**Spinner Wonderland**

Grades: K-12 [[YouTube](https://youtu.be/Yr-rE_cV_JE)]

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| **OBJECTIVE**   * To perform the various exercises or movements listed on your spinner. |

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| **DESCRIPTION**   * Today is a Wonderland and we are going to use a “spinner” to determine what exercise to perform. * Using the Spinner Wonderland Template provided and list 6 creative exercises (1 per slice of the spinner). For example, you might choose “Snowman Jacks.” Then, describe how to perform the exercise. * I will roll a die and then we will perform the exercise listed on your spinner that corresponds to the number rolled.   **TEACHER NOTES**   * If you are using an online spinner, students can work at their own pace (no die is required). |

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| **PE2020 STRATEGIES**   * Physically Distant: Get creative and modify exercises for any space or setting (virtual, classroom, large space). * At Home: Provide students with a [link](https://pickerwheel.com/) to create their own spinner. Encourage students to repeat this activity with their families! |

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| **STANDARDS**   * MOVEMENT SKILLS & CONCEPTS: Students demonstrate skill competency and can apply concepts and strategies to movement and performance. |

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| *Activity Contributor:* | Katy Boggs | Gahanna MS West | Gahanna Jefferson City Schools (OH) |