

THE CALM CLEANER

LEARNING TARGETS:

- **Skill:** I will safely move from corner-to-corner.
- **Cognitive:** I will help my class make a list of respectful words.
- **Physical Activity:** I will enjoy today's physical activity.
- **SEL:** I will demonstrate respect for my classmates as we clip cones.

TARGET VOCABULARY:

- Locomotor Skills, Practice, Improve, Self-Respect

EQUIPMENT NEEDED:

- Music and a lot of bean bags, low-profile cones, foam balls, jump ropes, and equipment station signs

ORGANIZE:

- **Space:** Scatter the equipment randomly around the activity area. Create an equipment station for all of the types of equipment used.
- **Students:** Send students to stand next to any piece of equipment.

PROCEDURES:

- **The Object:** To calmly clean up the equipment by placing it in the correct equipment station.
- **The Process:** When the music starts, move throughout the activity area without touching any equipment. When the music stops, calmly, quickly, and safely collect 1 piece of equipment and return it to the correct equipment stations. When the music starts again, move throughout the activity area. Repeat as the music starts and stops.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Allow students to work in pairs. Match students who can support one another.
- Prompt students to use different locomotor skills, speeds, and levels while moving throughout the area.

DISCUSSION STARTERS:

- What are different ways that we can help take care of the physical education equipment?
- Are there other times and places that you could practice being helpful and help someone clean up?

