

THE CALM CLEANER

STUDENT TARGETS

- **Skill:** I will safely move from corner to corner.
- **Cognitive:** I will help my class create a list of respectful words.
- **Physical Activity:** I will stay physically active while the music plays.
- **Personal & Social Responsibility:** I will demonstrate respect for my classmates as we clean up our physical education equipment.

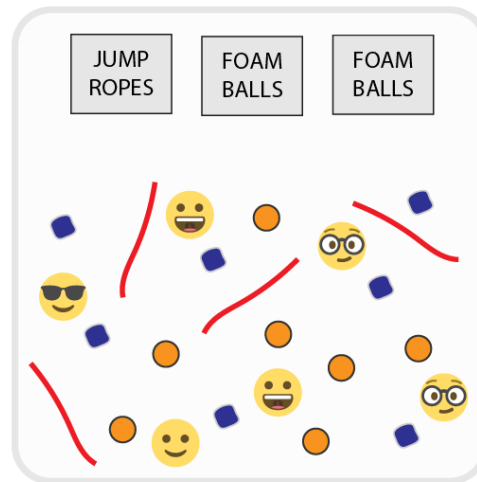
EQUIPMENT & SET-UP

Equipment:

- A lot of bean bags, low-profile cones, foam balls, and jump ropes
- Equipment station signs
- Music and music player

Set-Up:

- Scatter the equipment randomly around the activity area.
- Create an equipment station for all of the types of equipment used.
- Each student begins standing by a piece of equipment.



ACTIVITY PROCEDURES

1. Today we are going to work on calmly cleaning up the equipment by placing it in the correct equipment station.
2. When the music starts, move throughout the activity area without touching any of the equipment.
3. When the music stops, calmly and safely collect 1 piece of equipment and return it to the correct equipment station. When the music starts again, begin moving through the activity area. We will repeat this picking up one piece of equipment to return to the correct equipment station each time the music stops.
4. On the stop signal freeze and be ready for the next set of directions.

GRADE LEVEL PROGRESSION

Level 1: Allow students to work in pairs. Match students who will support one another.

Level 2: Use a variety of different locomotor skills, speeds, and levels while moving through the activity space.

ACADEMIC LANGUAGE

Locomotor Skills, Rules, Etiquette, Self-respect

PRIORITY OUTCOMES

Etiquette:

Recognizes the role of rules and etiquette in teacher-designed physical activities.

DISCUSSION QUESTIONS

- 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?