

# EXPRESS YOURSELF

## EQUIPMENT NEEDED:

- Emotion Color Chart or Paint Swatches from a hardware store

## ORGANIZE:

- **Space:** Spread out the color shade charts (or paint swatch samples)
- **Students:** Students find a discussion partner (or provide questions on an exit slip for students to provide a written answer)

## PROCEDURES:

- **The Object:** Recognize how your emotions
- **The Process:** Ask students questions and ask them to select a color that represents their answers as feelings or emotions.
  1. How do you feel about your summer? Why does the color you picked represent your answer?
  2. How are you feeling about this school year? Why does the color you picked represent your answer?
  3. How do you feel about your physical education experience last school year? Why does the color you picked represent your answer?
  4. How do you feel about physical education this school year? Why does the color you picked represent your answer?

CLOSING

FITNESS  
ADVENTURE

# BEAT THE CLOCK

## EQUIPMENT NEEDED:

- Stopwatch, 2 Spots

## ORGANIZE:

- **Space:** Students stand in a circle. Place the 1 spot at the 6 o'clock position and 1 spot at the 12 o'clock position inside the circle.
- **Students:** Students stand facing the inside of the circle with their hands on their hips, elbow out to their sides.

## PROCEDURES:

- **The Object:** For the clock to move as quick as possible.
- **The Process:** Using a stopwatch, record how long it takes one student to walk as fast as possible around the outside of the circle. Now it's time for for the group to "beat the clock."
- On "Go" the entire team moves in a clockwise circle until the student that started on the 12-o'clock spot touches the 6-o'clock spot. Next, the entire circle must stop and reverse directions until the same student touches the 12-o'clock spot.

## RULE REVIEW:

- **Respect Self:** Discuss how this activity supports self-awareness and self-management. Use the [Respect Self DOK question sets](#) to guide the discussion.

CLOSING

FITNESS  
ADVENTURE

# BLIND ALPHABET

## EQUIPMENT NEEDED:

- None

## ORGANIZE:

- **Space:** Students form a circle.
- **Students:** Students sit or stand with eyes closed.

## PROCEDURES:

- **The Object:** To make it through the entire alphabet.
- **The Process:** As a team you will attempt to make it through the entire alphabet. This is a game to test your listening, communication, and strategy. The game begins when one student says the letter “A” aloud, and then continues with other students calling out the proceeding letters. If two students call out the same letter, restart at the beginning.
- There cannot be any predetermined signals, coordination, or planning. Good luck!

## RULE REVIEW:

- **Respect Others:** Discuss how this activity supports self-management, social awareness, and relationships. Use the [Respect Others DOK question sets](#) to guide the discussion.

CLOSING

FITNESS  
ADVENTURE

# FILL THE BUCKET

## EQUIPMENT NEEDED:

- 6 hoops, 2 bean bags, 1 ball

## ORGANIZE:

- **Space:** Place 3 hoops in a single line on one side of the activity area (2 paces apart). Place the other 3 hoops in a line directly across from the others about 5 paces away.
- **Students:** Create 3 teams. Each team is assigned to 2 opposite hoops. Half of the team stands in a line behind 1 hoop, the other half facing them in line behind the other hoop. The first person in 2 teams has a bean bag. The first person in the 3rd line has a ball.

## PROCEDURES:

- **The Object:** Land your bean bag or ball into the middle of the hoop (it must stay in the hoop).
- **The Process:** On the start signal, the player with the object tries to toss it into the opposite hoop, then moves to the back of the line. The first player in the opposite line retrieves the object, then takes a turn. Points are scored each time the object lands (and stays) in the hoop.
- **Closure:** Use these questions to debrief this activity:
  - Was this activity fair? What can we do when things don't seem to be fair?
  - Did anyone from your team help the object stay in the hoop when standing across from the tosser? The directions did not state that the object had to land and stay in the hoop on it's own. Often in PE (and in life) we need the help of others to be successful!

## RULE REVIEW:

- **Respect Things That We Use:** Discuss how this activity supports responsible decision making. Use the [Respect the Things We Use DOK question sets](#) to guide the discussion.