



TRAFFIC TIME IN THE GARAGE

STUDENT TARGETS

- **Skill:** I will move with balance and control.
- **Cognitive:** I will start and stop with the music as my signal.
- **Physical Activity:** I will be active using different locomotor skills.
- **Personal & Social Responsibility:** I will demonstrate respect through positive behaviors & words.

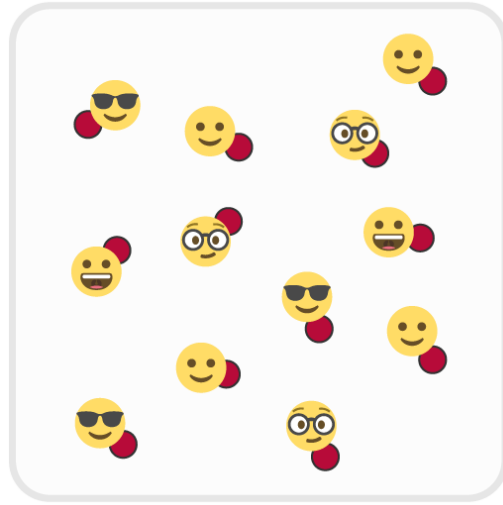
EQUIPMENT & SET-UP

Equipment:

- 1 spot marker per student
- Music player

Set-Up:

- Create a large activity space using 4 cones to mark boundaries.
- Scatter spot markers throughout the activity space.
- Each student begins standing on a spot marker.



ACTIVITY PROCEDURES

1. Today we are going to practice moving safely in the activity area.
2. All of the spot markers you see are parking spots, and the activity space is our garage.
3. When the music is on, “drive” around the garage without moving over the parking spots. When the music stops, find any empty parking spot and park on top of the spot.
4. Move on and off spots safely and with respect for yourself and others.
5. On the stop signal freeze and be ready for the next set of instructions.

GRADE LEVEL PROGRESSION

Level 1: Focus on walking through the space and not moving quickly.

Level 2: Change up the locomotor movement each time the music stops and you begin a new round.

ACADEMIC LANGUAGE

Respect, Balance, Control, Start/Stop Signal, Locomotor Skills

PRIORITY OUTCOMES

Movement Concepts:

Safely moves demonstrating a variety of relationships with people and objects.

DISCUSSION QUESTIONS

- What does respect look like in physical education class?
- How did you demonstrate respect for self in this activity?
- How did you demonstrate respect for others in this activity?