a positive attitude look like and sound like?
- ✓ **Level 2 Question:** How does a positive attitude affect a person's ability to improve?
- ✓ **Level 3 Question:** How could we change The Grid Challenges in order to make them more or less difficult?